

# THE RESILIENCE ADVANTAGE™

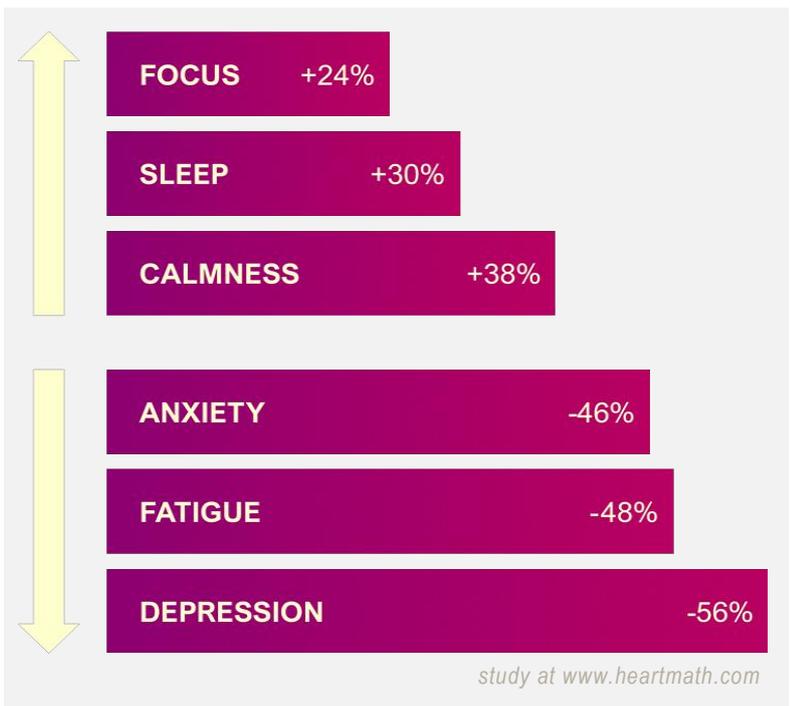
building stress resilience for optimal performance



training and mentoring  
program tailored  
to the needs of your teams

## Stress resilience

- allows to gain control of the energy
- leverages optimal work performance
- fosters clear choice and innovative action



Used by the US Navy, hospital systems and Fortune 500 companies worldwide, the Resilience Advantage™ program provides your teams with a powerful skillset to prepare them to thrive in a world of flux, challenge and opportunity.

Training based on twenty-five years of scientific research at the HeartMath® Institute on the psycho-physiology of stress and emotions, and the interactions between the heart and the brain.



## Contact

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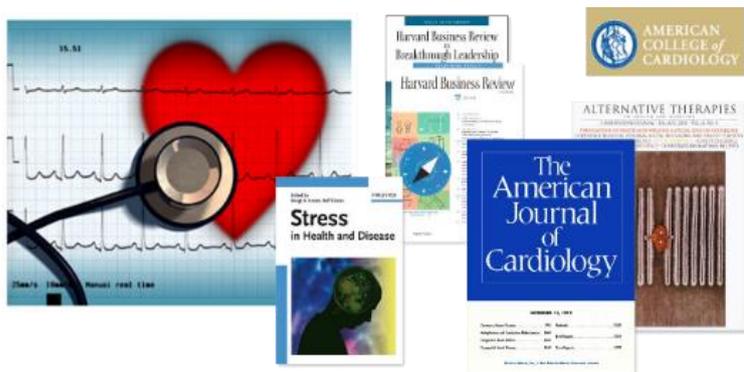
+  HeartMath.  
Certified Trainer

identify energy drains  
restore energetic balance

preserve emotional composure  
keep mental clarity  
respond optimally

nurture relational team coherence

Exposure to acute or chronic stressors **lowers performance** and potentiates the **risk for developing negative health outcomes**. Building stress resilience skills **prepares for depleting events or recurrent stressors** in order to protect **psychological and physiological health**.



Participants will receive leading-edge information on the physiology of stress, so as to **raise awareness on their self-regulation capacity**. They will be guided to practice easy and proven effective techniques with **biofeedback** to **gain control of their energy and leverage their optimal personal and professional performance**.

benefits are reported in over two hundred peer-reviewed scientific publications  
**enhanced ability to focus, process information and solve problems** | better ability to handle challenging situations | **effective intuitive decision-making** | greater situational awareness | **creativity and innovation** | **reduced stress and fatigue**

The Resilience Advantage™ tools and technology are used worldwide by military and police special forces, professional athletes and Olympic teams, fighter pilots, police and fire departments, PTSD clinics and hospital emergency staffs.



“The Navy supports Coherence Advantage™\* training because it provides tangible tools and skills that can and have improved individual functioning which means more effective and successful missions.” - Captain Lori A. Laraway, Manager of the operational stress program for the Navy expeditionary combat command.

“I have been able to deal with more than the usual amount of stress with amazing calmness, clear thinking and sleep even with the challenges ahead of me. I am energized and amazed how calm I am when making major decisions.” - Travelocity Expedia participant.

\* Military name for the Resilience Advantage™ workshop

“We are seeing that people feel more in control of their situation – not as reactive or overwhelmed. The employees [...] have experienced a shift in perspective about what’s going on around them, and have developed a more positive, energized, empowered outlook.” - Director of Leadership centre.

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