

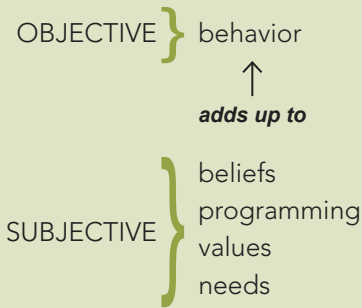
Our behavior- **what we do**-is the visible and objective part of us. **Who we are** is the more subjective and "invisible" nature of every person.

Who we are is the result of our sum total of experience in life. Those experiences build "systems" such as:

- Beliefs
- Values
- Programming
- Needs

Our behaviors are a tidy, sometimes predictable sum total of who we are.

WHO WE ARE=WHAT WE DO



Who we are sometimes adds up to ineffective behavior in areas like:

- Health
- Self-expression
- Wealth
- Relationships

When we attempt to make changes in our lives or adjust to changing circumstances we can become our own worst enemy. Our experience resists the change and pulls us back to old behaviors.

"Who we are gets in the way of being comfortable with change."

The Performance Improvement training from Marc Hertz Consulting teaches groups and individuals how find more effective behaviors-how to implement difficult change or adjust to changing circumstances-in a non-clinical, fun and engaging atmosphere. Participants are exposed to intellectual, intuitive and creative techniques to help them improve their lives and gain a new level of ease and comfort in their own skin.

The Performance Improvement training,
EFFECTIVELY MANAGING CHANGE by Marc Hertz Consulting, LLC

For the organization facing:

- Changes in technology
- Acquisition
- Work force adjustments
- Development of new products
- Opening of new territories
- Substantial growth
- Staff or leadership changes
- Adjustment to new rules and regulations

For individuals needing help breaking negative patterns and habits that cause problems with:

- Health
 - Wealth
 - Relationships
 - Self expression
- or needing to make the best out of difficult or unwanted change such as
- Divorce
 - Relocation
 - Career
 - Lifestyle

performance improvement

Most people believe that
CHANGE IS DIFFICULT.
This belief is a myth.
It is resistance to
change that causes stress.

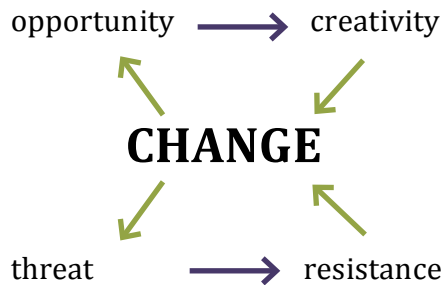


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Think about it. Some of the most fun, creative and fulfilling times in our lives have been about change. Change that we wanted to happen. What happens when we are faced with change that we don't want but need or have to comply with? We struggle. We suffer unnecessarily.



When change is perceived as a threat, we resist. We stay stuck. We suffer mentally, emotionally and spiritually. We usually don't change. If we do we form resentments about the change.

When we can recognize the opportunity in a change-even the ones we aren't necessarily willing to engage in-we are subjectively driven to become creative. We are energized and more productive.

There is a specific method for converting a perceived threat into an opportunity- for comfortably moving from resentment to comfort and effectiveness. Being comfortable with change requires accessing a more creative, intuitive state of mind.

Much has been said over the years in regards to "left brain vs. right brain" thinking. There are trainings around the world in relation to logic and intellect vs. intuition. Trainings that would have you think that "their way" is the only "correct" way or that they have some sort of "secret" they can impart to "only you." They would have you believe that intuition is somehow "extra" to your sensory system.

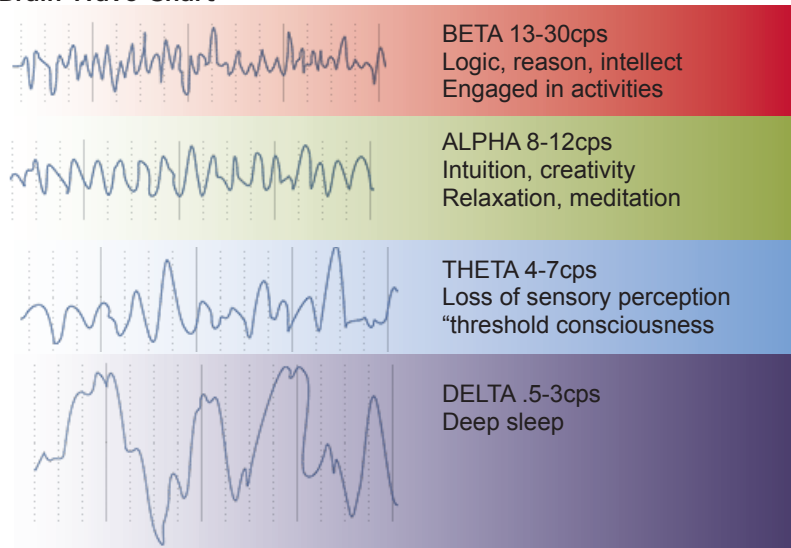
A person can be trained to access a more creative and intuitive state of mind through relaxation and meditative techniques. With training, one can learn to recognize the physiological reference points to understand and use intuitive thought in everyday living.

When doing something new or adjusting to change in our lives, we need to be more creative and intuitive. Logic, reason and intellect pull us back to the "old behaviors."

Engaging in effective change in our lives or environment is the ability to do things differently. While that sounds simple, it is something that people spend much time and money trying to master.

Let Marc Hertz Consulting teach you the "art of comfortable and effective change" through enhancing intuitive skills.

Brain Wave Chart



Some simple truths:

- Logic, reason and intellect live on the left side of the brain
- Intuition and creativity operate from the right side of the brain
- Brain wave patterns dictate which side of the brain is dominant
- Access to the more intuitive side of the brain is a simple physiological event
- Intuition can be enhanced just like the five physical senses