

# The Resilience Advantage™

Resilience skills for clear choices, optimal function and innovative action

Is your life battery running on empty? What would your life be like if...

- you had more energy throughout the day?
- you intuitively knew how to respond to change and challenge?
- when out of sync, you could reset yourself just like you rest your computer?
- your communications were clear, rich and fulfilling?

Based on more than 25 years of HeartMath's published, peer-review research on the science of resilience, The Resilience Advantage program provides a powerful skillset and engaging technology to prepare you to thrive in a world of flux, challenge and opportunity.

## BENEFITS

- Increased situational awareness in relationships, meetings and projects
- Enhanced ability to focus, process information and solve problems
- Heightened creativity and innovation
- Increased ability to handle challenging clients and situations
- Increased access to intuition for fast, effective decision-making on complex issues
- Increased regenerative sleep
- Increased vitality and resilience
- Reduced stress, worry and fatigue

**Plus**, experience real time feedback through the innovative emWave® or Inner Balance™ technology to monitor and sustain results.



**Discover the Resilience Advantage experience!**

**Ed Carpenter**  
Certified Trainer  
508.400.8926  
ed@natstraining.com  
www.natstraining.com

+   
**HeartMath.**  
Certified Trainer