



## The HeartMath® System

Personalized instruction to reach new levels of personal and professional growth.

In today's fast-paced world it can be hard to find time to attend seminars or classes in order to receive instruction. More and more people are now turning to viable alternatives that are individualized and fit into their busy life style. HeartMath has taken this approach a step further in a multi phased program that is delivered in the coaching style. It's an easy way to receive meaningful information with a personal touch.

**Goal of the program** – To learn specific techniques and tools, in concept and practice, and how to apply them directly to your life and the challenges you are working with right now.

**Materials** – Your coach will guide you through one of three workbooks: *Voyage to Heart Intelligence* (for self-improvement); *Personal Journey to Health* (for people with health issues) or *Strategies for Peak Performance* (for business and workplace applications). These workbooks are only available as part of this program. Supplementary book and music CD complete the materials package. Cost for materials is included in the price of the 4-session course.

**Format** – Once you're registered, you and your coach will mutually arrange session times. Most find a specific appointment time, at the same time, on the same day, for 4 consecutive weeks works best. The unique benefit of this program is that your experience is personal and confidential, tailored just for YOU, and offers convenience, privacy and a certain ease of personal expression.

**Content** – Each session, and the way the course as a whole progresses, is based on your specific needs, goals, and intended applications. Some people only want to focus on isolated portions of the course content while others want the full spectrum of tools and applications.

### Weekly Sessions

**Session 1** – Discuss your personal and/or professional goal(s). Explore your core values – the heart of who you are and what's important to you – and assess the interplay of your values in your everyday life. Uncover the source of your stress. Experience how your stress is largely a function of how you are perceiving life and your mental and emotional reactions.

**Session 2** – Learn the science underpinning HeartMath tools and techniques and how they are different from traditional approaches to stress reduction. Simply presented, with graphic support, the science is made clear and easy to understand. Receive in-depth instruction and guidance in doing the Freeze-Frame® technique and quickly feel the shift in your physiology.

**Session 3** – Learn the Heart Lock-In® technique and how it differs from the Freeze-Frame tool. Discuss applications and potential benefits relative to your particular goals. Explore the use of positive emotions, systematically applied, and see how they change everything. Learn the Intuitive Listening technique and get guidelines for best practice.

**Session 4** – Practice a process-oriented tool for incorporating the qualities of the heart – more care for self and others – with Heart Mapping®, a project planning tool. Review your experience with your coach, and gain further insight into your use of the tools. Develop a plan for practical application to achieve your goals. Move into life with leveraged intelligence.

To register contact your licensed HeartMath Provider.