



PROGRAM

*Reduce Stress Levels and
Create Optimal Wellbeing*

*Presented by Renee Radcliffe iPEC CPC
COR.E Wellbeing Dynamics Specialist™*



Unlimited Potential. Unlimited Success.

www.selfhealingzone.com

SELF HEALING ZONE

Our Vision:

To be a resource for all who seek to create "optimal wellbeing" in their lives; to support the transformation from stress reactivity to self-mastery and greater freedom from stress, and to passionately promote a global shift in awareness for a healthier and happier planet.

Our Mission:

To empower clients with the education, tools, skills and support so that they may thrive and flourish with the creation of a new foundation, a "Wellbeing Formula for Success," an original and innovative approach to a new "way of being" in healthy and conscious living.



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COR.E Wellbeing Dynamics™

COR.E Wellbeing Dynamics™ is a systematic approach to reducing your stress levels and creating optimal wellbeing in all areas of life.

To attain your highest levels of personal life performance and potential, you need to not only be engaged and be a self-leader, you must also feel you are experiencing wellbeing in all areas of life that are important to you (health, career, relationships, money, etc.).

Wellbeing is an optimal state of mind, which allows you to:

- be more engaged in your life
- reduce your stress levels
- enjoy more energy
- create the change you desire

COR.E Wellbeing Dynamics™ draws on the concept that everything we do in life is a performance. How you show up in your thinking, doing, and being impacts the experience you will have in that moment.

Performance is not just how a singer performs on stage, how an athlete performs in a competition, or how an executive performs in a team meeting. It is also related to how you perform actions that create greater wellbeing, such as reducing stress, eating in a way that properly fuels your body, feeling financially successful, having meaningful relationships, and including physical activity in your week.

COR.E Wellbeing Dynamics™ integrates a knowledge base with the use of an assessment and a learning process that facilitates greater wellbeing for individuals in whatever area of life they would like to feel more successful, satisfied, and engaged.

Imagine this...what might be possible if you were:

- more aware
- more confident
- more consistent
- more connected to others and self
- able to access a systematic repeatable approach to wellbeing

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Stress

“Life is 10 percent what happens to me and 90 percent of how I react to it.”

- American Author Charles Swindoll

The good news...stress isn't all bad. It can stimulate us and help us hop out of bed with an agenda. It activates the brain's thinking centers and can get us into action. In fact, having no stress can make us feel lazy or unmotivated.

The bad news...when we perceive a situation to be a threat or experience a feeling of being unable to control the circumstances, stress can cause destructive reactions such as overeating, anger, irritability, and helplessness. Chronic stress can cause physical symptoms including headaches, upset stomach, elevated blood pressure, chest pain, and problems sleeping. It can even bring on or worsen certain symptoms or diseases.

The best news...as a COR.E Wellbeing Dynamics™ Specialist, I can help you identify triggers that create unwanted stress in your life. Once we identify your stressors, we will come up with interventions, strategies, and techniques to transform them from energy that works AGAINST you to energy that works FOR you.

COMMON EFFECTS OF STRESS		
On your body	On your mood	On your behavior
<ul style="list-style-type: none">• Headache• Muscle tension or pain• Chest pain• Fatigue• Change in sex drive• Stomach upset• Sleep problems	<ul style="list-style-type: none">• Anxiety• Restlessness• Lack of motivation or focus• Irritability or anger• Sadness or depression	<ul style="list-style-type: none">• Overeating or undereating• Angry outbursts• Drug or alcohol abuse• Tobacco use• Social withdrawal

How ready are you to have more energy, more fun, and be in more love with your life? How ready are you to experience a life of greater wellbeing in all the areas that are important to you?

COR.E Wellbeing Dynamics™ can help you experience greater:

- physical energy
- empowerment
- engagement
- success

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SCOPE™ Assessment

What would be different for your life if you could understand how to create the BEST outcome for whatever it is you're about to undertake?

You'll achieve amazing results when you approach every task or situation without stress, tension, or anxiety.

Discover SCOPE™

An assessment app that measures your performance energy in the moment in relation to what you are about to do, reveals what's most influencing your energy at that moment, and provides you with the means to intervene and enhance your performance potential in real time.

This (r)evolutionary™ tool can be used any time, any place, and from any device to:

- pinpoint what is causing you stress
- get tips to shift into high performance
- produce the results you want, consistently

SCOPE can be taken in approximately 3-4 minutes and produces a report showing your "in the moment":

Performance Factor: This takes into account overall energy and the different factors that affect it and is expressed as a number ranging from 1 to 7. The higher the factor, the closer you are to your ideal performance state.

