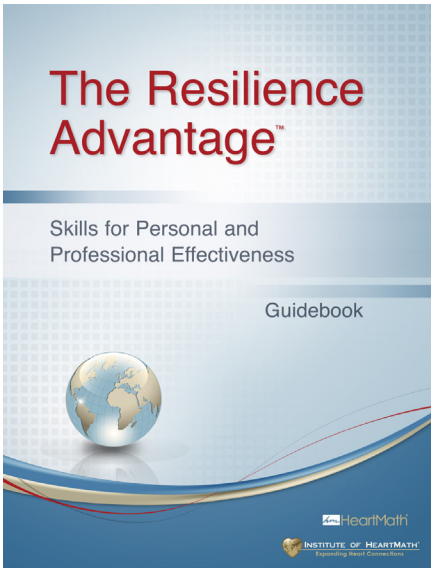




The Resilience Advantage™

Skills for Personal and Professional Effectiveness



You are invited to attend the Resilience Advantage Workshop.

In this skill-based program, you will learn practical tools and strategies to strengthen resiliency and improve decision-making. Based upon the Institute of HeartMath's research into the physiology of optimal performance, you will walk away with concrete practices that increase well-being, mental clarity and emotional stability.

Workshop topics include:

- The latest findings from optimal-performance research.
- Skills for building resilience in the face of change and uncertainty.
- Intelligent energy self-regulation techniques.
- How to better access intuition for improved decision-making.
- Practical ideas for easily integrating valuable tools into everyday routines.

Date:

Time:

Cost:

Presenter:

Location:

Contact Information: