

Special HeartMath Intensive

Become a certified

HeartMath® Coach and **HeartMath® Trainer**

As a **HeartMath Coach** or **HeartMath Mentor** you learn to deliver HeartMath's scientifically validated tools in a coaching and mentoring style, specifically for one-on-one and small group settings.

As a **HeartMath Certified Trainer** you will be trained to deliver **The Resilience Advantage™** program, a best-in-class, science-based workshop used by major hospital systems, Fortune 500 companies, the US Navy and private trainers and consultants worldwide.

“From the bottom of my heart, I would you like to sincerely thank you for this amazing week you gave us the opportunity to experience. I am admiring not only your professionalism but also your simplicity, kindness, authenticity. I felt how strongly you aspire to a larger mission, the one of sharing and sending love to one another and this was a gift. It's not only about the content but about the experience. This week has truly inspired me and I will always be grateful for it.” - Anne Rita

+❤️ HeartMath.

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THIS HEARTMATH INTENSIVE INCLUDES:

- Three pre-certification webinars.
- Six day in-person training sessions.
- Instruction on best practices for coaching 1:1 with the Building Personal Resilience Program™.
- Instruction on best practices for delivering The Resilience Advantage workshop.
- Overview plus Q&A session on the HeartMath science.
- Instruction on how to teach program participants to use HeartMath's emWave® and Inner Balance™ technology.
- Small group coaching sessions with master trainers.
- Training materials.
- Two licences.
- Support in how to integrate the HeartMath System into your other professional services.

Learn and teach practical day-to-day applications that elevate our life and professional experience, adding heart qualities of care, courage, focus, gratitude, dignity and kindness.

Trainers

Reiner Krutti

(Founder and master trainer of HeartMath Deutschland)

Robert Erdbrink

(Founder and master trainer of HeartMath Benelux)

Location & Training agenda

In 2020 we offer two HeartMath Intensives in the South of Germany

- July 6th - 11th
- November 9th - 14th

For more information

Contact us on

info@heartmathbenelux.com

or call us on +31 (0)43 365 56 26

www.heartmathbenelux.com

> HeartMath Academy

+ ♥ HeartMath.