

Science-based Tools to Reduce Stress and Enhance Well-being

Led by behavioral psychologist and HeartMath CEO Deborah Rozman Ph.D. and HeartMath Master Trainer Sarah Moor

HeartMath's system of science-based techniques and technology is designed to help you and your clients reduce symptoms of stress and overwhelm in real-time: when it counts most.

In this in depth 4-week course, we will provide a new perspective on stress and resilience and the role of Heart Rate Variability (HRV) or heart-rhythm coherence for establishing new emotional and behavioral baselines. Heart-rhythm coherence practice has been shown to accelerate achieving and sustaining desired outcomes including reducing anxiety, transforming emotional eating, sleeping better and enhancing mindfulness practices. You'll learn about a normed and validated Stress & Well-Being Assessment, the importance of heart-based perception shifts, and how HRV coherence technology is a supportive tool for coaches to help clients change their stress set point and build a new baseline of resilience for greater well-being.

- Week 1 - HRV science. The science of energetic communication and how that affects the coaching relationship - Teach the Quick Coherence technique
- Week 2 - Coaching in Today's Climate necessitates a new heart-based Skill Set and Tools for self-regulation - Teach Attitude Breathing technique
- Week 3 - HRV as a new biometric tool for assessment, self-regulation and transformation, creating a Baseline Shift. Do an online demo of emWave Pro with the Attitude Breathing technique. Introduce a new normed and validated Stress & Well Being Assessment. Discuss measurement, accountability and celebration of progress.
- Week 4 - Accessing Heart Intelligence in weighing choices and decisions. An overview of the electrophysiology of intuition. Applications for relationships, workplace, children, stress eating, meditation/mindfulness, sports, trauma recovery. Introduction to social coherence research and HeartMath's Coach/Mentor program - Teach the Heart Lock-in technique.



This four-week live teleclass series will be held on:

Thursday's November 9, 16, 30 and December 7 at 2pm EST for 90 minutes

\$395 enrollment fee

Registration Deadline: Monday, November 6

Go to <http://wellcoacheschool.com/events-and-classes/> to register