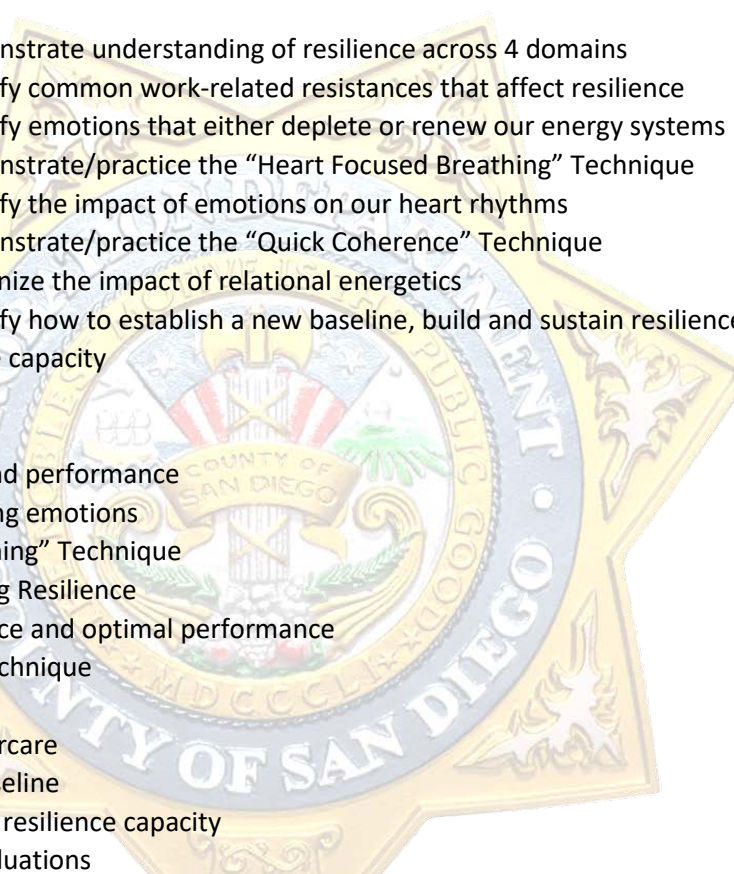


Class: HeartMath “The Resilience Advantage” (SPO CORE)

Instructional time – 4 hours

The materials for this class are subject to copyright laws; therefore, additional material is not available for review as it is not property of the San Diego County Probation Department.

1. Welcome and Introductions
  2. Objectives
    - a. Student will demonstrate understanding of resilience across 4 domains
    - b. Student will identify common work-related resistances that affect resilience
    - c. Student will identify emotions that either deplete or renew our energy systems
    - d. Student will demonstrate/practice the “Heart Focused Breathing” Technique
    - e. Student will identify the impact of emotions on our heart rhythms
    - f. Student will demonstrate/practice the “Quick Coherence” Technique
    - g. Student will recognize the impact of relational energetics
    - h. Student will identify how to establish a new baseline, build and sustain resilience and increase resilience capacity
  3. Domains of resilience
  4. Sleep and resilience
  5. Work related stress and performance
  6. Depleting and renewing emotions
  7. “Heart-focused Breathing” Technique
  8. Building and Sustaining Resilience
  9. Physiology of coherence and optimal performance
  10. “Quick Coherence” Technique
  11. Relational energetics
  12. Balanced Care vs. Overcare
  13. Establishing a new baseline
  14. Strategies for building resilience capacity
  15. Review / Closing / Evaluations
- 
- The seal of San Diego County is visible in the background, featuring a central shield with a ship, a plow, and a sheaf of wheat, surrounded by the text "COUNTY OF SAN DIEGO" and "1850".