

# Boost Resilience, Composure and Clarity



"I have more energy. I'm more relaxed. Being a single mom of 3 children, I forgot to take care of me. That has changed completely and the dynamics of my family is so much healthier."

— Victoria V.

"I must say, too, that the benefit for me is valuable beyond silver and gold. It is not only right up my alley... but implementing it for MYSELF ripples out into so many beneficial areas of my life. This, to me, is priceless. There is such a great need out there for HeartMath."

— Libby T.

## Learn HeartMath® Tools and Techniques

The HeartMath Building Personal Resilience™ program is a focused and practical program, combining personalized coaching or mentoring with scientifically validated tools to help you self-regulate your body's response to stress and build resilience. You will learn life-long skills you can use any time to increase well-being, personal and professional performance and quality of life experience.

### What you will gain:

- More resilience and vitality
- Overall sense of well-being
- Mental clarity and focus
- Improved relationships
- Increased composure in challenging situations
- More effective communications
- Better cooperation among co-workers and team members

### After their program, people report reduced:

- Worry, overwhelm and feelings of anxiousness
- Sleeplessness and fatigue
- Generalized stress and physical Symptoms of stress
- Miscommunications

The HeartMath® Building Personal Resilience program is only available from a HeartMath® Certified Coach or Mentor.

