

Christin Collins

presents

CHANGE YOUR MIND... CREATE NEW RESULTS!

*A transformational workshop with
Dr. Carla Stanton and Maria Hincapie*

November 2-3, 2023 | Collaboratory | Fort Myers, Florida



christincollins.com

Facilitators

Dr. Carla Stanton

Dr. Carla Stanton, a UK-based MD turned researcher and educator, is on a mission to promote “Physiology First,” principles for optimal health and performance.

Specializing in **Heart Rate Variability** (HRV) and Cardiac Coherence, Dr. Stanton seeks to rapidly reduce stress through science-based solutions.



Maria Hincapie

With a background in engineering and over 23 years in corporate roles at BP, Exxon, and Disney, Maria’s journey evolved to understanding the biology of leadership, change, and the impact of stress on well-being.

Maria’s heart-centered approach translates into concrete strategies for transformative actions.

Maria is now part of the corporate consulting team at Neurochangesolutions, addressing workplace burnout and fostering innovation.



— The current challenge

In recent times, we've all faced an extraordinary series of challenges that have taken a toll on both our physical and mental well-being. From the global pandemic and hurricane impacts to economic turbulence, social unrest, and internal shifts in our organizations, the pressure on us has never been greater.

Now, more than ever, it's crucial to find effective ways to navigate these challenges and emerge stronger.

“

**THE ILLITERATE OF THE 21ST CENTURY WILL NOT BE
THOSE WHO CANNOT READ AND WRITE, BUT THOSE
WHO CANNOT LEARN, UNLEARN, AND RELEARN.**

ALVIN TOFFLER

”

While many individuals may know that stress negatively impacts their health and performance, far too many lack the crucial, evidence-based tools to combat high-stress situations in real-time.

Consequently, they find themselves without the secret recipe to cultivate the essential abilities needed to consistently operate in a more optimal state.

This state allows for making sound and confident decisions, engaging in enriching and supportive interactions, and, ultimately, attaining both personal and professional fulfillment, all while safeguarding their health.



— The NCS Solution

For more than a decade, Dr. Joe Dispenza and his team have been collaborating with research institutions to understand how self-regulation techniques and contemplative meditation practices, reduce stress and improve wellbeing and performance. Research in neuroplasticity and evidence from over 8000 brain scans (qEEGs), 2000 heart rate monitors (HRV analysis), validated questionnaires, blood and salivary samples have consistently shown that by teaching simple neuroscientific principles and applying these through self-regulation and mental rehearsal practices, participants are able to significantly improve their mental, emotional, and physical resilience and wellbeing.

Dr. Joe Dispenza has helped thousands of people globally with his work, and his training program 'Change your mind...create new results' is a robust tool to support this community with all the science-based evidence and practical tools necessary to start implementing individual and cultural change immediately.

Highlight Videos



**The Neuroscience Hack
Behind Leadership**



**The Neuroscience
of Change**

— This program is designed to

- Learn the practical science and understanding of personal Change and Transformation. Our evidence shows that when people understand WHAT Change is, and WHY it's so essential, then the HOW becomes easy.
- Provide practical tools so that participants can begin to immediately apply it to their lives.
- Understand and experience what happens when participants start paying attention to their thoughts, actions and behaviors on a daily basis. And furthermore, what happens when they start becoming aware of the feelings and emotions that they live by every single day.
- Once they become conscious of some of those unconscious states of mind and body, then they will learn how to install new circuits in the brain to start thinking differently. And they will be equipped to create a new cycle of thinking and feeling that will change them from the inside out.



Benefits of the program, as reported by former participants:

- Increased awareness and self-management of stress reactions that jeopardize the power of building trust and genuine collaboration and in their interactions with the community, the families and the future.
- Reduced distress, and fatigue.
- Reduced anxiety, conflict and victim mindsets.
- A new level of empathy, compassion, forgiveness and self-worth.
- Increased peacefulness and vitality.
- Quicker recalibration following acute stress.
- Improved listening and relationships.
- Improved personal and team engagement.
- More innovative leadership development.
- Higher level of consciousness and inner peace.
- A renewed sense of freedom, joy, compassion and care for others in the journey to building a new self.

