



Join The Resilience Advantage<sup>™</sup> from The HeartMath<sup>®</sup> 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, leaders, managers, and employees 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.

Trained by The HeartMath<sup>®</sup> Institute and one of the first organisations to certify, Change Innovators accredited coaches and trainers have facilitated The Resilience Advantage<sup>™</sup> program for over 8 years.

**This virtual learning program includes:**

- Strategies and practical frameworks
- Interactive online resources
- Break out session exploring and discussing materials
- Global peer-to-peer access to participants across various sectors

➤ Program highlights:

- Understand the science behind the heart/brain connection
- Tools and techniques for managing emotional states
- Achieve heart-brain coherence for resiliency
- Reset during challenging times

WHAT PARTICIPANTS SAY:

**"This is a great set of leadership tools; I can now recognise and deal with stress as it comes"**

**"It's great learning how to deal with my stress and reduce it to be more productive"**

**"We now can improve our personal and organisational effectiveness to create a healthier, more responsive organisation"**

WHO BENEFITS:

**Organisations seeking to eliminate employee stress-tensions**

**Teams aiming to enhance morale and efficiency**

**Individuals seeking to process information and solve problems**

READY TO UNLOCK YOUR RESILIENCE?

**[Find the next workshop dates and register your attendance now!](#)**

Join us to ignite your resilience and well-being of science and learn how to unlock your inner strength with The Resilience Advantage<sup>™</sup>. Transformation starts with more meaningful human connections.

**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, data, and performance psychology and are proven to empower individuals, teams, and organisations with life-changing experiences.

READY TO LEAD WITH CHANGE?

**[Learn more at www.changeinnovators.com](http://www.changeinnovators.com)**