



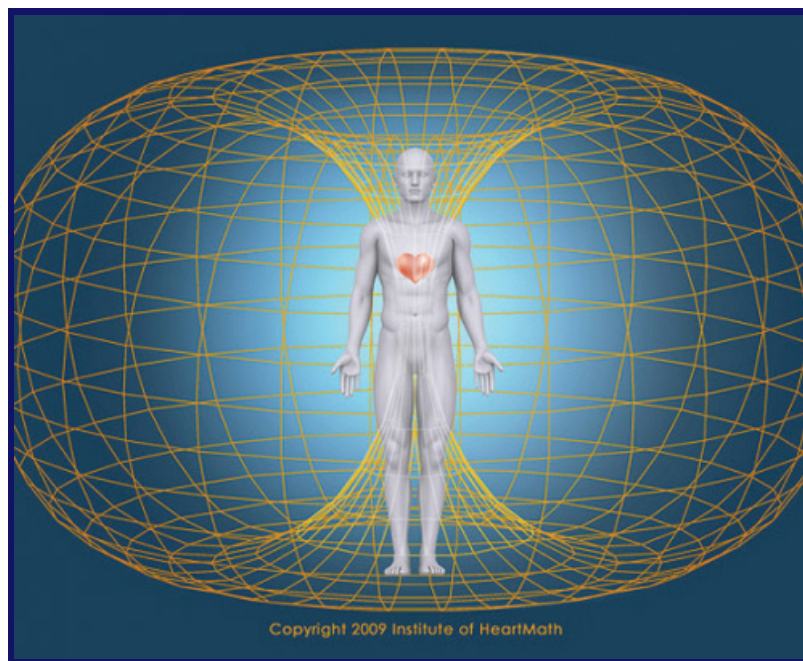
Transforming Culture...Transforming Results - Creating a Culture of True Accountability

THE RESILIENCE ADVANTAGE

Learn the simple tools and techniques to manage your emotional state, create a coherent heart-rate and hit the reset button when under stress. Our full-day, 2-half day or mini sessions will provide valuable information and resources.

Coherence between the Heart and Brain is critical to optimal performance, brain function, happiness and resiliency. In recent years the collaboration between multi-disciplinary professions such as Neuroscience, Psychology and, Epigenetic has produced incredible new research and available information on how the heart communicates with the brain and how heart coherence reduces stress and opens the learning centers of the brain.

Our faculty has been trained by the HeartMath Institute and has been facilitating this amazing material for over 8 years. We were one of the first organizations to certify and bring this very important information, tools and techniques to our clients. In this program your leaders, managers and employees will learn the science of the heart and brain that is uniquely connected to optimal brain function, energy management, and emotional regulation along with a variety of tools and techniques to hit the reset button when stress or incoherence has occurred.



We offer this program in a variety of methods, including traditional classroom setting for intact teams or internally for organizations, Virtual (Real Time) Blended Learning or you can choose our self-guided personally paced format. Regardless of the way you like to learn or the needs for your organization this program creates amazing results.

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