Performance Factor categorization: This shows how catabolic or anabolic your Performance Factor is.

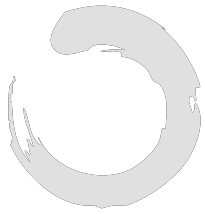
Primary and Secondary Levels of Energy: These are the energy levels you are most experiencing in relation to the task.

Influences on your Energy: This chart shows how spiritual, mental, emotional, physical, social, and environmental factors are influencing your energy.

Strategies to Increase your Performance: These are interventions you can use to increase your energy in the moment.

SCOPE allows you to understand what you need to shift/adjust to increase the likelihood of performing to your potential. Monitored over time, it will also reveal the patterns and tendencies that promote high performance in the workplace and in life, therefore increasing your wellbeing.

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COR.E

WELLBEING
DYNAMICS™



Your Wellbeing Mastery Blueprint: The One Thing That Changes Everything

In life, everyone faces challenges as well as opportunities. And regardless of their levels of wellbeing, most of the challenges that people cite are strikingly similar.

Here are the Top 10 Most Common Wellbeing Challenges:

1. Stress
2. Low levels of physical energy or fatigue
3. Lack of confidence
4. Lack of accountability
5. Loss of true enjoyment
6. Lack of a cohesive, reasonable, and comprehensive plan for wellbeing
7. Self-sabotage
8. Trouble dealing with distractions
9. Inability to set and reach both short-and long-term goals
10. Difficulty in getting motivated to eat right, exercise, and do whatever is needed for wellbeing

What's missing from wellbeing approaches?

Wellness is a multi-billion dollar industry. You would think by now there would have been practical and agreed-upon solutions to handle the most pressing issues. Members of the medical community are experts in what they know, which is treating disease. And for the most part, they do a fantastic job at that.

So what's the challenge? These medical experts have had little to no training in dealing with most of the top issues cited above! While healthcare professionals understand the importance of these issues, they often do not have the time to address them.

Fitness trainers and nutritionists have filled in a few of the gaps. Many people have either tried one (most likely, when things weren't going well for them), and some regularly work with one. Most of these professionals offer valuable services. However, they too can only provide what they know about their area of expertise. That's a great start, but someone seeking true wellbeing in all areas of life needs more.

So, what's the one thing that changes everything?

The understanding of, implications for, and ability to control your energy, and the ability to respond to whatever challenges arise in your life - *this is what's at the core of achieving your greatest level of wellbeing!*

The vast majority of people are simply unaware of why things go well for them one day and not the next. Rarely, if ever, with the exception of a health crisis, does their level of wellbeing change significantly from day to day or even moment to moment; it's the individual's energy that is constantly changing. These ups and downs often create frustration over sometimes being able to show up and be part of life and other times feeling unable to get off the couch. Simply stated, spiritually, mentally, and emotionally, people just don't get from their lives everything that is possible.

COR.E Wellbeing Dynamics is based on the concept that everything in life is a performance. How you "show up" - the energy you bring to any situation - impacts the outcome or results you get. By understanding the nature of the energy of performance, it's possible to take steps to proactively create consistent experiences, as well as make quick adjustments in the moment when things are not optimal. Energy is THE key driver and what matters most to people. Without the right type and amount of energy, the ability to show up and be engaged in life is severely limited and, sometimes, simply not possible.

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Regardless of how positive people are, they are subject to the various inner and outer elements that can help or hinder wellbeing. These are the COR.E Influencers, and by understanding them and then knowing how to handle them, individuals have access to energy they didn't have before.

An individual's overall energy (called the Energetic Makeup) is affected and influenced by:

- Physical health and wellbeing
- The spiritual factors that create attitude, confidence, and drive motivation
- The mental ability to have clarity, focus, and concentration in all situations and conditions, including when making critical decisions around wellbeing
- The ability to build a supportive team or tribe and know how to ask for help
- Environmental factors and emotions that support healing and wellbeing

And perhaps one of the greatest influences on energy, and therefore wellbeing, is having (and having faith in) a holistic and achievable plan. That is, a plan for wellbeing, transforming stress, dealing with adversity, keeping your motivation high, overcoming fatigue, connecting or reconnecting with a larger vision or purpose for life, and more. People not only need that plan, but someone to help them work through it on a regular basis.

What expertise does a Specialist in COR.E Wellbeing Dynamics have that other wellbeing professionals don't even know exists?

Even if they are aware of the various influences to energy, people simply do not know how to optimize their wellbeing. They are left to guessing and using input given to them by friends, family, and overworked healthcare professionals. They don't have a holistic plan that will assist them in implementing healthy lifestyle choices and reaching their goals.