“

THE HARDEST THING ABOUT CHANGE IS NOT MAKING THE SAME CHOICES AS YOU DID THE DAY BEFORE.

DR. JOE DISPENZA

”

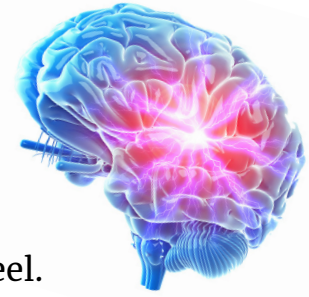


— Program Outline

Section 1: Introduction - How We Change

Topics

- Your personality creates your personal reality.
- Your personality is made up of how you think, act and feel.
- Why change is so hard.
- Personal change requires us alter how we perceive our body, our environment and time.



Objectives

- Excavate personal (unconscious) personality traits that we exhibit during challenge and change.
- Define the physiology of habits.
- Understand how unconscious thoughts and beliefs condition the body to unhelpful thinking/feeling loops and less effective behaviors and results.
- Describe and utilize 2 Models for Change.
- Perform a '**Change Practice Tool**' to challenge limiting beliefs during any change experience.

Section 2: Living in Survival or Creation



Topics

- How we become physiological entrained to our own (stress driven) emotions, thoughts and behaviors.
- The physiology of creative ('flow') states.
- ***Cultivating creative states through self-awareness practices.***

Objectives

- Define the physiological and experiential difference between 'living in survival' (stress) versus 'living in creation' (flow).
- Identify personal habitually entrained emotional states.
- Utilize tools to practice overcoming limiting emotions and induce more elevated and creative emotional states.



Section 3: Our Three Brains

Topics

- Neuroscience of the 'three brains', which allow us to learn and adapt.
- How to harness the 3 functions of the frontal lobe, to create more innovative solutions and support overcoming challenge & change.

Objectives

- Define the role of the 3 brains which allow us to evolve 'from thinking, to doing, to being.'
- Explain how we learn and apply this to adapting to any new challenges and changes we face into in our lives.
- Perform a simple tool to arrest unhelpful thoughts, actions and feelings during challenge or change.



Section 5: The Waves to Your Future

Topics

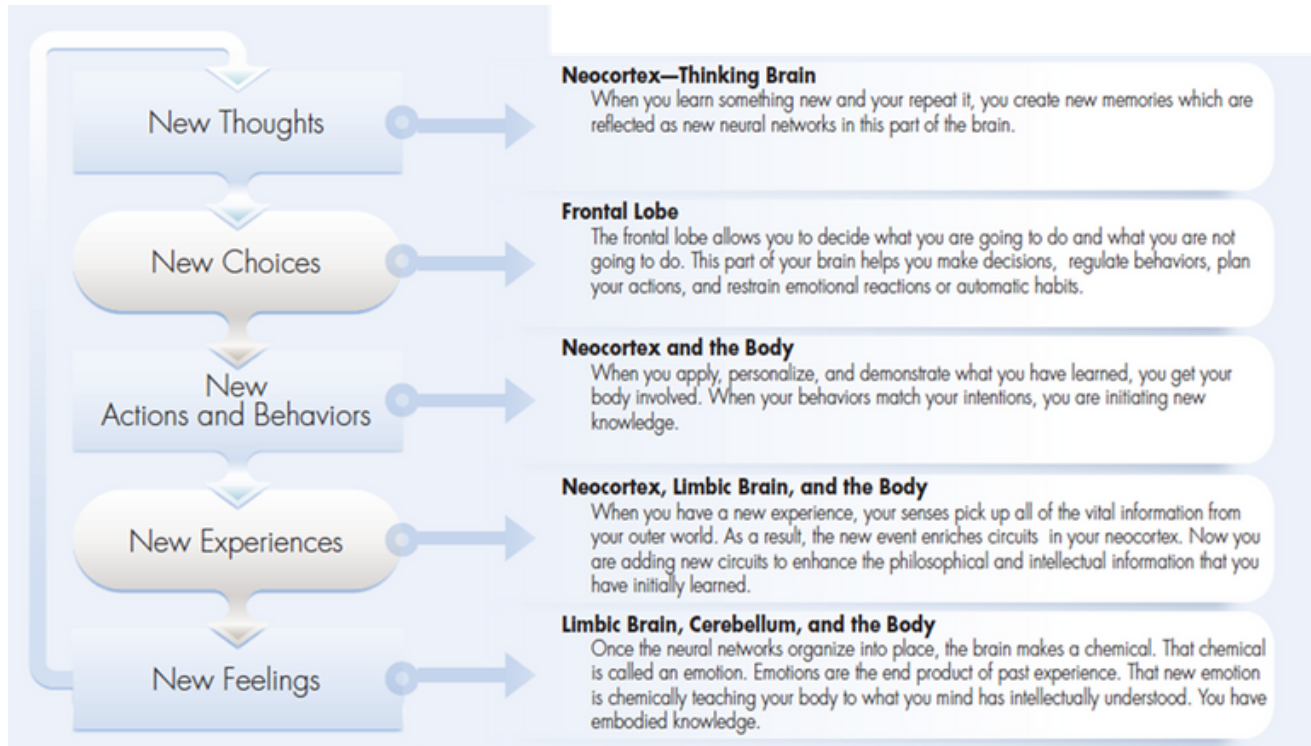
- Demystifying the role of metacognition and mental Rehearsal.
- Brain waves as biomarkers of creativity, resilience and levels of awareness.
- Techniques to consciously alter brainwave states to access greater creativity and wellbeing

