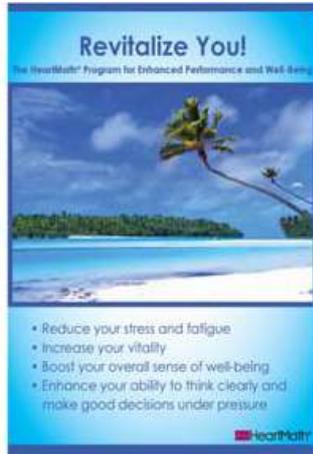


Shift out of stress... anytime, anywhere



Would you like to know how to:

- ✓ increase your vitality and health?
- ✓ achieve quick and sustained stress relief?
- ✓ improve your ability to think clearly?
- ✓ improve your memory?
- ✓ Communicate more effectively?

You don't have to give up your life to give up stress!

The **Revitalize You! Program** is a focused and practical program combining instruction and practice in 5 sessions customised to meet your personal and professional objectives. Based on years of validated results, this program has been developed by HeartMath.

HeartMath® is a clinically proven system of powerful, easy-to-learn, easy-to-use tools and technology to prevent, manage and reverse the effects of stress.

Used by BP, ANZ, Vodafone and many individuals as the most effective stress reduction method available, you too can now receive the benefits and transform your stress into energy and clarity quickly and easily after experiencing this program.

Client Testimonial "Through meeting Erica and starting the Heart Math program I have regained a sense of purpose and direction. The most amazing, yet simple and logical techniques have taught me how to effectively handle my chaotic schedule and environment, and how to minimise my stress levels through emotional management.

After getting to a point where I couldn't think clearly, was experiencing anxiety attacks and having trouble articulating what it was I wanted to say, I now feel balanced again and have a renewed belief in myself. E. Coakes, Senior Acquisition Advisor.

You will learn about:

❖ **Your Emotional Landscape**

Learn the relationship between your emotions, stress, performance and health. Create more choice about how you feel on a daily basis. Learn how to disengage from the negative impact stress has on your body and mind.

❖ **Quick Coherence® Technique**

Stress is unavoidable, this technique teaches you to transform stress. Develop the energy and focus to operate at a high performance pace easily. Build immunity to pressure and stress.

❖ **Heart Lock-in® Technique**

Learn how to restore nervous system health, increase energy levels and improve your overall sense of well being.

❖ **Coherent problem solving**

Stop repeating the same mistakes and reacting. Learn how to improve mental acuity, imagination and problem solving skills.

❖ **Coherent Communication**

Develop superb communication and listening capability. Improve your relationships with colleagues, clients, family and friends

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Erica Bagshaw achieved success early in her career in I.T., corporate sales and recruitment. After seeing the damaging effects of stress on people in the workforce she began training in methods of managing the mind and body for optimum performance and fulfillment.

Erica is an experienced Executive coach and a licensed HeartMath® provider. In addition to providing 1:1 coaching to clients she has delivered more than 300 educational seminars and workshops, teaching strategies to improve both personal and business skills.



HeartMath is a registered trademark of the Institute of HeartMath

Hi Erica,

I just wanted to really thank you from the bottom of my heart for all your help. I found the Heart Math program really effective in helping me get back to "that place of peace and contentment". As you know that I was really struggling with my busy schedule of running a successful medium sized business as well as being a father to four demanding children and a tired and stressed wife. Having just dealt with several family tragedies just made things almost unbearable until by extreme good fortune you introduced me to your program. I believe things just don't happen by chance and I'm so glad to have had the experience of running through this program with someone so professional, enthusiastic, knowledgeable while being able to keep it so light hearted and fun. Thankfully now I have found that sense of peace and contentment and now have the tools required to make sure I stay there. I feel like I have a "force field" against stress and anxiety, and when I'm feeling under pressure can bounce it away effortlessly. 😊 Thank you 😊

kindest Regards,

T. Ibrahim

Operations Manager, Fountainline

Find out more about the most natural way to feel better now, phone Erica (02) 9923 1852

Email: erica@thealignmentgroup.com