


**NeuroHeart Education  
Foundation  
2024**

A large, vibrant red heart is the central focus, held gently in two open hands. The background is a soft, light blue. The overall composition is clean and professional, with decorative teal, yellow, and purple shapes at the corners.

**COURSE PORTFOLIO :**  
**2.4 HEARTMATH –**  
**UNDERSTANDING**  
**HEART COHERENCE**

## **2.4 HEARTMATH – UNDERSTANDING HEART COHERENCE**

**– INSTRUCTED BY  
ANGEL REYES**

### **ABSTRACT**

Live Online Course over 6 weeks: "Creating resilience form the Heart" (Heartmath Institute) This Creating Personal Resilience™ program is designed to provide effective tools, techniques and knowledge to improve personal and professional results in life's daily challenges.

It is a training program that consists of 6 group sessions in online format, in which you will learn techniques that will help you unlock your greatest potentials. With the practice of the techniques and self-observation of internal energy management, you will not only learn how to recover more quickly and adequately from the stressors that life brings, but you will be able to better prepare for each situation and redirect your emotions, thoughts and behaviours towards the path of Mind Heart Coherence, making use of the Intelligence of the Heart.

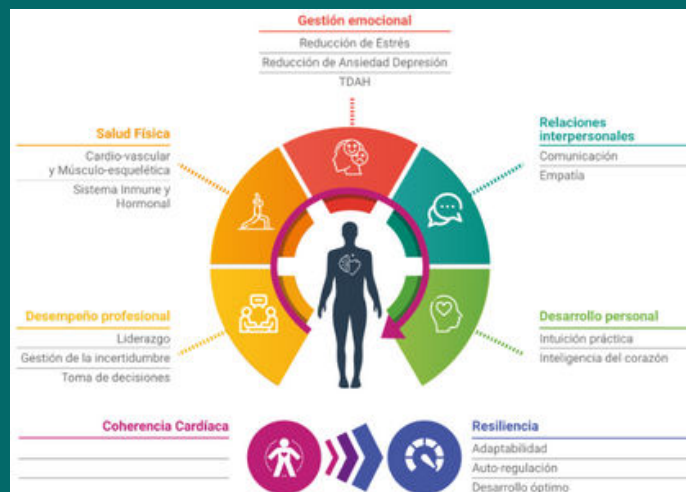
When we more quickly and accurately access the intuitive guidance of our heart, it allows us to create more of what we want in life. This Creating Personal Resilience™ program will offer you practices based on neuroscience, to make a change in daily life to achieve empowerment, success in decision making and greater personal security, thus creating greater Personal Resilience.

# STRUCTURE

Comprised of 6 x 1.5 hour sessions

## RESULTS

- 24% improvement in the ability to focus
- 30% improvement in sleep
- 38% improvement in calmness
- 46% drop in anxiety
- 48% drop in fatigue
- 56% drop in depression





## COURSE CONTENT

### SESSION 1

- Understanding the resilience model
- How the transformation process begins
- Learn the Heart-Centered Breathing Technique™ and how it applies to Resilience

### SESSION 2

- Know the domains of Resilience
- Apply the 4 steps to personal discovery
- How to discover energy leaks and how to recharge ourselves, to better sustain our internal energy
- Introduce and practice the Rapid Coherence® Technique

## SESSION 3

- Introduce Coherence and heart rate variability and how Coherence relates to Resilience
- Learn to use the Exhaustion to Renewal™ grid as a self-awareness tool
- Learn the Attitude Breathing Technique™

## SESSION 4

- Know neuronal patterns: what they are and how they are formed
- Learn how we can restore neuronal patterns to healthier ones and, therefore, establish a new baseline of Resilience
- Explore the state of inner tranquility

## SESSION 5

- Learn effective practices to improve relationships with others
- Bring the transformation process Creating Personal Resilience™ as part of personal, professional and relational life
- Understand the benefits of using Coherence technology
- Learn the Center, Hold and Expand® Technique to establish a new baseline of greater Mind Heart Coherence





## SESSION 6

- Learn about the basic science of intuition
- Know how to use the heart as a source of intelligence that acts as an internal prompter for intuitive moment-to-moment guidance
- Learn to use the Pause and Ask the Heart® Technique to facilitate making smarter decisions in each situation

### What does this training include?

- 1 orientation workshop session
- Stress test created by Heartmath Institute (USA).
- Material for the entire program
- Book; Resilience from the heart (gift)
- Private community access.

