

The resilience advantage program



Strengthening staff resilience has become an important strategy for improving organisational effectiveness, productivity, health and well-being.

HeartMath is a unique combination of science-based techniques and coherence technology learning programs delivered by PeopleQ's certified HeartMath Trainer and Mentor, Melina Lipkiewicz.

This program will give participants a practical framework of self-regulation tools and

resilience-building practices that dramatically help you gain clarity and perspective in the face of change, stress and overwhelm.

This improved composure leads to improved decision making, team harmony and work culture, ultimately leading to an uplift in productivity and innovation at work.



What to expect

Based on heart-brain science, this program teaches practical techniques for participants to build intelligent energy management systems that renew, build and sustain energy, as well as build personal and professional resilience.



Program objectives

Strengthen personal resilience and energy levels, leverage your ability to think clearly under pressure, increase situational awareness and diminish symptoms of personal and professional stress, and improve reaction times.



Learning delivery

Run as either a full-day workshop or as weekly 2-hour modules, Corporate programs can be customised to target the specific needs of your people and include elements of emotional intelligence to further develop resilience.



Resilience is not static, it moves and evolves.
We can build practices to sustain it



HEARTMATH WORKSHOP CONTENT

Science-based training and techniques to help participants intelligently manage their energy systems





What is Resilience

Defining resilience and its domains and exploring the HeartMath science





Building and Sustaining

Strategies to build and sustain resilience, coherent communication and energy leaks

Depleting and Renewing

Creating self awareness of emotions that deplete and renew us, to build intelligent energy systems





Science of Coherence

Exploring optimal states and the science of coherence and heart brain communication

Science-based Tools

Teaching participants science-based techniques to self regulate and intelligently manage their energy systems

How HeartMath integrates with our other services

Our approach of humanising the workplace to achieve outcomes focuses on fine-tuning leadership skills to build a people-centric business.

For more information. please contact us. We'd love to collaborate with you.

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People

Leadership programs Team coaching Emerging leaders' program

Personal

Leadership assessments Executive coaching Curated conversations

ACHIEVING



Perform

Culture Competency frameworks Hiring re-engineering

Purpose

Strengths values and purpose workshops to inspire performance