Objectives

- Identify personal tendencies to certain brainwave states.
- Practice mental rehearsal as a tool to alter brain wave states, and start entraining new physiological states to favor creativity, achieve better outcomes and increase wellbeing.



**An example of the foundational model for change and transformation
is the different components about how the
brain and body are involved:**





The HeartMath Resilience Advantage™

Resilience skills for clear choices, optimal function and innovative action

Is your life battery running on empty?

What would your life be like if ...

- you had more energy throughout the day?
- you intuitively knew how to respond to change and challenge?
- when out of sync, you could reset yourself just like you reset your computer?
- your communications were clear, rich and fulfilling?



Based on more than 20 years of HeartMath's published, peer-reviewed research on the science of resilience, The Resilience Advantage – now called The Coherence Advantage – program provides a powerful skillset and engaging technology to prepare you to thrive in a world of flux, challenge and opportunity. This best-in-class program is used by the US Navy, hospital systems and Fortune 500 companies worldwide.



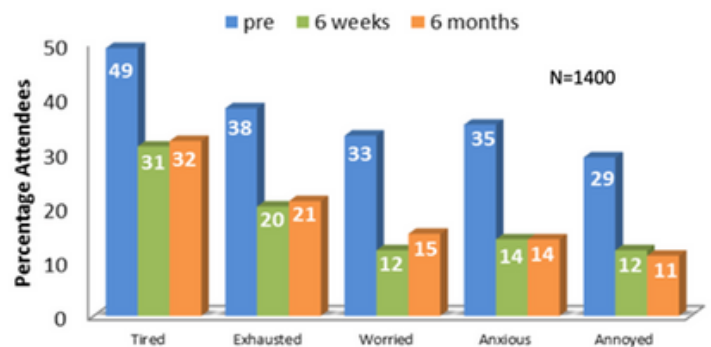
IMPROVING PERFORMANCE

Key Issues

Most organizations now accept that continuous change and transformation have become the norm in a global economy, while the pressure to deliver in this environment is having a major impact on business performance in addition to impairing the health of employees. Many organizations realize they have both a desire and responsibility to act.

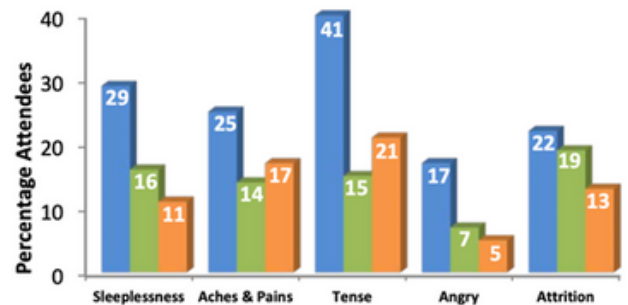
The issue for these companies is that there have been few interventions that can be objectively measure to make a positive impact and even fewer that can be sustained over time. In short, companies have struggled to find a solution to what has become a major obstacle to business performance in the 21st century.

