

Flowing Intelligence Ltd

Who are we and what do we offer?

We are brothers Dr. Bryan and Matt McElroy and are Certified Group Leaders for the Institute of HeartMath. We share a passion for imparting the inspiring, scientifically validated Heartmath System in a fun, efficient and engaging manner through our Transforming Stress Revitalising Care (TSRC) programme. The Heartmath techniques have been adopted by disciplines at either end of the spectrum from US Marines and Olympic Athletes to 15,000 Health Professionals globally. Recently, Bethrand Piccard one of the Solar Impulse pilots that flew the solar powered round the world flight has been using the techniques to help him manage the stress and sustain his performance while in the air.

We have both seen profound benefits in our own lives since incorporating the Heartmath skill set and are delighted to offer individually tailored programmes to help reduce stress, improve the health and wellbeing of employees and create more coherent work cultures. Our workshops focus on transforming the vitality of the organization through innovative resilience building tools and technologies.

Transforming Stress, Revitalizing Care Programme

The TSRC Programme will facilitate participants to maintain a constant charged battery throughout the day so that they can be at their best performance in all areas of life not only at work but also with family, with friends and in sport.

The Programmes objectives are:

- Increase personal resilience and energy levels.
- Leverage the ability to think clearly under pressure and discern appropriate solutions to problems.
- Diminish symptoms of personal and work related-stress such as overwhelm, frustration, fatigue and sleep disturbance.
- Facilitate coherent communication between colleagues.
- Increase the ability to maintain situational awareness.
- Improve reaction times and coordination.
- Create a culture of understanding and mutual respect within organisations.

No matter the type or nature of work of the participants the training is universally applicable as it has its foundations in human physiology, psychology and emotional intelligence.

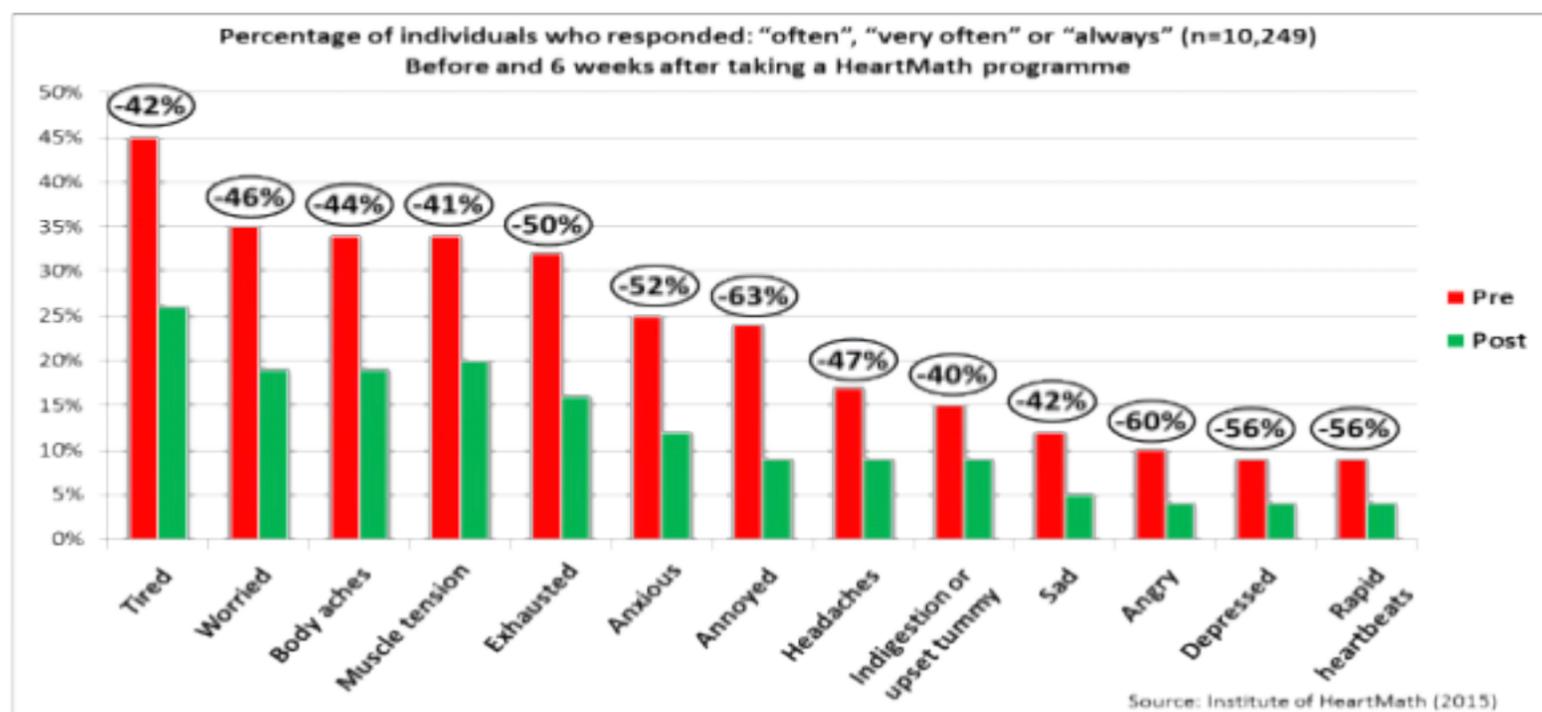
The workshop is also designed to share an opportunity to connect with the HeartMath biofeedback technology. The technology reads the pattern of heart beats in real time and provides feedback in relation to underlying physiology and emotional patterns. The biofeedback technology can provide motivation to continue to apply the techniques in daily life so as to reduce energy depletion or burn out and create resilience.

