

COHERENCE

HEALTH ~ CONNECT ~ THRIVE



HEART + BRAIN COHERENCE

- Coherence means optimal functioning or *harmony* within and across systems. The level of coherence between the heart and the brain impacts all areas of health and wellbeing.
- The heart sends far more information to the brain than the brain sends to the heart. The quality of the information impacts how well we think, problem-solve, connect, and create.
- Heart coherence is measured by the resonance of our persisting emotional states. When the signals between the heart and brain are coherence, our physical, mental, and emotional health improves.

COHERENCE IS CONNECTION

- The opposite of coherence is incoherence. We can think of this as a breakdown in communication similar to static in a radio wave. When there is incoherence between the heart and brain, our nervous systems create biochemicals of disease.
- When we intentionally create coherence in our nervous systems, we build healthy connections within our bodies, minds, and the outside world.
- Coherent teams consist of members who intentionally build their individual coherence which amplifies creative expression, intuitive decision-making, and connections with others.
- Coherent communities are those whose individuals thrive which creates an outcome of inter-connectivity and collective harmony.



JENNA A. MONIZ

- Thirty years of experience teaching, coaching, and leading teams to reach collective benchmarks and goals.
- Successfully led diverse divisions through her strong servant leadership skills, commitment, and passion.
- Driven by a determined purpose to support the well-being and optimal expression and therefore contribution of all team members and shareholders.
- A mother, sister, daughter, aunt, and neighbor who has dedicated her life to serving diverse communities.