Numerous scientific studies have now shown that excessive pressure directly impacts the internal physiological processes of individuals. This impact upon the internal processes undermines performance, reduces perceptual clarity and directly impairs personal performance. Conversely, studies have demonstrated that peak performance can be achieved and sustained, and the underlying mechanisms are now well-understood.



Evidence of Impact

HeartMath interventions go beyond the theory of behavior management and have been shown to deliver measurable and sustainable improvements globally in personal performance, staff turnover, personal health and thereby organizational effectiveness.



Subjective Data

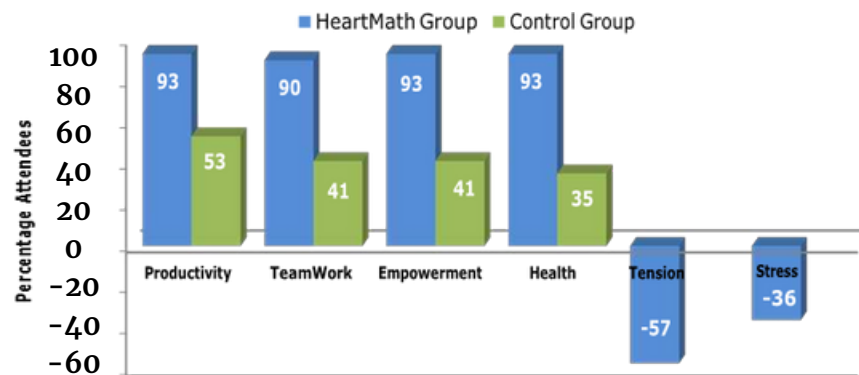
Table 1: Improvements in well-being before, six weeks and six months after intervention.

All of the data outlined here have been generated through projects at Shell, BP, Unilever, Cisco, Boeing and others working closely with their medical and organizational development staff. (Percentage of individuals responding to the top two of five possible answers)



Table 2: Improvements before and 6 months after intervention delivered at an international electronics corp.

All of the data outlined here have been generated through projects at Shell, BP, Unilever, Cisco, Boeing and others working closely with their medical and organizational development staff. (Percentage of individuals responding to the top two of five possible answers)

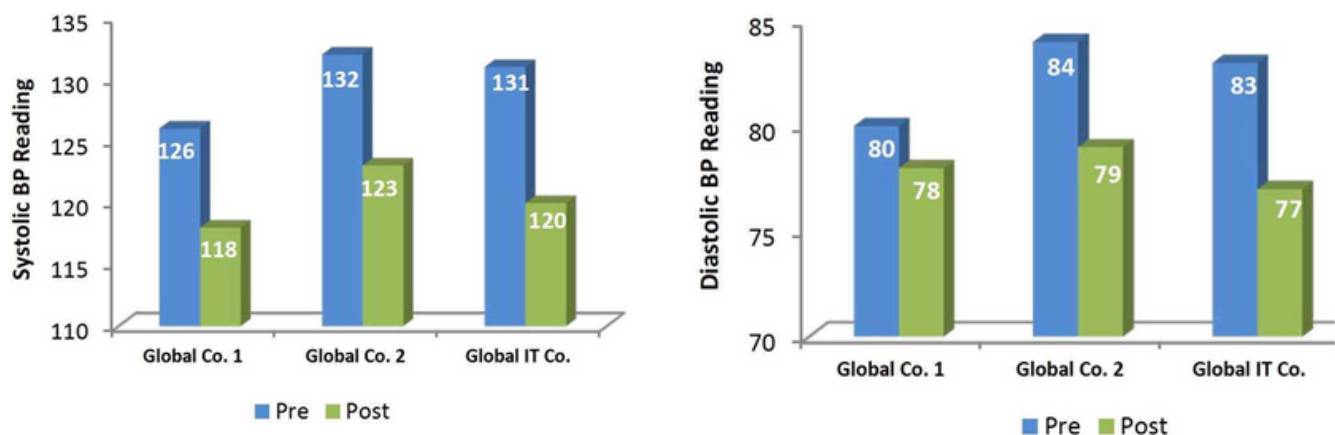


Objective Data

Blood Pressure. High blood pressure affects one in four adults in North America and Western Europe and it's considered one of the most important public health issues facing the industrialized world.

