

HEARTMATH®

Workshops



HeartMath

COHERENCE ADVANTAGE™

- Coherence Advantage is used by major hospital systems, Fortune 500 companies, private trainers and consultants worldwide.
- The program includes simple tools, technologies, and compassionate inspiration that teaches people practical day-to-day applications that can elevate life experience, adding heart qualities of care, courage, focus, kindness, gratitude, and dignity.
- These same tools provide the emotional and mental strength required to face fear, defeat, resignation, anxiety, frustration, and other challenges. Learn about the power of heart coherence to improve health, wellbeing, and relationships.

ACTIVATING THE HEART OF TEAMS™

- The Activating the Heart of Teams™ Certification Program is designed for those who work with teams and are seeking new ways of working together to meet today's challenges.
- Upon completion, you will be able to provide your clients with a HeartMath skill-set specially designed to help them increase connectedness, achieve greater team harmony and enhance their intuition for approaches for solving problems and making decisions.
- Participants learn skills that: increase team harmony, fewer mistakes and errors, faster, more accurate and creative decision-making, enhanced collective intuition for increasing creativity and finding solutions to problems.



BUILDING PERSONAL RESILIENCE™

- You will learn the HeartMath skill set for your personal benefit as well as how to mentor and teach others to transform stress and release blocked energy. Additionally, you'll learn to connect more deeply with the wisdom and guidance of your heart's intelligence—guiding others to do the same.
- A key benefit for many who mentor or coach others in applying the HeartMath skill set is a newfound ability to rise above many day-to-day stressors. This results in better health, well-being, and a deeper sense of fulfillment.

