

# The Hidden Power of the Heart

Personal impact series

## How to Release Healing & Eliminate Stress

Within each of us is a powerful resource that has the ability to heal, relax, protect, and allow us to be present to transform relationships and thoughts.

Within us is a system designed to dissipate stress on contact rather than allow it to accumulate.

**It is readily accessible and able to change your life. It will work, if you work with it. It will grow and become a natural way of being and transform your thinking, and your relationships.**

Knowing something is not enough. If it were, we would all be happy, fit, slim and healthy. Like a personal trainer, as coaches we will work with you to build new muscle. Each time we meet we will add a new application and tool.

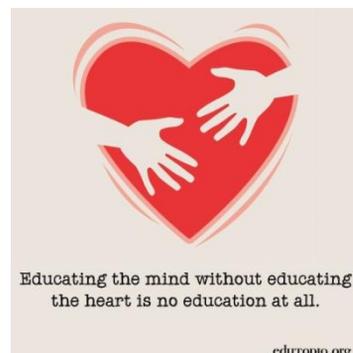
We will help you create a routine, strengthening your capability to be present, at ease, connected, focused and on purpose when you need it most. We will help you transfer your kindest impulses into daily behaviors that support zone performance.

### Your Coach:

**Cheryl Alexander Stearns** is CEO of Cheryl Alexander & Associates, a coaching consultancy dedicated to empowering enlightened leaders to engage the hearts and minds of the people they serve.

She is a certified HeartMath Institute ([www.heartmath.org](http://www.heartmath.org)) Coach and Trainer. Other related certifications include Emotional Intelligence, Character Based Leadership Development, and Positive Psychology.

Cheryl is hired to inspire and equip leaders with the tools and strategy to be at their best more of the time, so they can achieve the career & the life they dream of. At her core, she is an embracing, encouraging champion of people who sees and appreciates their unique gifts and calls them to act and grow increasing their positive impact in the world.



### Session One

*"The Hidden Power  
Of the Heart"*

The Reset Button

### Session Two

*"Transforming  
Relationships"*

Appreciation and Presence

### Session Three

*"Becoming more Aware"*

Energy Efficiency

### Session Four

*"Seeing Through Different  
Eyes"*

Freeze Frame

### Session Five

*"Calm, Open, Confident  
Even Amidst The Swirl"*

Lock-In

**Call or email today!**

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**Cheryl Alexander & Associates**

*Leaders Engaging Hearts and Minds*