

*“About halfway through doing the workbook and the phone sessions, I realized that I had already had the most amazing shifts in my energy level, my ability to focus and accomplish so much more each day, and my ability to function at a much higher level in my some-times-very-stressful work...”*

-C.M.

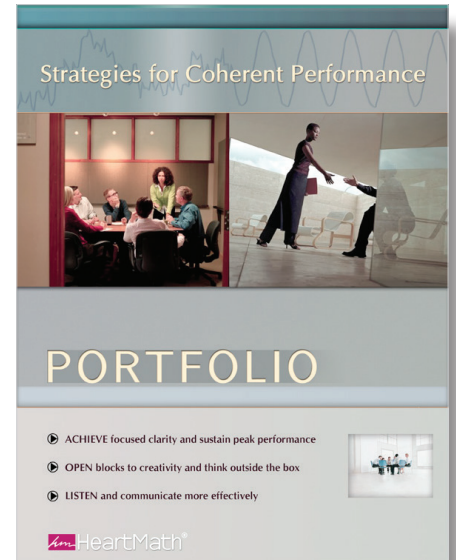
*At the heart of any good business is a chief executive officer with one. □ Malcom Forbes*

Within each of us there exists a powerful tool that, when intentionally activated, can aid our ability to sort through the mountains of information bombarding us daily and make rational sense of it. It's a high speed, intuitive source of wisdom and clear perceptions that embraces and fosters both mental and emotional intelligence. The HeartMath® System and this course are specifically designed to activate this source of intelligence even in the midst of chaos.

This focused and practical program combines personalized coaching and a detailed practice plan to meet your personal objectives.

What you will gain:

- Re-engage with what is most important to you at work and at home.
- Identify what blocks you from the effectiveness you want—mentally, emotionally and physically.
- Uncover and disengage from the negative impact stress has on your body and mind.
- Achieve focused clarity and sustain peak performance.
- Listen and communicate more effectively—personally and professionally.



The HeartMath **Strategies for Coherent Performance** program is only available from a Licensed HeartMath Coach.

**For more information contact your Licensed HeartMath® Coach.**

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