HeartMath interventions have been shown consistently to reduce blood pressure. The size of this effect has been measured at double the improvement that an exercise program normally delivers and, if it were repeated across the entire population, it could reduce the incidence of stroke by approximately 50%.

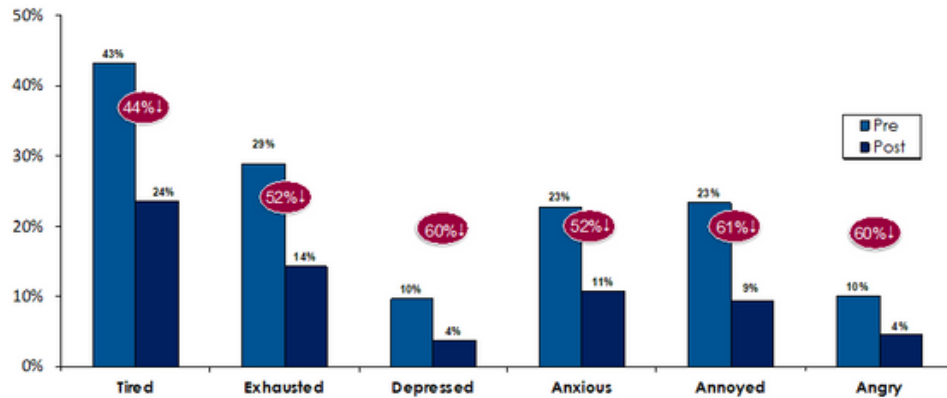
Table 3: Blood pressure data before and 3 months after intervention (sample size 78)



Additional Research

Improvements in Mental & Emotional Well-Being

Before and six weeks after HeartMath Training
(N=5692)

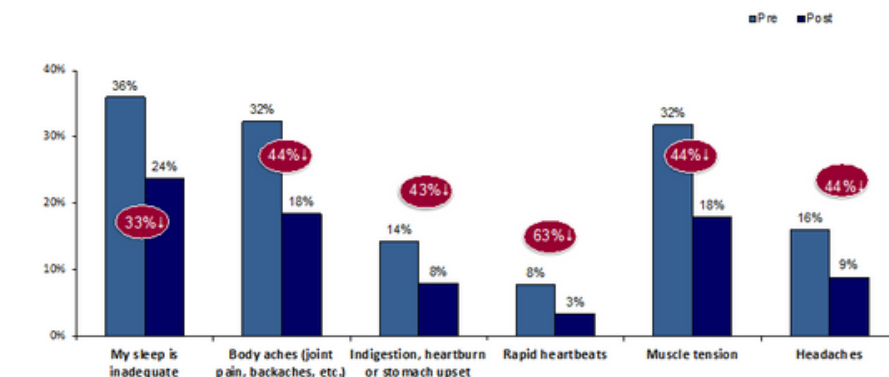


+ HeartMath Institute

+ HeartMath
© 2008, 2019 HeartMath

Improvements in Physical Symptoms

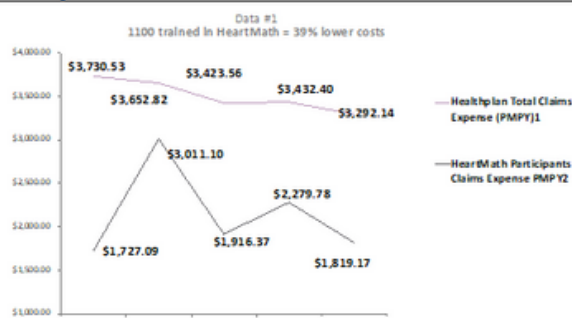
Before and six weeks after HeartMath Training
(N=5692)



