



Intentional Living Solutions, LLC



Moving from Stress Management to Heart-based Resilience

Introducing

The Resilience Advantage™ Skills for Personal and Professional Effectiveness

Resilience:

An ability to recover from or adjust easily to misfortune or change

The ability to bounce back after a jarring setback.

In this introduction to The Resilience Advantage™ you will learn practical tools and strategies to strengthen resiliency and improve decision-making. This training is based upon the research into the physiology of optimal performance conducted by the HeartMath® Institute. Since 1991, where researchers developed reliable, scientifically validated tools and technologies that help people improve their emotional balance, health and performance.

This research takes us beyond simple, reactive, stress management into powerful, proactive, hear-based resilience training that impacts our physiology in profound ways.

You will walk away with:

- Research on the latest findings on optimal-performance
- Skills for building resilience in the face of change and uncertainty.
- One intelligent energy self-regulation technique that increases well-being, mental clarity and emotional stability
- An introduction to HeartMath technology: emWave® Pro and Inner Balance™

Log onto <https://www.heartmath.org/research/> to download your free copy of *Science of the Heart*, and access the research library today.

Where: Courtyard Fountains Senior Living
1545 SE 223rd Ave • Gresham, OR 97030

When: Thursday May 23rd at 2:00

Open to the public