



The Resilience Advantage™

Resilience skills for clear choices, optimal function and innovative action

Is your life battery running on empty?

What would your life be like if ...

- you had more energy throughout the day?
- you intuitively knew how to respond to change and challenge?
- when out of sync, you could reset yourself just like you reset your computer?
- your communications were clear, rich and fulfilling?



Based on more than 20 years of HeartMath's published, peer-reviewed research on the science of resilience, The Resilience Advantage program provides a powerful skillset and engaging technology to prepare you to thrive in a world of flux, challenge and opportunity. This best-in-class program is used by the US Navy, hospital systems and Fortune 500 companies worldwide.

"I have been able to deal with more than the usual amount of stress with amazing calmness, clear thinking and [can] sleep even with the challenges ahead of me. I am energized and amazed how calm I am when making major decisions."

Travelocity (Expedia) employee participant

Benefits

- Increased situational awareness in relationships, meetings and projects
- Enhanced ability to focus, process information and solve problems
- Heightened creativity and innovation
- Increased ability to handle challenging clients and situations
- Increased access to intuition for fast, effective decision-making on complex issues
- Increased regenerative sleep
- Increased vitality and resilience
- Reduced stress, worry and fatigue

Plus, experience real time feedback through the innovative emWave® or Inner Balance™ technology to monitor and sustain results.

"I want to share this with all who feel burned out, overwhelmed, or stuck in their professional or personal life. Imagine an organization, a world, that leads with the heart!"

Barb Hudak, MS, BSN, RN

"The Navy supports [HeartMath] Coherence Advantage™* training because it provides tangible tools and skills that can and have improved individual functioning which means more effective and successful missions."

Capt. Lori A. Laraway

Manager of the Operational Stress Control Program
for the Navy Expeditionary Combat Command

* military name for Resilience Advantage workshop

Discover the Resilience Advantage experience!

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