+ HeartMath Institute

+ HeartMath
© 2008, 2019 HeartMath

Case Study Medical Claims Reduction



+ HeartMath Institute

+ HeartMath
© 2008, 2019 HeartMath

Clinical Study Results

- ✓ Blood Pressure in Hypertensive Employees (HP)
20% reduction in diastolic and systolic blood pressure.
- ✓ Diabetes (LifeScan)
30% increase in quality of life metrics; 1.1% reduction in HbA 1c.
- ✓ Congestive Heart Failure (Stanford Hospital)
Increased functional capacity, reduced stress and depression.
- ✓ Heart Arrhythmias (Kaiser Permanente)
75% of the patients had significantly fewer episodes of atrial fibrillation and 20% were able to stop medication altogether.
- ✓ Asthma (Robert Wood Johnson Medical School)
Over 50% of patients experienced a decrease in airway impedance, symptom severity and medication consumption.

+ HeartMath
© 2008, 2019 HeartMath

Case Study Medical Claims Reduction Data #2

Overall Medical Cost Trend

- 3.8% decrease in cost for HeartMath® program participants
- 9% increase in cost for non-HeartMath participants

Essential Hypertension Costs

- 22% decrease in cost for HeartMath® program participants
- 47% increase in cost for non-HeartMath participants

Annual savings per participant - \$585

First year ROI = 2 to 1, Second Year ROI = 4 to 1 (est)

"I have been able to deal with more than the usual amount of stress with amazing calmness, clear thinking and [can] sleep even with the challenges ahead of me. I am energized and amazed how calm I am when making major decisions."

- Travelocity (Expedia) employee participant

"The Navy supports [HeartMath] Coherence Advantage™ training because it provides tangible tools and skills that can and have improved individual functioning which means more effective and successful missions."*

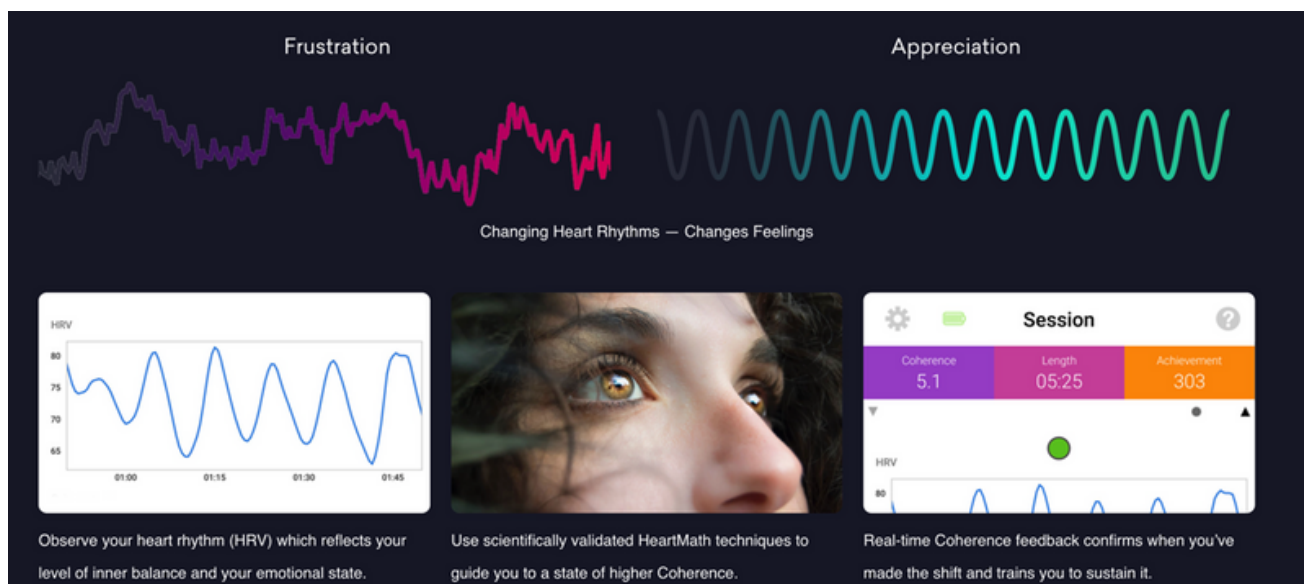
- Capt. Lori A. Laraway, Manager of the Operational Stress Control Program for the Navy Expeditionary Combat Command