The Specialist in COR.E Wellbeing Dynamics is an expert in all aspects of planning and wellbeing, and has knowledge and skill in maximizing energy and overcoming all internal and external blocks. The COR.E Specialist envisions the entire wellbeing development plan in a picture, and paints it clearly for the individual to see and grasp.

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Specialists in COR.E Wellbeing Dynamics offer a systematic and comprehensive program that builds and uses an individual's capacity and potential to create an empowered energetic state that supports optimal wellbeing. The system incorporates 10 disciplines for wellbeing; these disciplines form a foundation for living that create a powerful state of awareness and a positive attitude. The program allows people to take back control over their wellbeing in all areas of life. This keeps the individual engaged in what they are doing, and brings them a continual level of enjoyment and satisfaction, along with the key ingredients for wellbeing.

Specialists in COR.E Wellbeing Dynamics are certified experts in SCOPE™, the only assessment in the world that measures one's energy in a given moment. **How would you like to know what energy you're bringing to a task BEFORE you begin so that you can make any adjustments needed to show up at your greatest potential?**

Specialists in COR.E Wellbeing Dynamics are all superbly trained by the preeminent professional coach training organization, the Institute for Professional Excellence in Coaching (iPEC).

The COR.E Wellbeing Dynamics program was built by professional wellbeing coaches who are experts in energy, stress, and behavior change. We know what you need because we wanted the same things; things that were missing for us in our quest for wellbeing.

Trainers, nutritionists, healthcare professionals, as well as others who assist you, are all extremely important and valuable to your success. That said, a COR.E Wellbeing Dynamics Specialist adds something to your wellbeing that is truly priceless.

Your Wellbeing Mastery Blueprint: The 5 Components of the COR.E Wellbeing Dynamics System

These 5 components are critical in unlocking your true wellbeing potential. It doesn't matter what your current level of wellbeing is, nor does it matter what area or areas of life you want to focus on to increase

wellbeing. Wherever you are and whatever you want to focus on - be it physical or emotional wellbeing, financial goals, professional development, relationships, or even fun and enjoyment, these components are the bedrock on which your wellbeing is based.

Component 1: Creating Your Plan for Wellbeing

Most people are looking for something more out of life, but they either don't know exactly what that "something" is or they have only defined part of the goal and not the complete picture. For instance, someone may want to become financially debt-free, but spend no time painting a picture around the type of experience they want to have while working toward this goal or how they want to handle adversity. Without this clarity and complete vision, you can struggle to reach the level of wellbeing you're looking for - and even when you reach a goal, you may still feel like something is missing. Any of this can lead to uncertainty, lack of confidence in decision-making, lack of fulfillment and enjoyment, or feeling constantly bored or consistently uneasy.

In this component of the program, you will:

- Understand the basis and foundation of COR.E Wellbeing Dynamics
- Create a vision with specific goals
- Build out your approach and your program
- Identify your baseline for wellbeing potential using what will become one of your best assets, the SCOPE assessment
- Optional: Experience the eye-opening Energy Leadership Index™ assessment and debrief

Component 2: Establishing Your Energy and Performance Foundation

Understanding the nature of energy (in all its forms) will help you to develop more day-to-day consistency. It may be helpful to think of two aspects of energy: long-term and short-term. Long-term energy has more to do with your frame of reference and your overall attitude toward life, while short-term energy is more about how you relate to a specific task or goal in a current moment. To maintain consistency and sustain-

able behavior changes, both the long-and short-term energies need to be managed properly. Again, as mentioned earlier, one's overall wellbeing does not often change from day to day or even moment to moment; it's your energy that is constantly changing.

By understanding the nature of the energy of performance, you can take steps to proactively create consistent experiences, as well as make quick adjustments in the moment when things go sour. Without the right type and amount of energy, the game of life is lost before it's even played.

In this component of the program, you will:

- Explore mastery and what it means to be a master of wellbeing
- Dive into understanding the energy of performance
- Learn and begin to face what blocks energy (and thus significantly holds you back from living at your highest potential)
- Become aware of how you think, feel, and act, so that you can break through any limiting thoughts and undesired reactions

Component 3: Finding and Harnessing Your COR.E Influencers

How do you make real, meaningful, and intentional changes in the moment in a manner that either redirects your momentum to get back on track or further enhances your energy when things are going well?

This amazing component helps you understand how to solve issues - in real time. Waiting to make adjustments after the moment has passed is for long-term progress - and of course that is very important. You also need to know what to do in the moment - so you can revamp, rethink, and retry on the fly.

