



Dr. Stuart Heller, Ph.D., 6th Dan

PERSONAL SKILLS FOR PROFESSIONAL EXCELLENCE

*The more of yourself you bring to the moment
the clearer, stronger and more masterful you become.*

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Professional Background: Dr. Heller has trained executives, consultants, coaches, educators, artists, and healers around the world. He has a long history of successful collaborations with other training organizations, including: Newfield Network, Executive Coaching Institute, SALUS: a Russian NGO, Education for Living Seminars - Southwest, and Gestalt OSD .

In 1980, Stuart co-founded the first accredited M.S. program in Clinical Holistic Health Education (one of the early coaching disciplines) where he developed the academic discipline of Movement Psychology.

He created the Human Systems Leadership module for the SEED Program at NASA/Goddard, a best practices program to train the next generation of systems engineer-leaders and is currently developing a new program for NASA, ESTM - Exercising Your Systems Thinking Muscles. Stuart was recently asked to join the Narrative Intelligence Group of the Academy of Leadership, University of Maryland.

Stuart is the author of *Retooling on the Run: Real Change for Leaders with No Time* and *The Dance of Becoming: Living Life as a Martial Art*. He has also created a multimedia online learning resource, *The Encyclopedia of Becoming*.

Experience and Clients: Dr. Heller has worked as a corporate consultant, coach, and trainer since 1986 with executives and teams in organizations as diverse as: Apple Computer, NutraSweet, Cobra Golf, American Management Systems, The Produce Exchange, World Bank, The Los Angeles Police Academy, Harvard Community Health Plan, Verizon, Booz-Allen-Hamilton, as well as doing leadership development work in Russia.

Stuart has coached, presented and led trainings for many U.S. government agencies, including: NASA, FAA, EPA, NSA, USDA, and the Federal Coaching Group.

Interests and Specialties: Specializing in difficult to change habits and leadership skills, e.g., dealing with mind-set, mood, ambiguity, authenticity, resilience, versatility and character; executive presence and embodiment; strategic planning; conflict resolution; non-verbal leadership metrics.

Education and Certifications:

B.A. in Mathematics, Queens College of C.U.N.Y., 1968

M.S. in Operations Research, New York University, 1971

Doctoral Candidate in Somatology & Educational Psychology, Humanistic Psychology Institute, 1974-77

Ph.D. in Psychology/Health Systems Science, Columbia Pacific University, 1981

Certified Teacher of the F.M. Alexander Technique, American Center for the Alexander Technique, 1977

Certified Hypnotherapist, The Clinical Hypnosis Institute, 1987

Sixth Degree Black Belt in Kenpo Karate, Rick Alemany, 10th Dan, 1981

Sixth Degree Black Belt in Internal Kempo, Dinndayal Morgan, 7th Dan, 1987

Professor in the Chinese Martial Arts, Great Grandmaster Ming Lum, 2007

Tutorial Student in Classical Chinese Medicine, Michael Broffman, L.Ac, California Association of Acupuncture Tutorials, 1980-present

Scholarship Student, Alvin Ailey's American Dance Theatre 1971-72

Benefits for the Client: According to a study by Sloane Communications, our clients consistently report benefits in five key areas: Communication, Handling Challenges, Managing Change, Personal Abilities, and Professional Skills.

INCREASED COMMUNICATION SKILLS with a wider range of people and styles; enhanced ability to recognize inconsistencies between verbal and non-verbal expressions; able to alter posture to be more coherent with the verbal message; enhanced ability to be assertive or cooperative as appropriate.

HANDLING CHALLENGES EFFECTIVELY in a wide range of situations and comfort levels; able to confront, yield, resist, or withdraw as appropriate; and a greater sense of self-esteem and personal power in every situation.

MANAGING CHANGE more rapidly and effectively, with self and others; able to shift out of unproductive moods by shifting body posture; able to produce a desired response in others; embodying change in one's personal life.

PERSONAL ABILITIES STRENGTHENED - able to be more open, forceful, exciting, solid, grounded and flexible; increased control of anxiety, fear or other emotions by shifting body posture; enhanced skill in using the body to influence self and others; greater awareness and appreciation of feelings as a source of information.

PROFESSIONAL ABILITIES STRENGTHENED - improved decision making; increased appreciation and integration of multiple perspectives; enhanced presence and power in meetings; able to remain nonreactive in confronting opposing points of view; able to teach others how to use these skills.

References:

Carolyn Casey, Career Development and Leadership Manager, NASA/Goddard Space Flight Center. Email: Carolyn.A.Casey@nasa.gov

Lee Salmon, Practice Leader for Executive Coaching, Mentoring & Leadership Development, Federal Consulting Group, Department of Treasury, Email: Gordon.salmon@bpd.treas.gov

Terrie Lupberger, CEO, The Newfield Network, Email: Terrie@newfieldnetwork.com

Testimonials:

What I appreciate the most about Stuart's approach is his wealth of "real life" experience and knowledge of his topic. He shows simple and elegant ways to pay attention to the body as a domain of learning and introduces ways of easily changing long (held) habits.

Carol Courcy, MCC, VP, The Newfield Network, Inc.

I view Stuart Heller as a scholar and teacher of the most complex systems-of-systems that exists: the human. In that sense, he is truly a systems engineer.

Jim Andary, NASA Senior Systems Engineer

Stuart opens up whole new worlds you never imagined existed. Every session has at least one jaw dropper. The perspectives he illuminates are just as amazing as if he asked while reaching over to touch your wall - "Did you ever considering using this room in here?" and an unseen door opens up in the wall revealing a magnificent room you never knew or expected was there!

Kevin Kelly, author, The Home Planet