

# *Inner Ease Workshop*

---

## **Introduction:**

This course provides a comprehensive, practical guide to facilitate participants to maintain a sense of inner ease and calm in daily life. Developing inner ease allows participants to be at their best performance in all areas of life, not only at work, but also with family, with friends and in sport.

## **Course format:**

The course is designed to include reflection, group dialogue and a relevant didactic component to deliver key theoretical material.

The programme is highly participatory, supportive, and structured and is open to anyone who would like to invest a day to learn new ways to enhance wellbeing and live life with more peace and calm.

## **Course aims:**

The workshop focuses on developing the following areas related to professional development:

**Knowledge:** Participants learn how emotions affect physiology, cognition, social relationships and performance. This includes the effects of stressful emotions and the benefits of sustained positive emotions.

**Skills:** Participants have an opportunity to practice a number of the validated Heartmath® techniques including: Inner Ease Technique, Quick Coherence Technique, Coherent Communication and Heart Lock-In.

**Attitudes:** Participants will be imbed with a renewed sense of enthusiasm for work, a sense of inner calm and a confidence that the knowledge learned and techniques practiced will help sustain ongoing development of emotional self regulation. Emotional intelligence will be increased so as to facilitate empathy with patients and harmonious interactions with colleagues.

**Objectives:** By the end of the programme participants will have learned to:

- 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.
- Communicate clearly with colleagues and patients.
- Increase the ability to maintain self-awareness.
- Create a culture of understanding and mutual respect within organisations.

**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 3 Principles facilitator and holds a diploma in Clinical Psychiatry. He delivers this programme to individuals, companies and organisations in order to help people move to their hearts, being content 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 financial trader and care worker. 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 Inner Ease programme to help empower groups and individuals. Matt's hobbies include walking his dogs, learning and teaching salsa dancing.

### **Programme content:**

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

Guided instruction in a variety of scientifically validated Heartmath® practices as a foundation for the cultivation of optimal physical health and positive health behaviours.

Learning to recognise and reduce stress and deal with anxiety, overwhelm and exhaustion more effectively.

A clear intellectual understanding of the domains of resilience (Physical, Mental, Emotional and Spiritual) and how these underlie the quality of our daily experiences. Communication exercises with an emphasis on cultivating flexibility, empathy and understanding in dealing with challenging situations.

The workshop includes learning, strengthening and integrating a range of self-regulatory skills.

Intentionally experiencing what it means to sustain present moment awareness.

### Structure of 1-day Inner Ease workshop:

8.30- 9.15: Registration
9.15- 11.00: Introduction Resilience Recognising stress in yourself and others Depleting and Renewing Emotions
11-11.20: Coffee/Tea
11.20-12.45PM: Practical technique, Heart-Focused Breathing™ Physiology of Coherence and Optimal Functioning Quick Coherence® Technique Demonstration of Bio-Feedback Technology
12.45-13.40 Lunch
13.40-15.00: Relational Energetics: How our attitudes and emotions affect others Coherence and its effects: Coherent communication exercise in pairs
15:00-15:20 Coffee/Tea
15.20- 16.00: Establishing a new physiological and emotional baseline Introducing Heart Lock-In® Technique
16:00-16:10: Stretch and relax break
16.10- 17.15: Questions and answers Putting it all together: Resilience, Flow and Inner-Ease™ Technique Complete feedback forms

[www.flowingintelligence.com](http://www.flowingintelligence.com)