This component helps you understand how to boost your energy and performance as you're living in the moment at will. You'll begin to develop a personal formula for wellbeing that you can apply in the moment - capitalizing on your strengths, traits, preferences, and attitude. This in turn dramatically improves the repeatability and consistency of your performance.

In this component of the program, you will:

- Discover the 6 energy influencers that most affect your wellbeing
- See, feel, and understand exactly how much these influencers detract from your ability to perform at your current capacity
- Learn how to create shifts for yourself that produce high levels of energy in the moment
- Create action plans and determine which intervention strategies work best for you to bring about your ideal state of wellbeing

Component 4: Mastering the 10 COR.E Disciplines

Where do distractions, lack of motivation or confidence, sabotaging self-talk, and other hexes that plague most people come from?

The world's greatest masters get their calm, centered, unflappable approach from a frame of mind, perspective, or attitude that unleashes their full potential. They have developed an approach to their life that keeps their motivation high, their resiliency strong, and their ability to spot opportunities to excel sharp.

This component reveals the 10 COR.E Disciplines that are instrumental to bringing out your ideal state of wellbeing.

In this component of the program, you will:

- Learn and practice the 10 COR.E Disciplines
- Create a life philosophy, based on these disciplines, that unleashes your energy, potential, and performance
- Discover a "way of being" that will be instrumental to bringing out your ideal state of wellbeing

Component 5: Optimizing Your Formula for Wellbeing

One of the key elements to understand AND embrace: what worked yesterday may not work today, nor should it. You need to know how to evolve your approach; building upon what's working, modifying as you go, and eliminating the elements that no longer serve you.

Understanding what is and is not working can be complex. What appears to work or not work may be obvious or it could be much deeper and systemic. This is where the real optimization comes from - by knowing what's at the core of your performance, you can continually focus on cause instead of effect, and build your strategies and wellbeing approaches for the long-term.

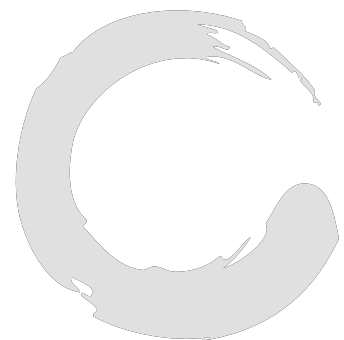
It's time for you to live as you've never lived before

Your Next Step...Strategy Time!

If you're ready to work with a COR.E Wellbeing Dynamics Specialist, the best place for you to begin is with a Strategy Session. Whether you ultimately pursue mastering your wellbeing in a group or one-to-one relationship with your specialist, the program must fit your unique needs, goals, and vision. This complimentary COR.E Wellbeing Dynamics Strategy Session will help you begin to form a more complete vision for how you will practice, approach, and master your wellbeing.



***Reduce Stress
Levels and
Create Optimal
Wellbeing***



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What is iPEC's COR.E Wellbeing Dynamics™ Campus?

- The Wellbeing Campus is a virtual campus of Wellbeing modules that include: reading, exercises, explorations, visualizations, journaling, goal setting, assessments and more.
- Themes are designed to bring you to optimal levels of wellbeing, while providing you with the tools to create your own personal "wellbeing formula for success."
- The Wellbeing campus is accessible 24/7 via computer, tablet, or mobile device with a username and password from any location or on the go. This is a huge advantage in that individuals can work at their own pace and access the campus outside of work hours.

What is a Wellbeing Formula for Success?

A Wellbeing formula for success contains key elements which capitalize on your strengths while giving you a foundation for sustainable wellbeing. A Wellbeing formula is unique to each individual, bringing higher levels of performance, energy, engagement and success in the areas that an individual chooses to gain mastery in. You choose the areas that you want to create your personal Wellbeing formula of success in and the campus provides you with the method of "how to" achieve your formula.

Why is Wellbeing important in Corporate, Business and Organizational cultures?

