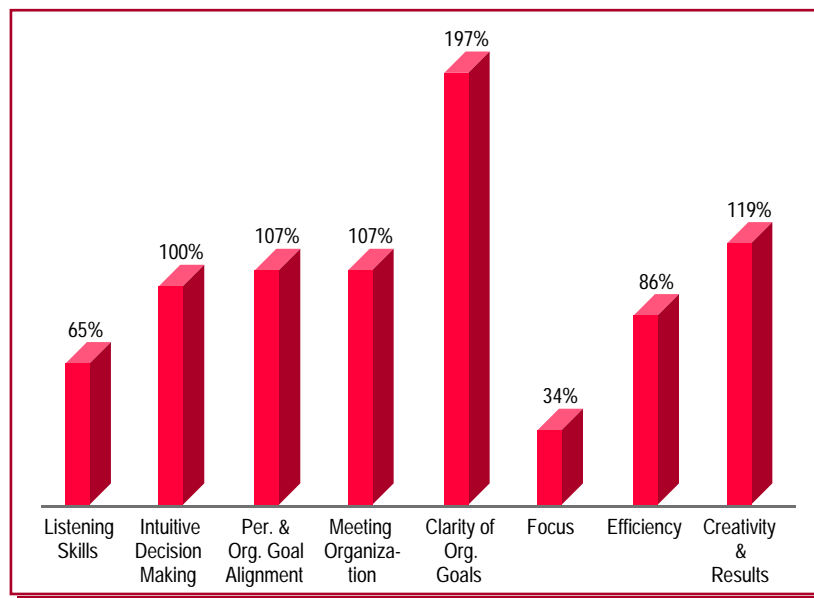


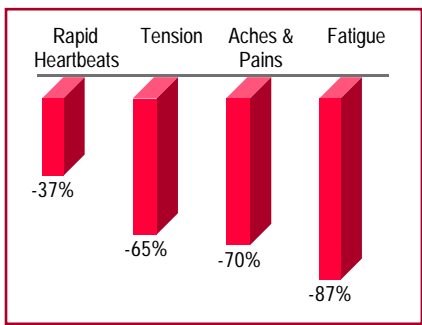
International Oil Company Executives

17 executives of the Senior Management Team of a division of an international oil company participated in the Inner Quality Management® (IQM) pilot training program in Europe. Physiological and psychometric data were gathered one week prior to a 2 day training retreat and again 6 weeks after the retreat. Prior to the training, 23% of the participants were hypertensive; six weeks later **all** had achieved normal blood pressure. No other interventions such as diet or medication were used. The changes depicted in the graphs below were culled from the subset of individuals exhibiting the strongest negative effects of stress on health and performance.

Organizational Effectiveness



Health



Attitudes

