

INSPIRATIONAL VIBRATIONS

CORPORATE RESILIENCE PROGRAM

WITH HEARTMATH INSTITUTE
RESILIENCE ADVANTAGE™

RESILIENCE PROGRAM

HeartMath Institute Resilience Advantage program provides a powerful skill set and engaging technology to prepare your staff to thrive in a world of flux, challenge and opportunity.

AGENDA

- What is resilience
- Energy balance
- Stress resilience and performance
- Sleep and resilience
- A short movie – emotional sound tracks
- Depleting and Renewing emotions
- Intelligent Energy Management
- Self-Awareness
- Intelligent Energy self-regulation techniques
- Building and Sustaining resilience
- Physiology of Coherence and Optimal functioning
- Depletion to Renewal
- Quick Coherence Technique
- EmWave Demo
- Practical Intuition
- Relational energetics
- Establishing a new baseline
- Strategies for building resilience capacity.

SEE YOU SOON!

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