

The Coherence Advantage



Join The Coherence Advantage™ from The HeartMath® Institute powered by Change Innovators to ignite your inner strength and unlock resilience's limitless power. Prepare for a transformative journey of self-discovery as you learn how to master your emotions, achieve heart-brain coherence, and cultivate unshakeable resilience for better decision-making. In this program, participants will learn the science of the heart and brain, uniquely connected to optimal brain function, energy management, emotional regulation, and various tools and techniques to hit the reset button when stress or incoherence has occurred.



Program Structure and Highlights

In this half-day learning program you will experience live demonstrations of heart and brain dysregulation. The watch as we share what heart/brain coherence looks like.

Learn the value of having a coherent heart-rate and how it helps to regulate the nervous system and ultimately brain function.

You will learn practical tools like the Quick Coherence technique, and how to activate the reset.

Explore the four domains of energy management

Develop an understanding of the nervous system and how the sympathetic nervous system works in collaboration with the parasympathetic nervous system.

Learn specific tools and techniques to regulate emotions.

Practice coherent breathing for a more relaxed, productive and coherent body and brain.

WHO BENEFITS?

Our approach ensures an unparalleled level of engagement and personalized interaction. This intimate setting allows for confidential discussions, the sharing of nuanced challenges, and the development of strong, lasting bonds among a network of influential peers.

We create a space where leaders can truly be vulnerable, explore new paradigms, and emerge with a refreshed vision and actionable strategies for future impact.

A framework for Deep Transformation

READY TO CONSIDER SOMETHING DIFFERENT?

Life-changing programs that transform individuals, teams and organisations

Learn more at www.changeinnovator.com
© Change Innovators 2026 All rights reserved

About Change Innovators

For over two decades, Change Innovators has been at the forefront of catalysing personal and professional transformation. Our pioneering programs are grounded in neuroscience, advanced psychometric data, and performance psychology and are proven to empower individuals, teams and organisations with life-changing experiences.