



# 2023 Virtual HeartMath Sessions

*\*open to all Kaiser Permanente staff\**

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

- Increase personal resilience & energy levels
- Leverage your ability to think clearly under pressure & discern appropriate solutions to problems
- Increase your ability to maintain situational awareness
- Diminish symptoms of personal & professional stress
- Improve reaction times & coordination



Locate in HealthStream Catalog by searching "HeartMath®" then Register

	Topics	2023 Dates
<b>Session 1</b>	<b>Resilience</b>	<b>Feb 21</b> 8am to 9am <b>Mar 1</b> 1230pm to 130pm
<b>Session 2</b>	<b>Inner Ease</b>	<b>Mar 21</b> 8am to 9am <b>Mar 29</b> 1230pm to 130pm
<b>Session 3</b>	<b>Depletion to Renewal</b>	<b>Apr 17</b> 8am to 9am <b>Apr 25</b> 1230pm to 130pm
<b>Session 4</b>	<b>Sustaining Resilience</b>	<b>May 16</b> 8am to 9am <b>May 24</b> 1230pm to 130pm
<b>Session 5</b>	<b>Relational Energetics</b>	<b>Jun 20</b> 8am to 9am <b>Jun 28</b> 1230pm to 130pm
<b>Session 6</b>	<b>Creating Coherent Environment</b>	<b>Jul 18</b> 8am to 9am <b>Jul 26</b> 1230pm to 130pm
<b>Session 7</b>	<b>Resilience</b>	<b>Aug 15</b> 8am to 9am <b>Aug 23</b> 1230pm to 130pm
<b>Session 8</b>	<b>Inner Ease</b>	<b>Sep 19</b> 8am to 9am <b>Sep 27</b> 1230pm to 130pm
<b>Session 9</b>	<b>Depletion &amp; Renewal</b>	<b>Oct 17</b> 8am to 9am <b>Oct 25</b> 1230pm to 130pm
<b>Session 10</b>	<b>Sustaining Resilience</b>	<b>Nov 21</b> 8am to 9am <b>Nov 29</b> 1230pm to 130pm
<b>Session 11</b>	<b>Relational Energetics</b>	<b>Dec 5</b> 8am to 9am <b>Dec 20</b> 1230pm

Unlock the power  
of your heart.

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

[Access the QR Code below or click here to join virtual TEAMS sessions](#)



Each session has been provider approved by the California Board of Registered Nursing  
Provider Number CEP 2365 for 1.0 contact hours.

For more information, please contact: [kpursescholars@kp.org](mailto:kpursescholars@kp.org)

