



## HeartMath® 1-to-1 Provider 2011

3-day Programme with extensive support

1-3 March

4-6 July

7-9 November

HeartMath's most comprehensive programme for Licensing You to Guide Others in the HeartMath® System



The HeartMath 1-to-1 Provider programme is a complete programme which equips you to guide your clients and colleagues in HeartMath's life-changing tools and techniques. This programme goes beyond HeartMath technology and simple techniques. The 1-to-1 Provider programme offers you commercial use of HeartMath's intellectual property so that you can promote yourself as a licensed provider for working one-to-one.

### As a Licensed 1-to-1 Provider, you will:



- Inspire and motivate clients by offering the HeartMath System of tools and technology.
- Choose from six workbooks designed for specific client needs and applications: personal development, professional development, stress reduction, sports or business performance, improved health and well-being.
- Use the emWave® Desktop and emWave Personal Stress Reliever® with clients to validate real-time measurable feedback.
- Gain commercial use of HeartMath's intellectual property and promote yourself as a licensed provider for working one-to-one.
- Receive special product discounts for ongoing use of HeartMath products and 1-to-1 materials.



**“Really good content, presented very professionally and facilitated with real insight.”**



**“The Ei World team provide a wonderful, strong and supportive structure for helping me to learn so much in such a short time. Thank you.”**



Ei World

Ei World is a UK licensed provider of the HeartMath System.

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HeartMath is a registered trademark of the Institute of HeartMath.  
emWave and Personal Stress Reliever are registered trademarks of Quantum Intech, Inc.

# Learn the HeartMath System



## ESSENTIAL PRE-REQUISITES ARE:

- You need to complete a 1-to-1 Coaching Programme so that you can practice the use of HeartMath tools before you start the process of learning to equip others. Ei World will put you in touch with a licensed provider of the HeartMath system.
- Personal experience of the HeartMath emWave technology.

## OVERVIEW

The HeartMath 1-to-1 Provider Licensing Programme is for all UK professionals who work with individuals in a one-on-one setting. This includes (though is not limited to) counsellors, psychotherapists, psychologists of all disciplines, therapists of all disciplines, healthcare professionals and coaches.

The HeartMath 1-to-1 Provider training is a comprehensive programme which equips you to structure a 1-to-1 programme to effect a difference in the well-being and performance of your clients. You will be able to use the complete suite of HeartMath's life-changing tools, technology and techniques to accelerate greatly the goals and outcomes of your clients.

## Focused Learning

### LEARNING OUTCOMES

As a Licensed HeartMath 1-to-1 Provider you will:

- Learn the scientific underpinnings of the HeartMath System.
- Learn how to uncover and disengage from the negative impact stress has on your body and mind.
- Learn ten techniques in the HeartMath System for achieving physical, mental and emotional balance.
- Learn how to use HeartMath's innovative emWave technology to accelerate learning and track progress.
- Be able to support your clients to discover the heart of who they are, experience more balance in life, feel better, perform better, reduce their stress and become healthier and more resilient.

The programme includes a 3-day workshop, extensive supporting materials and six different client workbooks. We incorporate into the training a range of interactive exercises, and practice using the materials. You will have the opportunity to meet people, who, just like you, want to make a difference in a wide range of contexts.

This is the most extensive way in which to bring the HeartMath system of tools and technology to your clients. By becoming licensed, you can offer your individual clients a quick and effective way to reduce stress and achieve emotional balance and peak performance. Beyond the programme you can purchase all HeartMath products (books, technology, workbooks) at a substantial discount.

In the training you'll learn more about the science behind the HeartMath System and how to guide your clients through a specially designed 1-to-1 programme with the help of structured, supportive workbooks only available to clients from a licensed HeartMath 1-to-1 provider.

This programme is also available in-house.

## NEXT STEPS

If you are interested in expanding your professional services to include the HeartMath System, please contact Ei World.

If you would value a discussion around this programme, please contact the Ei World team:

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WORKBOOKS AVAILABLE FOR ONE-TO-ONE WORK WITH CLIENTS

