

Christin Collins

presents

THE COHERENCE ADVANTAGE

*A workshop with Maria Hincapie
with special guests Jamie Lynn Stuart, and Tracy Zboril*

October 18, 2023 | Collaboratory | Fort Myers, Florida

9:00 – 11:00 am

\$125



HeartMath.

> REGISTER NOW



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Facilitator

Maria Hincapie

With a background in engineering and over 23 years in corporate roles at BP, Exxon, and Disney, Maria's journey evolved to understanding the biology of leadership, change, and the impact of stress on well-being.

Maria's heart-centered approach translates into concrete strategies for transformative actions. She is part of the corporate consulting team at Neurochangesolutions, addressing workplace burnout and fostering innovation.



Special Guests

Jamie Lynn Stuart

Jamie is a passionate Rapid Empowerment Coach, Rapid Transformational Therapy Practitioner, and Certified Hypnotherapist. She is confident, joyful, and abundant, embracing life, work, and relationships, and is committed to helping clients to do the same.



Tracy Zboril, M.S.W.

Tracy is an experienced psychotherapist with a diverse background spanning over four decades. Her practice focuses on the mind-body-spirit connection and integrative modalities, including transpersonal psychology, hypnosis, and advancements in neuroscience and quantum physics.





The HearthMath Coherence 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 reset your computer?
- your communications were clear, rich and fulfilling?



Based on more than 20 years of HeartMath's published, peer-reviewed research on the science of resilience, The Resilience Advantage – now called **The Coherence Advantage** – program provides a powerful skillset and engaging technology to prepare you to thrive in a world of flux, challenge and opportunity. This best-in-class program is used by the US Navy, hospital systems and Fortune 500 companies worldwide.

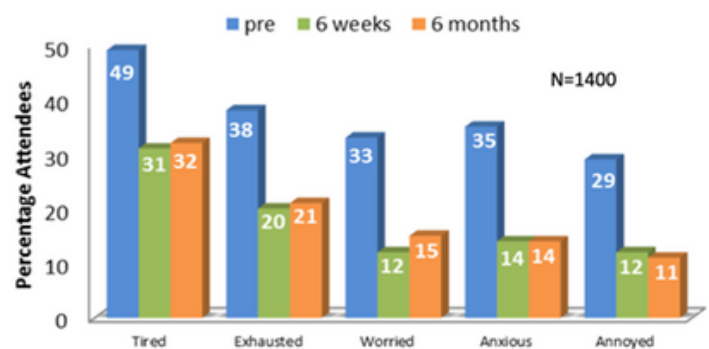
IMPROVING PERFORMANCE

Key Issues

Most organizations now accept that continuous change and transformation have become the norm in a global economy, while the pressure to deliver in this environment is having a major impact on business performance in addition to impairing the health of employees. Many organizations realize they have both a desire and responsibility to act.

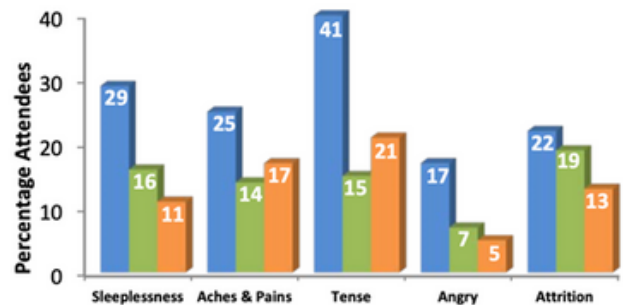
The issue for these companies is that there have been few interventions that can be objectively measure to make a positive impact and even fewer that can be sustained over time. In short, companies have struggled to find a solution to what has become a major obstacle to business performance in the 21st century.

Numerous scientific studies have now shown that excessive pressure directly impacts the internal physiological processes of individuals. This impact upon the internal processes undermines performance, reduces perceptual clarity and directly impairs personal performance. Conversely, studies have demonstrated that peak performance can be achieved and sustained, and the underlying mechanisms are now well-understood.



Evidence of Impact

HeartMath interventions go beyond the theory of behavior management and have been shown to deliver measurable and sustainable improvements globally in personal performance, staff turnover, personal health and thereby organizational effectiveness.



