

Become a HeartMath® Certified Trainer!

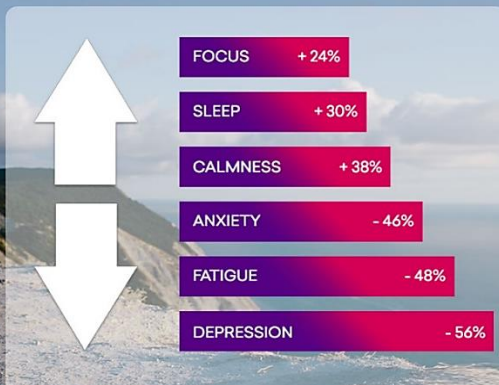
Unlock the power
of your heart. 

Create a new story for yourself and others, **starting today.**

HeartMath Training Virtual Program

- **Day 1:** Devoted to introductions, vision setting, learning about resiliency and role modeling the first half of the 1-day workshop.
- **Day 2:** Teaching/presenting 20 minutes of content within a smaller group to help you with your practice of sharing.
- **Day 3:** HeartMath Master trainers role modeling the second half of the Resilience Advantage™ workshop.
- **Day 4:** Conducting a second teach back of about 20 minutes of content. Certification will complete with a final half day focused on the integration of the tools into your vision, science Q/A and project development.

Benefits of HeartMath



Stress and anxiety have a major impact on the health and Well-Being of clinical teams. Do you want to be an agent of change and benefit your own personal self? What if you could teach them simple techniques that could help them connect with their heart to manage stress and learn to regulate their emotions?

Science demonstrates that we can train our autonomic nervous system to support our well-being. HeartMath utilizes evidence-based techniques and technology that provide objective and measurable ways to see improvements in physiological and behavioral functioning. Essentially enhancing your overall wellbeing and potentiating increased resilience.

Post HeartMath Training Requirements

- Commit to the continuation of facilitating HeartMath trainings at your local medical center
- Conduct minimum one practice training with friends/family
- Deliver two training events to your medical center and/or co-present with other HeartMath trainers during a virtual HeartMath session - 3 months post-training
- Report back with a written summary of your personal vision to help care for and share this within our community (trainings do not have to be a full day)

+❤️ 2023 Training Dates

- February 21-24: 1pm-5pm
- March 20-23: 1pm-5pm
- March 24: 9am-5pm

For more information or to sign up, please reach out to linda.ackerman@kp.org

