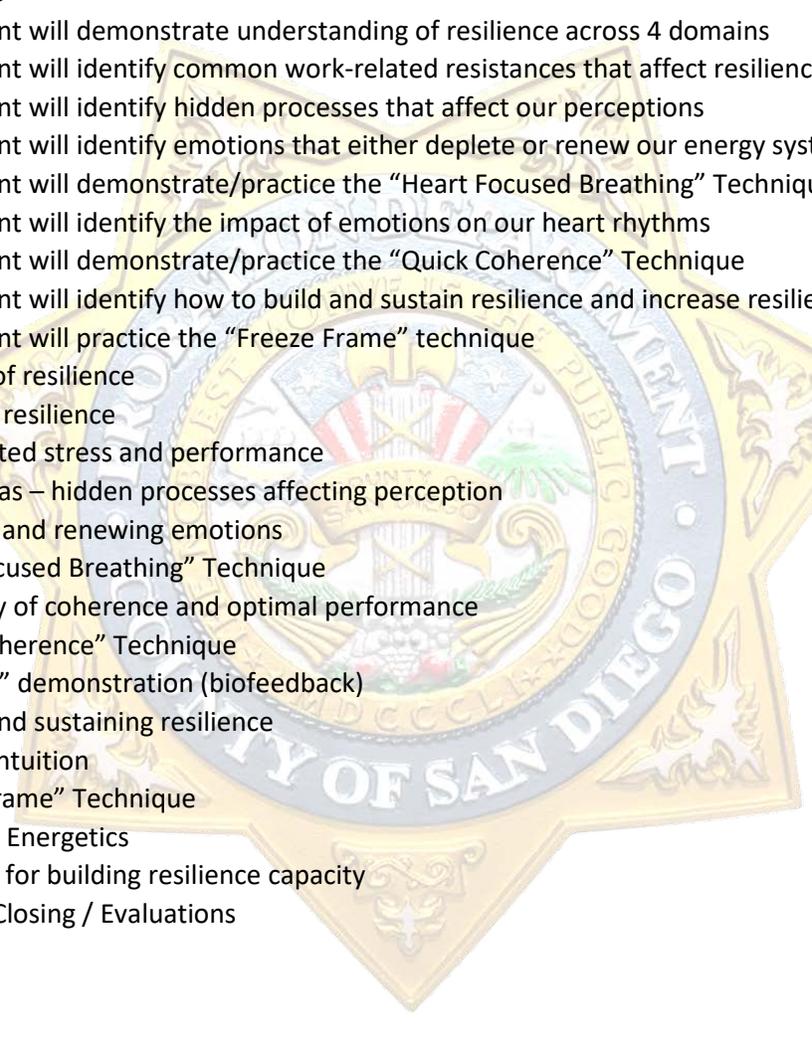


Class: HeartMath “The Resilience Advantage”

Instructional time – 8 hours

The materials for this class are subject to copyright laws; therefore, additional material is not available for review as it is not property of the San Diego County Probation Department.

1. Welcome and Introductions
 2. Objectives
 - a. Student will demonstrate understanding of resilience across 4 domains
 - b. Student will identify common work-related resistances that affect resilience
 - c. Student will identify hidden processes that affect our perceptions
 - d. Student will identify emotions that either deplete or renew our energy systems
 - e. Student will demonstrate/practice the “Heart Focused Breathing” Technique
 - f. Student will identify the impact of emotions on our heart rhythms
 - g. Student will demonstrate/practice the “Quick Coherence” Technique
 - h. Student will identify how to build and sustain resilience and increase resilience capacity
 - i. Student will practice the “Freeze Frame” technique
 3. Domains of resilience
 4. Sleep and resilience
 5. Work related stress and performance
 6. Implicit bias – hidden processes affecting perception
 7. Depleting and renewing emotions
 8. “Heart-focused Breathing” Technique
 9. Physiology of coherence and optimal performance
 10. “Quick Coherence” Technique
 11. “emWave” demonstration (biofeedback)
 12. Building and sustaining resilience
 13. Practical intuition
 14. “Freeze Frame” Technique
 15. Relational Energetics
 16. Strategies for building resilience capacity
 17. Review / Closing / Evaluations
- 
- The seal of the County of San Diego is visible in the background, featuring a central shield with a sun, a ship, and a plow, surrounded by the text "COUNTY OF SAN DIEGO" and "PUBLIC GOOD".