Subjective Data

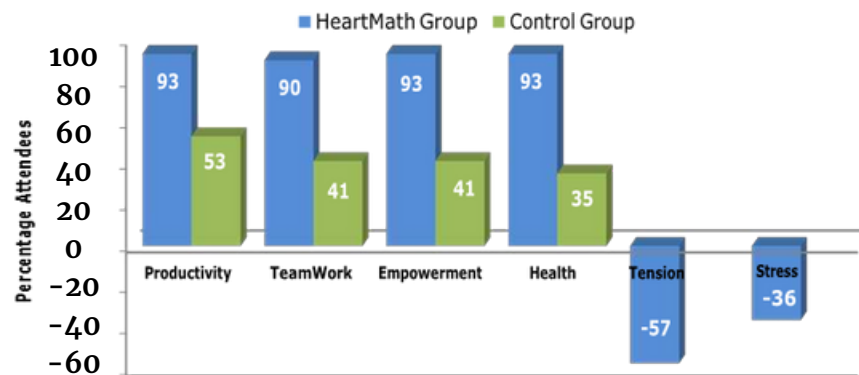
Table 1: Improvements in well-being before, six weeks and six months after intervention.

All of the data outlined here have been generated through projects at Shell, BP, Unilever, Cisco, Boeing and others working closely with their medical and organizational development staff. (Percentage of individuals responding to the top two of five possible answers)



Table 2: Improvements before and 6 months after intervention delivered at an international electronics corp.

All of the data outlined here have been generated through projects at Shell, BP, Unilever, Cisco, Boeing and others working closely with their medical and organizational development staff. (Percentage of individuals responding to the top two of five possible answers)

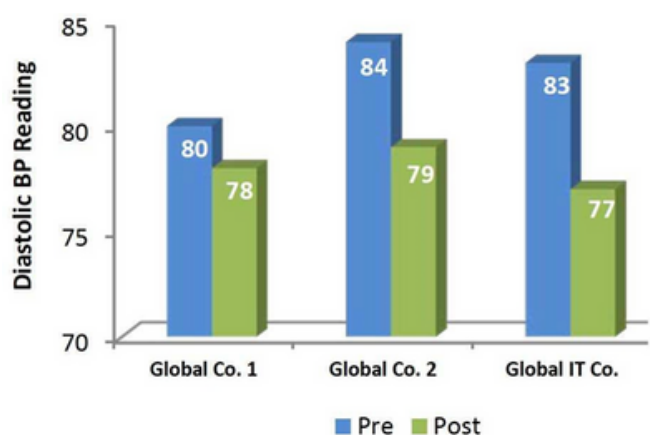
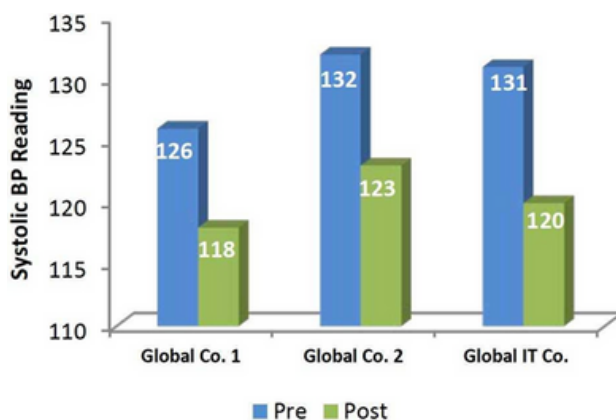


Objective Data

Blood Pressure. High blood pressure affects one in four adults in North America and Western Europe and it's considered one of the most important public health issues facing the industrialized world.

HeartMath interventions have been shown consistently to reduce blood pressure. The size of this effect has been measured at double the improvement that an exercise program normally delivers and, if it were repeated across the entire population, it could reduce the incidence of stroke by approximately 50%.

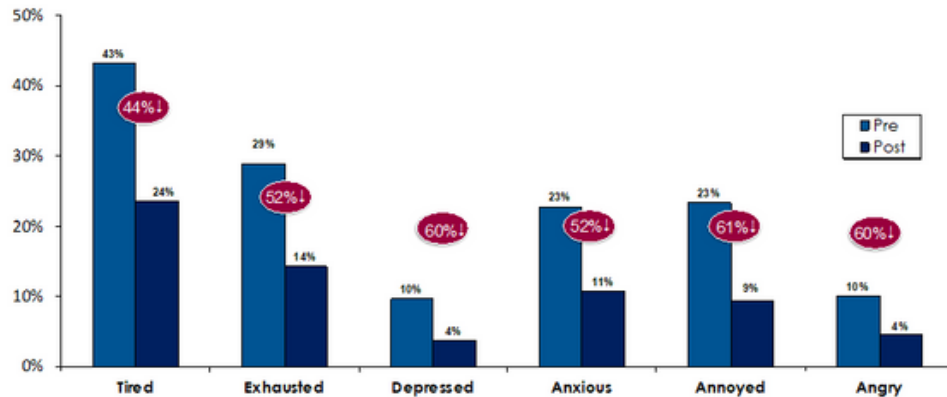
Table 3: Blood pressure data before and 3 months after intervention (sample size 78)



