

Heartmath Building Personal Resilience™



We are in transitional times.

Health and wellbeing depends on your personal resilience. Learning how to create resilience is easy and profound. Learn how to create this stress reduction habit that can be accessed in the moment and on the fly.

This training is about practicing a broad set of skills that help us have a sense of purpose, manage stress, plan ahead and look after ourselves well over time. It's really a skill that benefits everyone, from young children through to old age. Resilience training helps us understand how to live a good life, which is exactly what protects us against mental illness such as depression and anxiety.

Did you know. . .

- that your heart has an electromagnetic field 5000 times that of your brain?
- that you can empower yourself to self-regulate your emotions on the go?
- that your nervous, hormonal system and immune system are directly affected by how you feel?

Join me on a journey back to your heart through small groups or one on one resilience coaching. Basic breathing techniques and self-tracking tools will be practiced to support you in shifting to a more heart-centered way of being.

We are all experiencing transformation and change these days. It's often challenging trying to understand what we need to do to create sustainable change in our health and lifestyle. I like to ask my clients these 4 questions as steps to personal discovery:

- 1- What do I want?
- 2-What gets in the way?
- 3-What can I do?
- 4-How can I sustain it?

Who can benefit from this class?

Anyone who would like to learn what it takes to bounce back from adversity, be prepared for the next challenge that comes along and what it takes to be a highly resilient person who embraces change and has a success mind-set.

What can you expect to learn

Why personal resilience is so important in a complex and changing world
How resilient you are now
How to process negativity
How to bring more positivity into your life
How to develop the thinking patterns of a resilient, successful person
Practical actions to develop your self-confidence
How to make good decisions
How to manage anxiety/concerns
How to embrace change
How to set meaningful goals and focus on the things you can influence
What you can do to build your physical resilience
How to respond rather than react to challenges (including people)
The essentials to be assertive, prevent and resolve conflict
The essentials to prevent and manage stress
The importance of developing your own support network
How to rather than create an action plan that so few people really commit to, make immediate change, and build on that

PHOTO: Brian Luke Seaward, Ph.D.