This training contains a lot of valuable content and I want to help you live that life you long for, with more calm and joy. As a token of gratitude, I want to give you the opportunity to take the course with an exclusive gift for you. With the course you will be given an "Inner Balance biofeedback", a real-time heart variability meter.



## ABOUT ANGEL

With a background in Engineering, Angel moved into the field of Neuroscience and gained his Postgraduate in Applied Neuroscience, specialising in Neurosales and Neuromarketing. He has undertaken programmes such as 'Positive intelligence' under neuroscientist Shirzad Chamine and 'Reinventarse' under neuroscientist Mario Alonso Puigand. Angel has further expand his knowledge within this field, combined with a wide range of complimentary training which bring a great breadth of experience to his teaching.

Angel is a certified Mentor by the HeartMath® Institute in the USA, he is an International Mindfulness Instructor endorsed by the International Mindfulness Teacher Association and has gained instructor certifications in Hatha Yoga, GROW WITH HORSES© teaching and as

Angel is also a qualified coach, holding qualifications including the ACC Level: Accredited Certified Coach and Executive Ontological Coach endorsed by the International Coaching Federation.

## **2.4 HEARTMATH – UNDERSTANDING HEART COHERENCE**

**– INSTRUCTED BY IRENE  
VIGLIA**

### **ABSTRACT**

Each class will be dedicated to the study and practice of heart-brain coherence and cultivating resilience as presented by the Scientific Institute of HeartMath.

Coherence is an optimal state of being in which heart and brain work together in sync. This allows the immune, nervous and hormonal systems to be in balance and function at high levels while reducing stress. By practising coherence in this way, we gain strength, becoming more grounded and productive in our daily tasks.

Naturally, coherent states give us access to clarity, intuition and confidence in our ability to make decisions. When operating in coherence, we learn to lead, envision and live from an embodied and integrated space which has an effect on the whole environment.

During these classes we will talk about the 'brain of the heart' and how our heart beat stimulates and influences our brain centres. We shall learn and practice breathing techniques that will help us reach and maintain this healthy state in order to teach/coach our clients and classrooms coherently



# STRUCTURE

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## COURSE CONTENT

### MODULE 1

- Introduction and what is Resilience
- Heart Heart-Focused Breathing™ Technique
- Practice time and feedbacks

### MODULE 2

- Depleting and Renewing Emotions
- The Physiology of Coherence and Optimal Functioning
- Depletion to Renewal
- Practice

### MODULE 3

- Quick Coherence® Technique
- Building and Sustaining Resilience (Prep, Shift and Reset, Sustain)
- Practice





## MODULE 4

- Practical Intuition
- Freeze Frame® Technique
- Practice

## MODULE 5

- Energetics of communication
- Coherent Communication™ Technique
- Practice

## MODULE 6

- Establishing A New Baseline
- Heart Lock-In® Technique
- Practice



## ABOUT IRENE

Irene is a visionary and mentor. She has been facilitating sessions and workshops on the Power of the Heart, emotional Intelligence, Imagination and Dreams in different countries for over 10 years.

She uses her work to strengthen health, improve decision making ability, boost confidence, reduce stress, increase focus, enhance overall self-awareness and develop intuition.

Irene has been closely collaborating with the *HeartMath® Institute* and the *Global Coherence Initiative™*. The essence of her work is the *Power of the Heart*.

## CONTACT

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