Additional Research

Improvements in Mental & Emotional Well-Being

Before and six weeks after HeartMath Training
(N=5692)

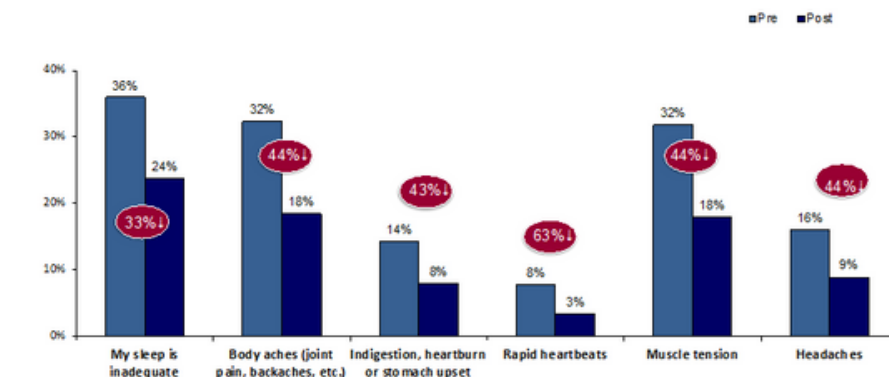


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Improvements in Physical Symptoms

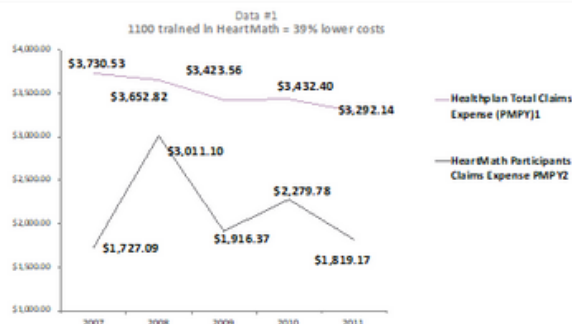
Before and six weeks after HeartMath Training
(N=5692)



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Case Study Medical Claims Reduction



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Clinical Study Results

- ✓ Blood Pressure in Hypertensive Employees (HP)
20% reduction in diastolic and systolic blood pressure.
- ✓ Diabetes (LifeScan)
30% increase in quality of life metrics; 1.1% reduction in HbA 1c.
- ✓ Congestive Heart Failure (Stanford Hospital)
Increased functional capacity, reduced stress and depression.
- ✓ Heart Arrhythmias (Kaiser Permanente)
75% of the patients had significantly fewer episodes of atrial fibrillation and 20% were able to stop medication altogether.
- ✓ Asthma (Robert Wood Johnson Medical School)
Over 50% of patients experienced a decrease in airway impedance, symptom severity and medication consumption.

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Certified Trainer

Case Study Medical Claims Reduction Data #2

Overall Medical Cost Trend

- 3.8% decrease in cost for HeartMath® program participants
- 9% increase in cost for non-HeartMath participants

Essential Hypertension Costs

- 22% decrease in cost for HeartMath® program participants
- 47% increase in cost for non-HeartMath participants

Annual savings per participant - \$585

First year ROI = 2 to 1, Second Year ROI = 4 to 1 (est)

“I have been able to deal with more than the usual amount of stress with amazing calmness, clear thinking and [can] sleep even with the challenges ahead of me. I am energized and amazed how calm I am when making major decisions.”

- Travelocity (Expedia) employee participant

“The Navy supports [HeartMath] Coherence Advantage™ training because it provides tangible tools and skills that can and have improved individual functioning which means more effective and successful missions.”*

