



The resilience advantage program +♥ HeartMath®

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”

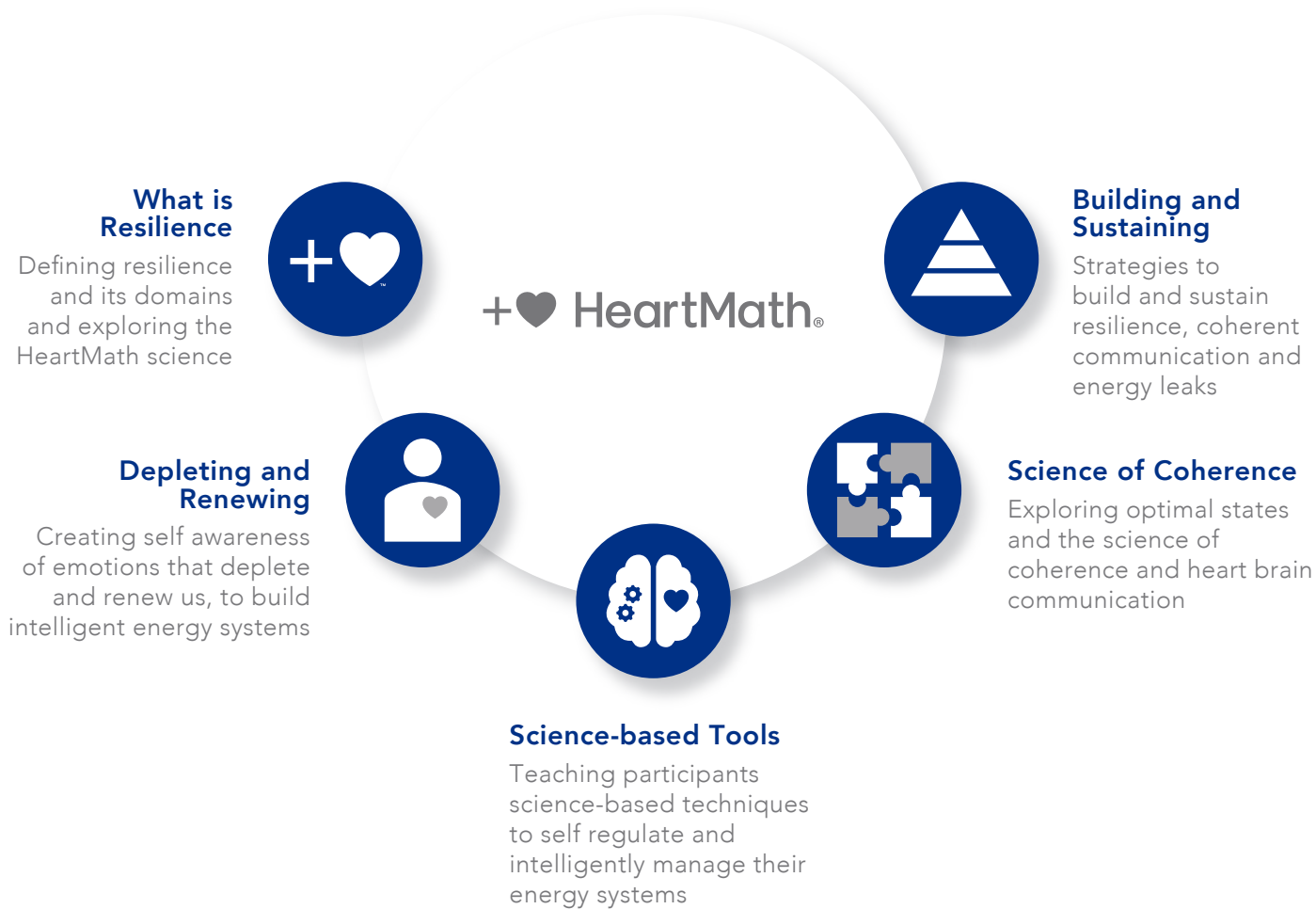


HEARTMATH WORKSHOP CONTENT

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



Full-day workshop or series of 2-hour modules



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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Humanising the workplace