Resilience

Resilience is the capacity to prepare for, recover from and adapt in the face of stress, challenge or adversity. We offer evidence based strategies and techniques that increase resilience and have proven to be effective over time as documented in a number of research based studies. Employees who undertake the TSRC programme will be able to meet today's ever increasing challenges with greater composure and intelligence.

Below is a graph summarising data on over 10,000 employees who undertook a one day Heartmath workshops in the U.S. Further information is available at

<https://www.heartmath.org/research/research-library/>



The effectiveness of our programme can be measured with the use of The Institute of HeartMath's Personal and Organisational Quality Assessment (POQA) tool, prior to and post our intervention. We are excited to be in a position to facilitate and record similar improvement for Irish and European employees.

Matt McElroy and **Dr. Bryan McElroy** are Certified Group Leaders for the Heartmath system. Both trained with Gavin Andrews managing director of Heartmath UK and Alan Strydom managing director of Heartmath South Africa.

Brothers but also lifelong friends, Bryan and Matt have shared a lifelong curiosity in meditation, human nature and authentic, harmonious living.

Dr. Bryan McElroy is a qualified General Practitioner, certified Psychology of Mind/3 Principles facilitator and holds a diploma in clinical psychiatry. He delivers this program to individuals, companies and organisations in order to help people move to their hearts, being in their centre, being happy, and productive. He combines his own authentic, calm presence, vast knowledge from his medical education and work in general practice to facilitate a unique learning experience. In his spare time Bryan enjoys cycling, walking in nature and dancing.

Matt McElroy qualified in Civil Engineering and holds a Degree in Quantity Surveying and a Diploma in Youth and Community Work. He has worked as a care worker with the Simon Community for a number of years and as a financial trader. Having enjoyed a varied career path in which he witnessed many of his colleagues suffer from stress and burnout he is now grateful to combine his love of wisdom, humour and science in delivering the Transforming Stress Revitalising Care programme to help empower groups and individuals. Matt's hobbies include walking his dogs, learning and teaching salsa dancing.

Have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary. '

Steve Jobs Stanford University Commencement Speech, 2005

The programme is preferably delivered over 2 days (e.g. 9am-5pm) for maximum benefit with a 1 hour lunch break; however it can be adapted to tailor to the group or organisation's needs.

We will help you create a package to suit your needs and budget.

Programme Content:

Modules are adapted to integrate with the needs of the group; they include but are not limited to the following:

Introduction
Recognising the signs and symptoms of stress in yourself and others. Atmosphere/ perception video used as a resource. Discussion of Depleting and Renewing Emotions with flipchart or white board for group participation.
Introducing practical technique Heart-Focused Breathing™. This can be activated during challenging periods at work and to alleviate common tensions that build up over the duration of the day.
Physiology of Coherence and Optimal Functioning.
Depletion to Renewal Grid: Visual illustration on how the body's physiology responds in different emotional states and how this affects health and performance.
Technique No 2: Quick Coherence® Technique.
Build essential strategies for building and sustaining Resilience: Prep, Shift and Reset and Sustain.
Practical Intuition – Technique No 3: Freeze Frame – Getting in Sync
Demonstration of Bio-Feedback Technology. Guide the group on how the technology works in real-time with volunteer from group.
Relational Energetics. How our attitudes and emotions affect others.
Establishing a new physiological and emotional baseline. Introducing Heart Lock-In® Technique
Coherence and its effects: Coherent communication exercise in pairs.
Action plans for preventing energy drains and building Resilience capacity.
Putting it all together: Resilience, Flow and Inner-Ease™ Technique with opportunity for questions and answers

Heartmath biofeedback emWave technology is recommended to promote ongoing practice of the techniques, thus maintaining the transformation from stress into Resilience. If your organisation chooses to invest in the technology as Certified Group Leaders we can arrange discounted prices for your organisation.

We look forward to working with you.

www.flowingintelligence.com

www.heartmath.org