HeartMath for TRU Students
Skills for Personal and Professional Effectiveness
Two Presentations at TRU
March 9, 2017
Times: 12:30 - 1:30 pm - OM1761 and
2:30 - 3:30 - OM 2622

Being a student is often a stressful experience. In this one hour presentation you will learn simple breathing skills to reduce stress and anxiety in minutes. Participants learn how their responses to events, communications or circumstance can deplete or renew their resiliency. They learn an effective skill set to reduce stress, enhance performance, improve health and well being and build effective relationships with colleagues, clients and family.

Learning Outcomes
Recognize subtle stress signals before they become chronic
Learn powerful techniques to boost performance, resilience and quality of life
Be less reactive, think clearly and make good decisions under pressure

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If I said that one could shift from a state of stress (Heart Incoherence) to a state of calmness (Heart Coherence) in two minutes would you believe me?
These graphs are from course participants, who in every case were able to shift into coherence (blue and green) from incoherence (red) in 2 minutes or less.