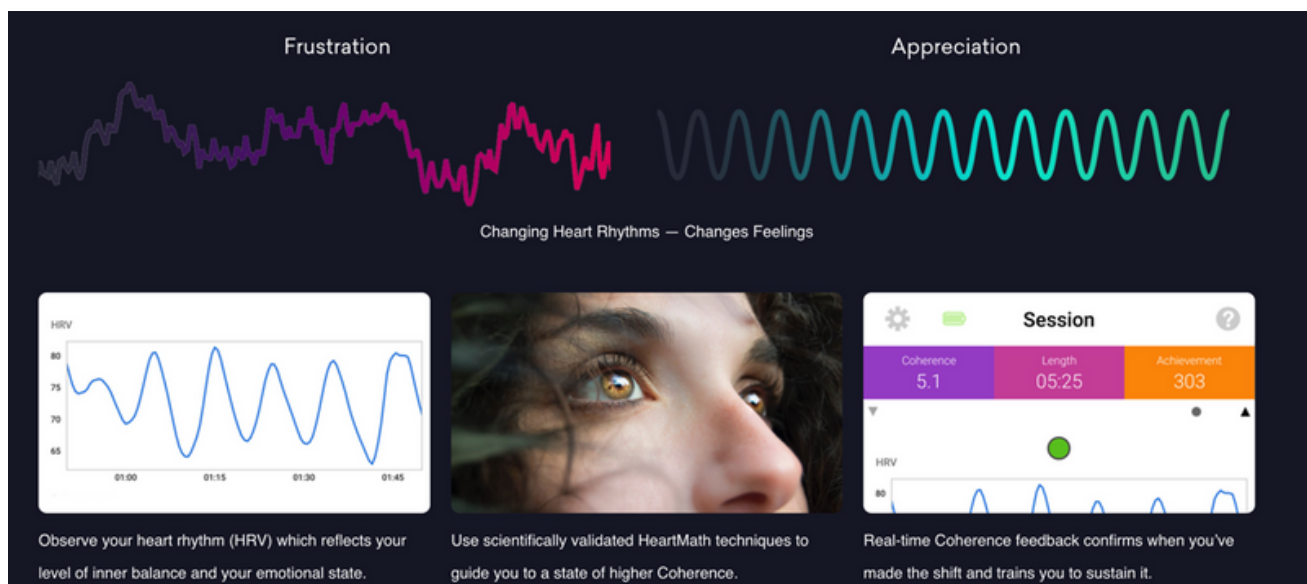
- Capt. Lori A. Laraway, Manager of the Operational Stress Control Program for the Navy Expeditionary Combat Command

Benefits

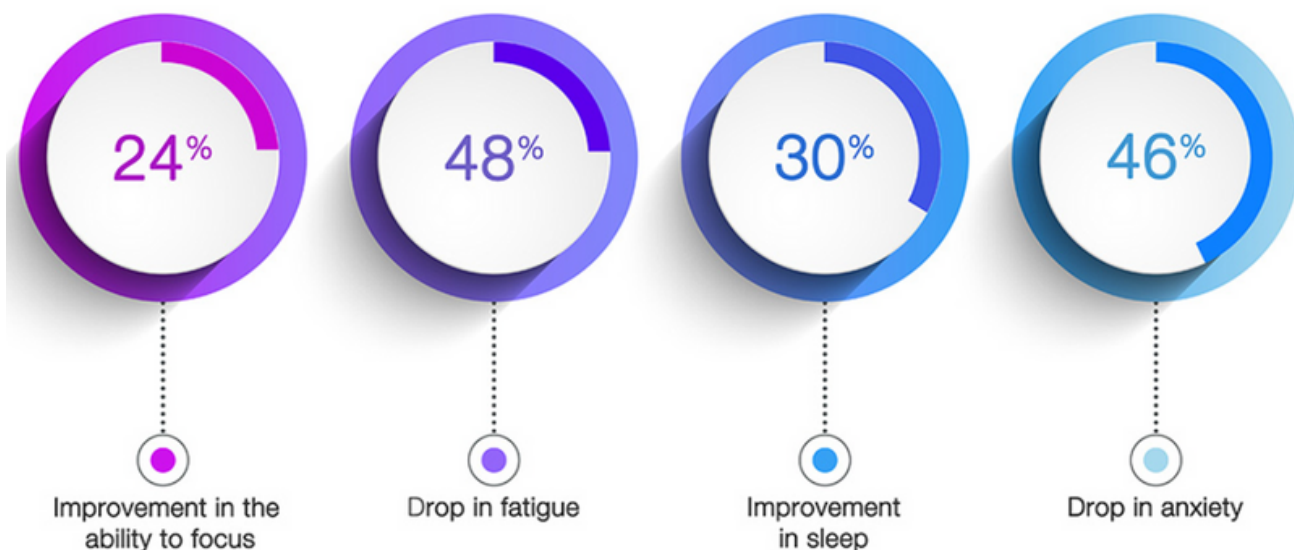
- Increased situational awareness in relationships, meetings and projects
- Enhanced ability to focus, process information and solve problems
- Heightened creativity and innovation
- Increased ability to handle challenging clients and situations
- Increased access to intuition for fast, effective decision-making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

Plus, experience real time feedback through the innovative Inner Balance™ technology to monitor and sustain results. HeartMath has discovered that our heart rhythm patterns are the best reflection of our inner state. By adding heart, you can shift in the moment into a state of balance and renewing feelings, such as appreciation, care, love and compassion. HeartMath technology teaches you how.





Statistically Significant Improvements From 14,266 HeartMath Trained Individuals



*N=14,266
Percent of individuals responding as often or always on normed and validated pre and post Personal and Organizational Quality Assessment (POQA-R).