



What Makes Your Heart Sing?

Awakening the Power of Inspiration

Bruce Cryer and Gary Malkin Keynote Presentations:

What Makes Your Heart Sing – Awakening the Power of Inspiration

Inspiration is at the heart of successful thriving organizations as well as individuals. Organizations fueled by a passion to change the world for the better while creating a corporate culture where there is inspiration, energy and happiness are the ones that will prosper in the future.

This presentation is about moving beyond just showing up for work to truly understanding why we all matter. Often times the stress in our lives keeps us chained to our job. We forget to do the very things that bring us joy and exhilaration so we remain discouraged, running on the hamster wheel of endless work. Inspiration is the best antidote for managing stress in our life and bringing meaning and passion back in our life. When we are inspired, we have more appreciation and this allows us to be more creative and innovative. Nurturing ideas leads to success and generates higher energy levels. Inspiration is a source of free energy. The more engaged we are the more inspired and energized.

With a moving blend of live music, stunning video and personal stories, Cryer and Malkin awaken our creative self-expression, open the heart and connect the dots on how understanding these issues can provide vital insights in today's workplace.

Learn how to:

- Identify sources of inspiration in your life that are essential for innovation and creativity.
- Develop a deeper sense of presence and kindness for yourself and others.
- Tell your inspirational story and share your passion with others.
- Create higher energy levels in yourself and others.
- Be inspired to bring music and the arts into your personal life and your professional environment.

What Makes Your Heart Sing - Creating Inspirational Leaders

In this keynote presentation, Cryer and Malkin apply these life changing concepts to high performing leaders. Creating inspiration and sources of energy for your future leaders is fundamental to the long-term success of an organization. Great leaders begin by understanding their own personal sources of inspiration and energy.

Many people are extraordinary individual contributors to an organization, but once they are promoted to a leadership role they fail to inspire others on their team to greatness. What distinguishes a good leader from a great leader? It is their ability to motivate, inspire and energize the people they manage. This presentation takes you on an experiential journey to tap into your own leadership inspiration while learning how to utilize the right tools and sources of inspiration to create highly productive teams.

Learn how to:

- Help others identify their sources of inspiration that are essential for optimal performance and creativity.
- Tell your inspirational story – be vulnerable making it easy for team members to deeply explore their own sources of inspiration.

- Understand and appreciate new reasons for creating balance and passion in your life.
- Develop the skills of personal resilience and mitigating risks or challenges that your leadership team may encounter in creating a culture of inspiration.
- Keep your team focused on the key inspirational drivers of success and extraordinary results.
- Create a culture that serves others while creating innovative products and services for your clients.

What Makes Your Heart Sing - The Power of Inspiration as a Catalyst for Healing

Although Bruce Cryer had spent more than ten years helping health care institutions reduce stress, improve resilience, and foster improved patient outcomes, he was barely prepared for the series of health challenges he would go through over a two year period. After facing the realization of his own fragility and healing journey, three revelations emerged: he found a reenergized passion to serve healthcare after being a patient in life-threatening circumstances, he wanted to bring HeartMath's message of hope and well-being to a global audience, and he re-discovered two old friends: his college roommate, Gary Malkin, and another very good friend.... Music. The same passion that had given Cryer a successful career more than thirty years ago as a singer, dancer and actor in New York's musical theater scene, had come back, but in a new form: to serve.

In a comparable journey, Gary Malkin had tremendous commercial success for more than thirty years as an Emmy-award winning composer and music producer. Yet his deepest passion for music became stirred nearly fifteen years ago after a serious accident that made him keenly aware of how fragile and precious life is. He started to explore the growing field of music for enhanced performance and emotional wellness, through the creation of his renowned book and CD set on life transition called "Graceful Passages". Upon receiving global acclaim for this work, he recognized there was a great need to serve patients and health professionals in psychosocial ways. He co-founded the "Care for the Journey" non-profit project, providing restorative resources and trainings for healthcare professionals, featuring pioneers such as Nursing theorist Jean Watson accompanied by a who's who of contemporary healthcare luminaries. These experiences empowered Gary to offer inspiration and support to the heroes of healthcare, those on the front lines of transforming healthcare.

Through a moving and rich blend of live and recorded music, stunning video, guided imagery and personal stories, Cryer and Malkin will present the inspiration they have found to make music and other multi-sensory strategies a powerful part of the healing process for caregivers and patients alike, as well as an act of self-care and personal fulfillment. Cryer will also share how the HeartMath tools played a central role not only in his physical healing but also in keeping hope alive in his heart.

Learning outcomes:

- Gain new compassion for the anxiety patients face
- Appreciate the importance of self-care as a care-giver
- Enhance your ability to connect with patients and colleagues
- Enrich your ability to create "caring moments"
- Increase your presence, your kindness and your compassion
- Find new hope to create balance in your life
- Become inspired to bring music and the arts into the healing environment and your personal life