



The Resilience Advantage™

Skills for Personal and Professional Effectiveness

AUGUST 13 | 10-11:00 AM

A Webinar Presented by Ryan Ford

- Over 30 years in serving education
- Certified HeartMath Trainer
- HeartMath Research and Techniques support the RULER method and are aligned with Dr. Marc Brackett's "Permission to Feel"

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What is at the “Heart” of Personal Resilience?

- Do your thoughts create your emotions or do your emotions create your thoughts?
- How can we balance the relationship between our thoughts and emotions?
- At a time when we are all needed to be at my best, why is Resilience no longer a choice?

- HeartMath's research and techniques are aligned with Dr. Marc Brackett's RULER method.
- HeartMath's research has been referenced in Dr. Marc Brackett's new book, "Permission To Feel".
- Discover some underlying science that supports the RULER method that HeartMath has researched and supports.
- Learn about the magic HeartMath has discovered in our Heart Rate Variability (HRV) and its effect on our emotional state.
- Experience the emotional shift that each of us can develop as a skill with the use of several HeartMath techniques.
- Witness the ability to upregulate your HRV and measure the shift with use of the Inner Balance monitor and software.

- Explore the qualities of positive emotions and discover the internal power we all have to activate these qualities to better serve ourselves and others.
- Learn science-based techniques that have shown how our personal resilience and our ability to regulate our emotions are rooted in activating our positive emotions.
- Consider the importance of taking care of your personal health (physical, mental, and emotional) and its impact on your attitude and performance.
- I have been studying with the HeartMath Institute for 3 years and have earned 2 levels of certification regarding emotional self-regulation. I am enthused to share what I have learned and experienced.

The HeartMath System is Used by:

Hospitals and Health Professionals

Businesses

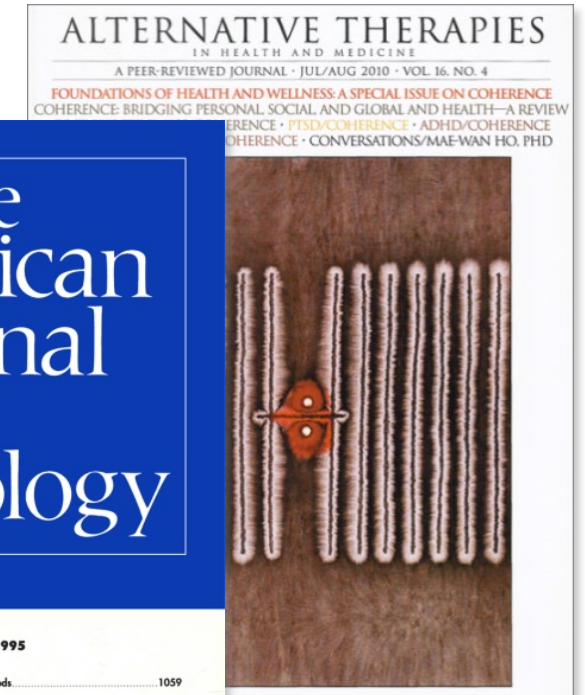
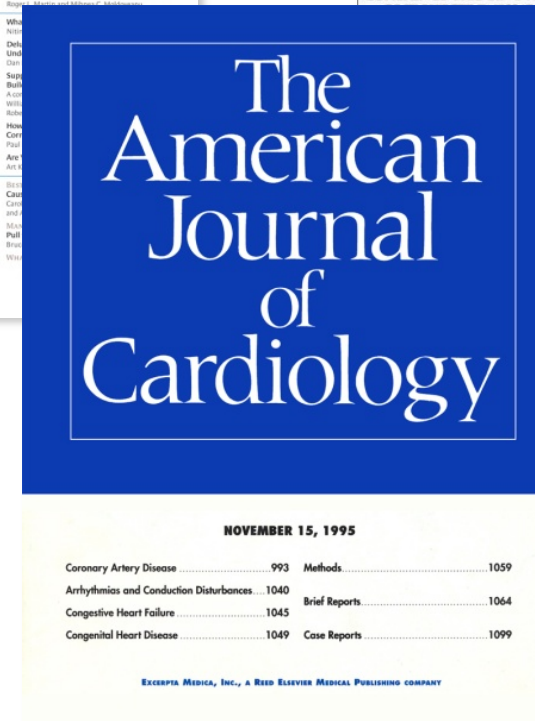
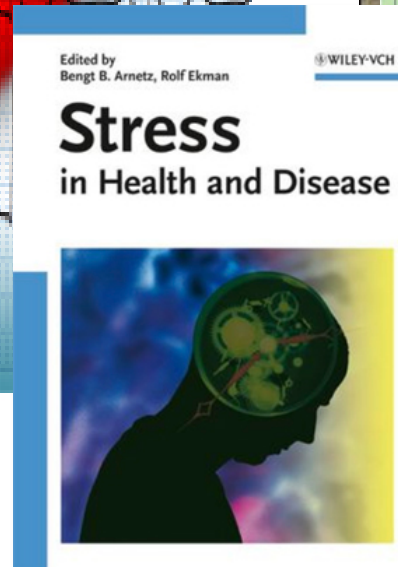
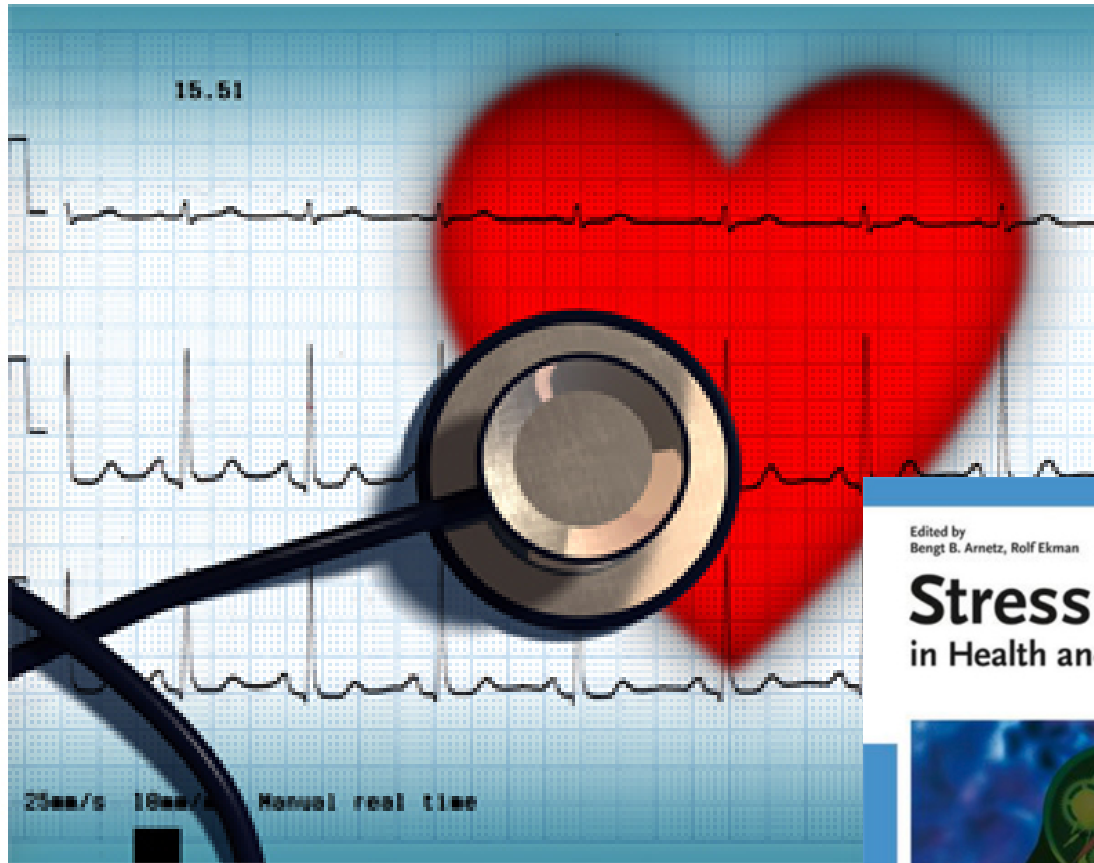
Police, Fire, Corrections

Schools, Universities, Nonprofits

Professional Athletes / Olympic Teams

Military, Special Forces

Published Research for more than 30 years



Program Objectives

Learn to strengthen resilience and emotional balance through research-based tools that help you:

- ✓ Increase personal resilience and energy levels.
- ✓ Leverage your ability to think clearly under pressure and discern appropriate solutions to problems.
- ✓ Increase your ability to maintain situational awareness.
- ✓ Diminish symptoms of personal and professional stress such as worry, confusion, fatigue and sleep disturbance.
- ✓ Improve your personal baseline for emotional regulation and well being.

WE HOPE YOU WILL JOIN US ON AUGUST 13!

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