



## Stress Relief: A Surprising Benefit of the LionHeart Work

Stress is enormously costly – to your well-being, your family life, your employees and your bottom line. American businesses spend \$300 Billion annually on absenteeism, comp claims, and medical expenses; Depression costs \$40 Billion, Anxiety disorders cost \$46 Billion, and 28% of US workers have high blood pressure. Amazingly, 72% of American workers report frequent stress related physical and mental conditions. (This data is according to studies by MIT, The Society for Behavioral Disorders and the American Heart Association).

You are likely not surprised because you feel this stress and see it in others every day. What is surprising, however, is the palpable stress relief our clients receive from applying our principles of business success.

Our consulting is most often directed toward improving organizational performance and expanding people's leadership capabilities. However, chronic, stress related symptoms and illnesses have disappeared when clients take our coaching to heart and genuinely work from their values and inner wisdom on a regular basis. We are not doctors and can make no promises, but these actual success stories from anonymous clients exemplify the possibilities inherent in our unique approach:

- A CEO with chronic shoulder pain and a consistent ache in her heart when she encountered her former boss over a three year period was 90% relieved within a few months.
- A Marketing Manager who was sick in bed and unable to work after fainting twice within 30 days went to the emergency room where doctors found no reason he had fainted. After a series of coaching sessions he returned to take on the additional responsibilities consistent with his recent promotion. There were no further episodes of fainting.
- A CEO had been suffering with two migraine headaches per week lasting an average of 18 hours for 40 years. After a series of coaching sessions and learning to accept her emotions, she had less than one brief headache per month over the next several years.
- A manager with panic attacks that prevented him from leaving his home had used up more than 100% of his earned leave because he could literally “not open the door to leave home” numerous times. After four coaching sessions he consistently came to work for several months before moving into a less stressful position.

- A CFO with chronic fatigue syndrome saw more than 10 doctors in an attempt to regain her strength after a 6 month push to implement a new computer system. Within another 6 months she returned to work full time and credited the LionHeart coaching as the key to her recovery.
- A senior executive in his 50s discovered he had “real grown up fingernails” for the first time in his life after a few months of coaching sessions. His bigger surprise was that his 7 year old son also quit biting his nails without any direct conversation about the topic.
- A manager with several years of headache history eliminated her headaches after 3 months in our yearlong leadership program.
- An HR manager had experienced severe back and neck pain every day at work for over two years and had visited a number of health professionals without success. She was surprised to discover the pain disappeared after 3 months in our yearlong leadership program.

Our approach to business is simple but not easy: you do not have to settle for being miserable. It is about what is negotiable and what is not negotiable. It is about living with our most important values as the compass we operate from. It is about letting go of the idea that we need to cope with what isn't working or compromise ourselves to our own detriment to be successful. You can always tell when you are personally out of alignment with LionHeart's 5 principles that also serve as the core elements of our self-coaching model: your body will bark at you like a fearful or angry dog.

Our self-coaching model, referred to as Transformational Problem Solving, will encourage you to *notice when you are not at peace* with any situation (because you are upset), *stop for a moment* before you react unproductively (and make matters worse), and *reflect until you recover* your values (and reconnect to your heart's wisdom). Once you have learned to approach your upsetting problems in this manner, you are able to respond to life's ups and downs with more ease. This often results in the release of the stress-induced physical symptoms that get the better of us when we are unaware of the way our unproductive thought patterns and emotional distress are “twisting us up inside.”

Our five principles come to life best in an interactive dialogue where we can apply them to your specific scenario. So, we hope you will call us for a free demonstration if you find them intriguing and potentially valuable. Here they are:

1. *Struggle is Unnecessary* when we accept “what is” including our own emotions.
2. *Intention is the Key* especially when we know how to operate from our highest intentions.
3. *Obstacles are the Stepping Stones to Growth* when we face them with our hearts open.
4. *Wisdom is Always Available* when we remember to return to our heart and values for guidance.
5. *Loving Our Work Allows Us to Do Our Best Work* when we transform ourselves with each problem.

Remember, the best in life is simple but does not necessarily come easy. However, with the stakes as high as they are and the cost of stress so destructive, the journey is worth the work required to break free of whatever subtle mindset has the best of you.

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