

Stressless Performance

Managing Stress is easier when you focus on what works. Effective stress management techniques such as exercise, meditation and yoga have a common underlying principle – they increase the activity of the parasympathetic nervous system (PNS). By focusing on this principle and reducing the need for time consuming and repetitive strategies such as exercise, you can quickly and easily manage the adverse effects that stress has on health, wellbeing and performance. Hospitals, schools, police forces, government and businesses such as Motorola, Shell, Ford and Boeing now run programs based on this principle.

Reported benefits include:

- > A reduction in blood pressure of a group of senior executives equivalent to a moderate exercise program
- > A significant increase in patentable ideas generated by a fortune 100 company
- > Best in class staff retention levels in a US hospital

This presentation will give you an understanding of this underlying and as yet in Australia little known principle of stress management, for a positive impact on your health and performance.

Wayne Jencke

Wayne Jencke is the founding partner and development manager of Innate Intelligence, a business that specialises in the provision of coaching, seminars and workshops based on the latest research on the science of thriving.

His qualifications are in engineering and psychology. He has worked as an executive coach and business improvement consultant for 12 years and is also part time Quality Manager for a Victorian University.

His unique background ensures that his presentations are full of simple and practical tips on how to thrive in life!



INTERNATIONAL
SOCIETY FOR
PERFORMANCE
IMPROVEMENT.

MELBOURNE CHAPTER



Date:

Wednesday 29 March 2006

Time:

6.00pm Arrivals
Commencement 6.30pm
8.00pm Finish

Location:

Room 1.61, Ground level, C Block
Victoria Police Academy
cnr Waverley Road and
View Mount Road
Glen Waverley.
Melway Map 71 E6

Dinner:

You are invited to continue
the discussion over dinner
at Wheelers Hill Hotel, cnr
Ferntree Gully & Jells Road,
Wheelers Hill.

RSVPS Essential:

28 March 2006 to
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Victoria Police Academy

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