



Heart-based Techniques for Emotional Regulation and Stress Relief

The focus of this webinar series is twofold.

First, to gain more scientific understanding of how the heart's delicate functioning is impacted by the many emotions we feel daily, and how these emotions make or break our capacity to remain resilient and achieve holistic wellbeing.

Second, we learn and practice advanced heart-based techniques that generate coherence and therefore a state of being where we can think, feel and act in a more positive and aligned way.



CONTENT

- Renewing emotions, depleting emotions, and the changing rhythm of the heart
- Depletion to Renewal Grid: how everyday emotions impact the nervous system, the hormonal system and the heart
- Three strategies for building and sustaining resilience: Prep, Shift & Reset, Sustain
- Inner-Ease™ Technique: for settling into the moment and taking intensity out of negative emotions
- Heart Lock-In™ Technique: for experiencing our heart at a deeper level, and connecting to others

These wellbeing webinars are based on the 8-hour long program “Building Personal Resilience” training developed by the HeartMath Institute.