Benefits

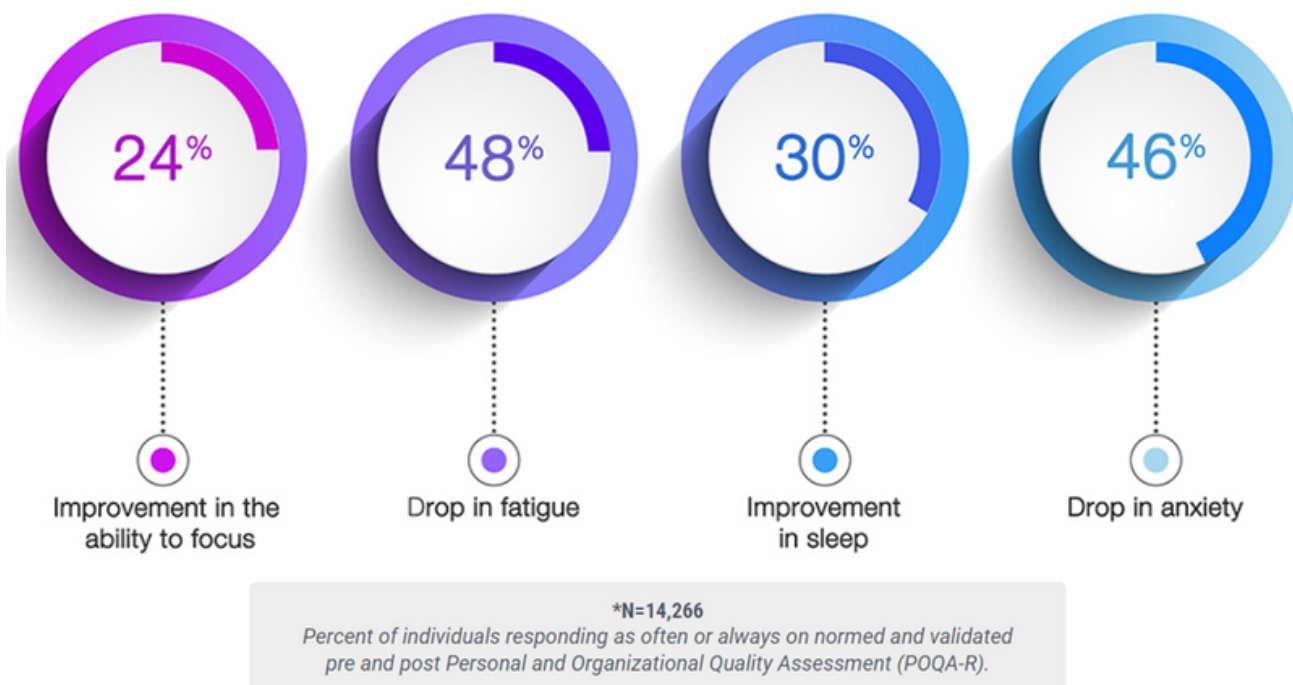
- Increased situational awareness in relationships, meetings and projects
- Enhanced ability to focus, process information and solve problems
- Heightened creativity and innovation
- Increased ability to handle challenging clients and situations
- Increased access to intuition for fast, effective decision-making on complex issues
- Increased regenerative sleep
- Increased vitality and resilience
- Reduced stress, worry and fatigue

Plus, experience real time feedback through the innovative Inner Balance™ technology to monitor and sustain results. HeartMath has discovered that our heart rhythm patterns are the best reflection of our inner state. By adding heart, you can shift in the moment into a state of balance and renewing feelings, such as appreciation, care, love and compassion. HeartMath technology teaches you how.





Statistically Significant Improvements From 14,266 HeartMath Trained Individuals





INVESTMENT

\$1,500, inaugural bonus offer that includes:

- Six (6) months ongoing engagement
- 25% discount on Soul Happy and on +HM Coherence Advantage Workshop
- 1:1 sessions (two 30-minute sessions) with the Facilitators
- Two (2) referral codes with special discount for friends & family, and more!

REGISTER NOW >



[REGISTER: CHRISTINCOLLINS.COM/COACHINGANDWORKSHOPS](https://CHRISTINCOLLINS.COM/COACHINGANDWORKSHOPS)

