Class: HeartMath “The Resilience Advantage” (SPO CORE)
Instructional time – 4 hours

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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 emotions that either deplete or renew our energy systems
   d. Student will demonstrate/practice the “Heart Focused Breathing” Technique
   e. Student will identify the impact of emotions on our heart rhythms
   f. Student will demonstrate/practice the “Quick Coherence” Technique
   g. Student will recognize the impact of relational energetics
   h. Student will identify how to establish a new baseline, build and sustain resilience and increase resilience capacity
3. Domains of resilience
4. Sleep and resilience
5. Work related stress and performance
6. Depleting and renewing emotions
7. “Heart-focused Breathing” Technique
8. Building and Sustaining Resilience
9. Physiology of coherence and optimal performance
10. “Quick Coherence” Technique
11. Relational energetics
12. Balanced Care vs. Overcare
13. Establishing a new baseline
14. Strategies for building resilience capacity
15. Review / Closing / Evaluations