

HearthMath® Workshop



**Hosted by Affordable Acupuncture by Joan
Saturday, August 6, 2022 from 10-2:30 pm**

**The Healing Center at the Leigh Building
3100 Grandview Drive, Simpsonville, SC 29680**

Cost: \$125 (includes workbook, a light lunch and snacks)

Participants will learn to:

- Build resilience in the face of change and uncertainty.
- Reduce stress, fatigue, burnout, anxiety, frustration and sleeplessness
- Have more control, make better choices, protect your health and energy and enjoy life overall.

HeartMath results from clients:

- Ability to think clearly and find more efficient solutions
- Maintain poise and composure during challenges
- Reduced fatigue and exhaustion
- Improved coordination and reaction times
- Improved focus
- Improved ability to learn

Improvements in over 5500 people using HeartMath training and technology

50% drop in fatigue, 46% drop in anxiety, 60% drop in depression

Contact Stacey:

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GoldenCareerStrategies.com/heartmath**



HeartMath®

Certified Trainer & Mentor

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HearthMath® Workshop

Daily challenges can take a serious toll on health, well-being, and performance. HeartMath participants develop the ability to build and sustain physical, emotional, and mental resilience.

Based on HeartMath's 25+ years of published, peer-reviewed research on the science of resilience, This program provides a powerful skill set 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 worldwide.

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?

Long-term benefits:

- Ability to maintain composure in challenging environments
- Capacity to reset after tough experiences
- Reduced distress, anger, sadness, and fatigue
- Improved sleep and physical stress symptoms
- Increased calmness and vitality
- Greater confidence, balance, and clarity under acute stress

Learn more at GoldenCareerStrategies.com/heartmath

**Register by August 1st for a complimentary
HeartMath® Stress and Well-Being Assessment.**

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