



# RESILIENCE COURSE FOR TEENS

Thanks for your interest in my newly developed Resilience Course!

I'm really grateful we'll be going on this journey together.

## Let's start out with some background information about the heart and the course:

"Throughout history, cultures and religions have pointed towards the heart as being the seed of wisdom, love, and the key to unlock the good in life. We've always heard the age old advice to listen to our hearts, follow our hearts, and let our hearts guide us. As pleasant as this may all sound, most don't have the faintest idea what this all actually means. Over the past several decades, a breakthrough organization called The HeartMath® Institute has finally discovered the science behind heart intelligence..."

I have combined the science based HeartMath® techniques I learned as a trained and certified HeartMath Resilience Coach with my years of experience teaching yoga, brain gym and energy clearing, along with my studies of emotional intelligence, activating our vagus nerve, communication, and relationships and incorporated it all into this 8 week course. It's a jam packed bundle of information, tools, techniques and exercises, everything that I've learned so far, combined in an easy to understand & apply format. Get ready to learn cutting edge stress management techniques used by Olympic athletes, Fortune 500 companies and CEO's, and other leaders around the world.

(Sections taken from the following article: <https://www.holistic.global/article.php?article=61>)

## What you'll be learning in the coming weeks:



### Session 1: Resilience

We'll learn about **resilience**, what it means, how to get into a flow state more easily, and learn our first HeartMath® technique along with some simple stretches to get the energy flowing.



### Session 2: Relationships

Learn about your superpower and how it affects all your **relationships**. We'll learn another technique to help us speak to those around us from the heart with compassion and less judgement.



Location: Online

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### Session 3: Coherence

What's the meaning and importance of heart-brain **coherence** and how can we achieve it in our day to day lives. Plus some vagus nerve activation exercises to help out as well.



### Session 4: EQ

Let's get to know what **emotional intelligence** is and why it's so important- couple that with yet another important breathing technique and some EFT Tapping to help shake off any unwanted lingering emotions.



### Session 5: Heart Intelligence

Now we're really getting into it- we'll explore our **Hearts Wisdom** and Intellegence with the help of HeartMath® and Neurocardiological Science along with Bio-hacking 101.



### Session 6: Enneagram

Lot's of reflecting and going inside in this session, we'll be exploring what **Enneagram** type you are and how this plays into our resilience- and learning about Brain Gym.



### Session 7: Communication

Such an important topic- how can we **communicate** from the heart and use our emotional intelligence to react in loving, compassionate ways? Let's practice it together!



### Session 8: Reflect & Action Plan

How to move forward with HeartMath® and **reach our goals** while being resilient along the way? We'll be laying it all out together in this final session. Oh, and we'll have a little quiz at the end (just for fun of course! But I will be giving out prizes.)

## Homework for the First Session



Think of something you could **change in your diet**- anything that would change it in a positive way- that you'll start when the program starts. You can start right away if you like , of course, but by the latest you should start when the program begins and stick with it during the duration of the course.



Research a little bit the different **heart rate monitors** available from HeartMath® ([available HERE](#)) and if it's in your budget, purchase one. This is in NO way a requirement for the course! This is an extra option that, if it speaks to you, could help your results dramatically and be a good support throughout the course.

## Good to know:

- What's really important is to participate fully in the course. This means not only showing up for our online pre-scheduled meetings, but doing your homework (yes, you'll have homework!) before the next session and slowly incorporating the breathing techniques we learn each time into your daily life.
- There will also be an **affirmation** suggested to you to incorporate into your daily morning or evening routine.
- Each Handout will have a list of **resources** if you want to learn more about that specific topic. This is, of course, entirely optional and is only meant to support those who want to go even deeper down the rabbit hole.
- Also optional are **journaling** prompts/questions that you can write about to deepen your self reflection and therefore take your transformation and insights to a whole other level.



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HEARTMATH RESILIENCE COACH



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