

# Special HeartMath Intensive

Become a certified

**HeartMath® Coach** and **HeartMath® Trainer**

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As a **HeartMath Coach** 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:**

- Inner Balance Trainer.
- Three module online training.
- Pre-certification webinar.
- 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**

The location is Freiburg in the south of Germany. On our website you can find the dates of the training.

### **For more information**

Contact us on

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> HeartMath Academy

**+ ♥ HeartMath.**