HeartMath ® Trainer Certification 2024 Cohort

This is a virtual class - 36 CE Credits (nursing)

We encourage participants to begin teaching the material immediately after training session #1. This field experience helps augment their learning and integration for future sessions. And it helps not delay getting these tools to the people in need.

Also, if a participant knows they will need to miss a day or a few hours, there are ways we can record what they miss, and accommodate them. We know everyone has extremely busy lives (and unexpected things arise). We do try to minimize this, but we have strategies to keep them connected to the group if needed.

We are deeply committed to all of you, and this vision and creation we all hold together, and this is a pivotal year for all of us in expanding the manifestation of this in Kaiser Permanente (and in our lives). So, we are fully heart-engaged to help this work for all those that need and truly want to be there.

Register by May 31 by using this link or QR code
Register here

June 2024 – Training Launch: Start Pre-Work

June 3-July 15 - Pre-mentoring sessions and watch training videos

July 2024 – Training Session 1

July 23-26, 10 a.m.-2:30 p.m. – Live Role Modeling & Teach Back Sessions

August 2024 - Training Session 2

Aug 15-16 & 19-20, 10 a.m-2:30 p.m.– Live Role Modeling & Teach Back Sessions

September 2024 – Training Session 3

Sept 12-13, 10 a.m.-2:30 p.m. – Strategy, Integration, and Local Program Vision and Creation

October 2024 – **Micro Learning, Training Ends & Attendees Are HeartMath Certified**

Oct 10, 10 a.m.-2:30 p.m. – Applying Certification knowledge in Micro Learnings: to operationalize into the many facets of Kaiser Permanente

Any questions, please contact
kpnursescholars@kp.org