



SPORTS PERFORMANCE



How to Use the emWave PC System

Reaching the next level of athletic performance depends upon the ability to regulate emotions and manage stress. Athletes who combine mental and emotional training with their physical training have a competitive advantage and are better equipped to enter into the peak performance zone more consistently.

Thoughts and emotions have a profound effect on the heart's rhythm and this rhythm impacts performance. Under pressure, stressful thoughts and emotions cause the heart's rhythm to become irregular and jagged. This incoherent pattern inhibits brain function and diminishes the visual field, reduces reaction speed and impairs decision making.

Conversely, a positive mental and emotional state, not unlike being in the zone, creates a smooth, wave-like, coherent pattern that facilitates brain function and improves mental focus and physical coordination.

"The [emWave PC] software gives golfers the ability to identify when their heart is racing and do something about it. It gives them techniques to control themselves while under pressure and in tense situations so they can use those situations to their best advantage, both athletically and in life."

**Laird Small,
2003 National PGA Teacher of the Year**

The emWave PC is an emotional and mental training system for athletes who want to master their emotions. Athletes will see how thoughts and emotions affect the heart's rhythm in real time and learn how to 'get coherent' on demand. By associating the changes on the screen with a more focused, calm internal state, athletes are better equipped to maintain a state of physiological coherence and balance—the Zone—anytime, in any situation, in or out of the game!

You can learn more about heart rhythms and coherence in the Science Section.



Who can Benefit from the emWave PC System:

- Coaches and trainers wanting to bring out the best in athletes.
- Serious athletes looking for that competitive edge.
- Casual athletes wanting to improve their game.
- Young athletes wanting to get more consistent results.
- Any individual looking to improve athletic and sports performance.

Benefits:

1. The Quick Coherence technique can be consistently applied in many athletic and training situations.
2. Fits any training schedule.
3. Easy to use.
4. Real time heart rhythm and coherence feedback.
5. Results are:
 - a. Immediate—in one hour, or in one day, with a little practice.
 - b. Measurable—you can watch your heart rhythms change in real time.
 - c. Sustained—you continue to improve your ability to get in the "Zone".
6. Utilization of the techniques can be transferred to other areas of your life.

Whether using emWave PC for yourself or as a coach, it is strongly recommended that you go through the Tutorial and the Coherence Coach™ to have full understanding of the emWave PC system including the science behind the technology and the Quick Coherence technique.

When's the Best Time to Practice?

Just like any skill, it takes practice to achieve and sustain coherence. Whether you use your emWave PC system once a day or once a week, it's most effective when used on a regular basis. Consistent practice, especially when first learning how to build coherence is important. Unlike the physical training, the emWave PC system requires no recovery time. You can't 'over train'!

