



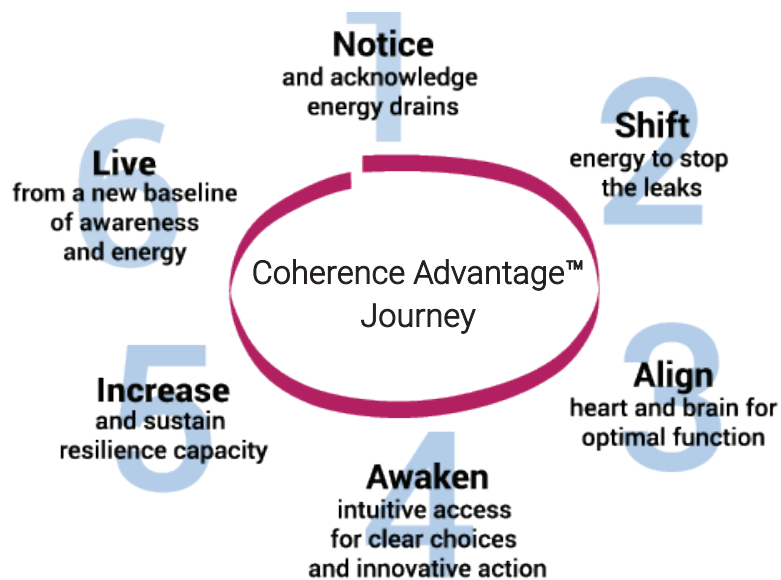
# Coherence Advantage™

Heart Coherence skills for clear choices, optimal function and innovative action

**Is your life battery running on empty?**

What would your life be like if ...

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



Based on more than 30 years of HeartMath's published, peer-reviewed research on the science of resilience, the Coherence Advantage 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.

***"I have been able to deal with more than the usual amount of stress with amazing calmness, clear thinking and [can] sleep even with the challenges ahead of me. I am energized and amazed how calm I am when making major decisions."***

Travelocity (Expedia) employee participant

## **Benefits**

- Increased situational awareness in relationships, meetings and projects
- Enhanced ability to focus, process information and solve problems
- Heightened creativity and innovation
- Increased ability to handle challenging clients and situations
- Increased access to intuition for fast, effective decision-making on complex issues
- Increased regenerative sleep
- Increased vitality and resilience
- Reduced stress, worry and fatigue

**Plus**, experience real time feedback through the innovative emWave® or Inner Balance™ technology to monitor and sustain results.

***"I want to share this with all who feel burned out, overwhelmed, or stuck in their professional or personal life. Imagine an organization, a world, that leads with the heart!"***

Barb Hudak, MS, BSN, RN

***"The Navy supports [HeartMath] Coherence Advantage™\* training because it provides tangible tools and skills that can and have improved individual functioning which means more effective and successful missions."***

Capt. Lori A. Laraway

Manager of the Operational Stress Control Program  
for the Navy Expeditionary Combat Command

## **Discover the Coherence Advantage experience!**

Contact:



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