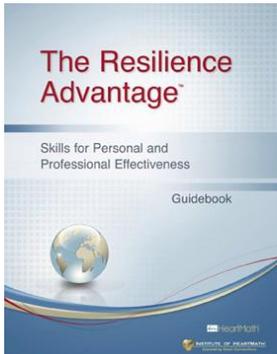


# The Resilience Advantage

## Skills for Personal & Professional Effectiveness

### The Resilience Advantage



This Heartmath high impact program delivers a practical skill set to respond dynamically and effectively to pressure, emotional challenge and change. Fifteen years of client results show significant, sustained improvement in health costs, productivity, stress levels, resilience, cognition and emotional well-being. Brought to you by...



**Cheryl Alexander & Associates**  
*Leaders Engaging Hearts and Minds*



**INSTITUTE OF HEARTMATH**  
*Expanding Heart Connections*

...the leaders in their respective fields.

### Learning Outcomes:

Recognize subtle stress signals before they become chronic

- Learn powerful techniques to boost performance, resilience and quality of life
- Use practical intuition to effectively manage change without being overwhelmed
- Be less reactive, think clearly and make good decisions under pressure

At the program's core are easy to learn self-regulation tools and resilience building practices that help individuals become more balanced, aware and high functioning.

Participants learn how their responses to events, communications or circumstance can deplete or renew their resiliency. They learn an effective skill set to reduce stress, enhance performance, improve health and well-being and build effective relationships with colleagues, clients and family.

A key component is the award winning emWave® technology, real time monitoring of the impact of emotions on physiology and cognitive state.

### Benefits Include:

- Employee satisfaction and well-being
- Ability to focus, process information and solve problems
- Regenerative sleep
- Meeting efficiency
- Teamwork and morale
- Ability to deal with difficult clients and constituents
- Increase vitality and resilience while reducing stress, worry and fatigue
- Be less reactive, think clearly and make good decisions under pressure

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## Workshop Topics Include

The latest findings from optimal performance research

- Skills for building resilience in the face of change and uncertainty
- Intelligent energy self regulation techniques
- Benefits of coherence for personal and work effectiveness
- New research on the effects of relational energetics on co-workers, clients and constituents
- How to better access intuition for improved decision making
- Integrating HeartMath tools into everyday routines

The program can be delivered to an organization in several time formats allowing for scheduling flexibility.

## What Clients are Saying

This is a great set of leadership tools, I can now recognize and deal with stress as it comes. I don't wake up tired anymore. I plan better and am able to be more direct with people.

*-Sam Ruffing, MS, RN, Vice President, Patient Care, Methodist Health System*

I have a very stressful job and it is great learning how to deal with my stress and reduce it to be more productive. Bottom line, I am very impressed with the "Revitalize You!" program and I would recommend it to anyone. Thanks for the great program.

*-Margaret Lawrence, Team Lead, Travelocity Business*

We are being called to navigate an ever challenging environment. As our funding decreases and becomes more scarce, the need for our services and the complexity of support required increases exponentially. Through training in The Resilience Advantage program, we have improved our personal and organizational effectiveness to create a healthier, more responsive organization...and to rise to meet the challenges we are facing.

*-Asha Craggon, Provincial Programs Manager, Crisis Line Association of B.C. Canada*

I have attended a lot of trainings in my career and I can say with total honesty that this one was THE MOST enjoyable and probably the best training experience I have ever had! I learned so much! In delivering the workshop to my audiences of department of corrections leaders. Most have been very receptive and are immediately incorporating the techniques.

*-Patsy Wood Smith, M.Ed., NBCT, Director; School Based Programs, The Youth Learning Institute of Clemson University, SC*

Offered By: Cheryl Alexander Stearns, CEO Cheryl Alexander Associates  
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