

Are you curious about how you can improve your stress level and well-being?

The HeartMath Stress and Well-Being Assessment is a great place to start. This scientifically developed assessment tool gives you a snapshot of your current level of well-being and stress management.

It measures four key dimensions of well-being: stress management, adaptability, resilience and emotional vitality, then compares this data to a normed group of individuals to provides an accurate reference point.

It also measures eight reference levels of stress: physical, work, relationships, financial, social support, other stress, emotional, and stress response, and then compares this data to a normed group of individuals to provides an accurate reference point.

This assessment will give you the opportunity to see the areas you are strong and where you can improve. This tool will help guide your coach on how to better help you reach your goals and improve your health.

Take the assessment and have a 60-minute coaching call to discuss your results and receive techniques and strategies to implement on your own!