Wellbeing programs have been shown to stimulate a more engaged workforce, create a more positive and supportive working environment, while decreasing stress. Stress is now the new #1 Health and Wellness concern of a more comprehensive Wellbeing program. ⁽¹⁾

Stress and stress related health issues have been the cause of:

- Lower productivity
- Absenteeism
- Substance abuse
- Higher healthcare costs
- Disability costs
- Turnover/Retention issues
- Lower profits
- Negative impacts on organizational culture
- Burnout

The following companies are a sampling of those that have integrated Wellbeing and Meditation into their cultures successfully with positive results: ⁽²⁾

Google
Aetna Health Insurance
Apple
Linked In
Target
Zappos
McKinsey and Co.
Johnson and Johnson
General Mills

Why Companies should invest in Wellbeing

Companies that have embraced broader wellbeing programs over the traditional health and wellness programs (i.e. smoking cessation, weight loss, high blood pressure) are seeing higher profitability as the reduction in health care costs and higher productivity both affect the ROI positively. According to Healthways, an independent healthcare consultant:

- “A health management strategy that embraces the full scope of an employee’s wellbeing is on average more than twice as effective at curbing productivity losses than a wellness program centered solely on physical health.”
- “That is the value difference CFO’s are going to care about.” The difference between offering the traditional wellness program and a program that embraces the broader definition of Wellbeing and has greater impact and greater returns. ⁽³⁾

Why Meditation has become a sought after component of Corporate Wellbeing Programs

In a study of Mindfulness Meditation and Stress, a study by Perspectives LTD showed that employee stress is on the rise and needs top priority and focus in a Corporate Wellbeing program. ⁽⁴⁾

Advocates include:

- Dan Harris, ABC journalist and author of *10% Happier* says Meditation saved him from chronic stress and anxiety. It got so bad that he had a panic attack while live on the air. Meditation helped him tame mind chatter and worry. He was able to identify and address a work related depression that he was unaware of before. ⁽⁵⁾
- David Gelles, also a journalist, wrote *Mindful Work* which documents the benefits of Mindfulness Meditation programs and their success in Corporate America. ⁽⁶⁾

Executives Who Swear by Meditation

Nancy Slomowitz, Author and CEO, Executive Management Assoc., “Work Zone Madness: Surviving and Rising above Workplace Dysfunction” shares:

After experiencing positive effects in her own life with meditation, she decided to introduce the practice to her employees.

“Meditation produced tangible, practical benefits in both their professional and personal lives. The workplace environment soon grew from toxic to harmonious among other positive changes. And surprisingly, the company’s cost of healthcare insurance actually went down due to a reduction in sick claims.” ⁽⁷⁾

Bill George, Former Medtronic CEO, Author of “True North” and Harvard Business School Professor, dedicated one of the firm’s conference rooms to being a quiet space where employees could go for a break to meditate. ⁽⁸⁾

Wellbeing and Meditation

"Aetna Health Insurance partnered in a research project with Duke University that found Aetna employees' stress levels were 1/3 lower after one-hour of mindfulness and yoga a week." (9)

"General Mills educates its employees of the benefits of meditation and have found it improves productivity as well as creativity." (10)

Stress Nation, Meditation Nation®

Stress Nation, Meditation Nation® is about "the shift in your awareness," from stress reactivity, thoughts, and perceptions to Self-Mastery through Meditation. Change remains the constant energy in life. Meditation can support the adjustment process as we navigate transitions that present stress and challenges, by bringing emotional balance and providing a sustainable foundation for adaptation.

Specializing in Unique Programs • Coaching • Meditation • Speaking • Wellbeing • Career Performance

Audio MP3 Selections:

1. **Meditation and Music for Stress:** "Focus and Flow" Guided Meditation with music • "Roots of Love" music • "Sacred Rock Sunrise" music
2. **Music for Productivity, Creativity, and Career Performance:** A collection of music for creating breakthroughs. "Roots of Love" • "Healing Questions" • "Sacred Rock Sunrise"
3. **Meditation and Music for Chronic Health:** "Journey to a Cell" Guided Meditation with music • "Journey to a Cell" music only • "Healing Questions" Guided Meditation with music "Healing Questions" music only
4. **Meditation and Music for Chronic Pain:** "How to Transform Pain" Guided Meditation with music • "How to Transform Pain" music only
5. **Meditation and Music for Mental Health:** "Depression" Guided Meditation with music "Depression" music only

COR.E Wellbeing Dynamics™ SCOPE™

Stress Nation, Meditation Nation®

Together promote sound decision making, clarity and creativity in leadership at all levels of the company...numerous health benefits....a culture of Wellbeing....positivity and engagement...increased focus.... reduced stress...increased productivity and profitability. Stress Nation, Meditation Nation® was created and developed to address stress, burnout, chronic health, mental health and disease at a preventative level and to bring tools for self-healing to these areas.

*"The next generation of leaders depend on our investment in Wellbeing.
Our growth is their inheritance."*

Renee Radcliffe

iPEC's Resource for Wellbeing, Leadership, Health and Career - www.LiveLeadPlay.com
Leadership and Coaching - www.keyfactorforsuccess.com

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