



The Resilience Advantage™

Skills for Personal and Professional Effectiveness

Learn resilience skills for clear choices, optimal function and innovative action.

What would your life be like if ...

- ~ you had more energy throughout the day?
- ~ when out of sync, you could reset yourself just like you reset your computer?
- ~ your communications were clear, rich and fulfilling?
- ~ you intuitively knew how to respond to change and challenge?

How the Resilience Advantage Program Works

This high impact program delivers a practical skill-set of easy-to-learn self-regulation tools and resilience-building practices, reinforced by our proprietary, engaging, real-time monitoring and feedback technology. You can experience the immediate benefits of bringing more ease and balance into your life—at home, at work, in a meeting, while driving, anywhere or anytime you feel the need to de-stress.

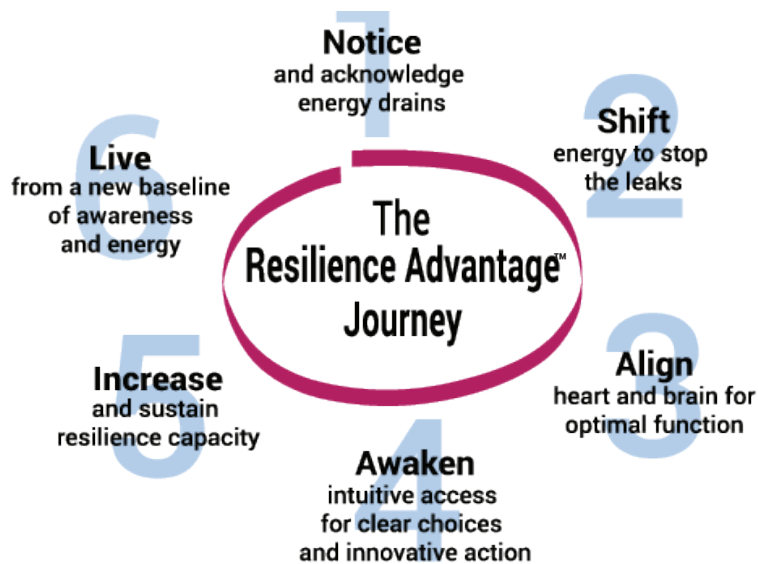


Resilience Technology

As part of the program, you will receive either the emWave2® or the Inner Balance™ iOS award-winning technologies. Research has shown that the success is driven by practice, and practice is enhanced with daily use of these engaging technologies. The devices provide ongoing coaching and show visually when you are reducing your stress and building resilience.

You will Learn:

- Skills for building resilience in the face of change and uncertainty.
- Intelligent energy self-regulation techniques to reduce stress and related symptoms of fatigue, burnout, anxiety, frustration and sleeplessness.
- How to have more control, make better choices, protect your health and energy and enjoy life overall.



Based on HeartMath's 20+ years of published, peer-reviewed research on the science of resilience, The Resilience Advantage program provides a powerful skillset and engaging technology to prepare you to thrive in a world of flux, challenge and opportunity. This best-in-class program is used by the US Navy, hospital systems and Fortune 500 companies world-wide.

Come be part of the Resilience Advantage experience!

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