



# WOMAN IS LIFE

- Evidence of the first human being to inhabit planet Earth is a black woman.
- The communication of the Heart (Life) is an ever-expansive rhythm that can be measured and either diminished or amplified.
- The Heart is its own neurological network (brain) that develops and embodies rhythm before the mind.
- The brilliance, resilience, creative expression, strength, resourcefulness, and overall super-ability of black women is a rhythm called **coherence**. This is a measurable life force that can be developed and amplified for optimal wellbeing, mental clarity, and creative expression.

## AMPLIFY

- Learn the science (the *what*) and the art (the *how*) of heart-brain coherence and its importance in optimal health, productivity, creativity, and happiness.
- Learn simple skills for building coherence for efficient energy management and minimal impact of stress on physiological & mental health.
- Integrate coherence and interconnectivity within personal & professional teams for meeting & exceeding intended outcomes.
- Employ easy research-based techniques proven to improve health, connection, and production.



## JENNA A. MONIZ

- Thirty years of educational experience within instructional, support, and leadership roles.
- Successfully led educational divisions through strong servant leadership skills, commitment, and passion.
- Driven by determined purpose to support the well-being, equity, and actualization of the full potential of educational communities \*particularly those that have been underrepresented and underserved.
- A mother, sister, daughter, aunt, and neighbor who has dedicated her life to serving diverse communities.

