



Personal Resilience™ Program

Resilience 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

The program includes development of competencies that lead to:

- Increased personal resilience and energy levels
- Leveraged ability to think clearly under pressure
- Increased ability to discern appropriate solutions to problems
- Diminished symptoms of personal and work-related stress
- Enhanced ability to maintain composure during challenges
- Improved family and social harmony
- Reduced fatigue and exhaustion
- Increased access to intuitive intelligence

Based on more than 20 years of HeartMath's published, peer-reviewed research on the science of resilience, The Resilience Advantage program provides a powerful skillset 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.



Features of the Personal Resilience™ Program:

- One-on-one customized 8-week program facilitated virtually.
- A Stress & Well-being Assessment™ is conducted pre/post training to measure results.
- As part of the program, clients receive the Inner Balance™ award-winning technology. This product measures and tracks the shift from stress and frustration to balance and resilience with real-time feedback, based on your own heart rhythms.

Visit www.MomentumInstitute.com or email Info@MomentumInstitute.com for more information or to schedule a consultation.

"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