

# STAYING COOL UNDER PRESSURE

## Session 1

Building resilience – The key to distressing and transforming to the real you

- a. Why manage stress?
- b. The real you beneath the stress
- c. What is stress?
- d. Stress: warning signs
- e. Resilience and your inner battery
  - i. Identify your stressors
  - ii. Heart-focused breathing technique

This session is about the importance of understanding that stress is how you feel, not the thing that happened. And that's good because most of the time you can't change other people or fix situations, but you can learn how to handle whatever comes up. Handling your emotional reactions in day-to-day situations and challenges more effectively means less stress. Heart-Focused Breathing is the first step in stopping energy drains and those automatic reactions. In the next session, we're going to show you how to quickly recharge your battery. We'll also talk about other ways that having a fully charged inner battery is important and beneficial.

---

## Session 2

The heart and brain connection – The power of the dynamic duo working together

- a. The heart-brain connection
- b. Heart rhythms
- c. The heart and brain working together
- d. Quick coherence technique
- e. Transforming stress: heart-brain coherence in action
- f. The challenge of emotional memories

This session is about depleting emotions that not only a lousy feeling and drain the inner battery (and therefore our resilience), but they also create incoherence in the heart rhythms that in turn affects how clearly we think, communicate, and make decisions. All too often messes are created when we respond reactively. On the other hand, resilience can be built by generating renewing emotions—which recharge the inner battery—with the Quick Coherence technique; by doing this, one can shift gears from depletion to inner renewal. The outcome is feeling better and being able to handle situations more effectively. All in all, it's important to recognize that we have a choice of how to respond to any situation and that the more resilience we build, the better we will be able to handle daily challenges, including making better decisions. In the next session, we're going to introduce a tool called the Emotional Landscape. It can help realise how the wide range of emotions we experience affects our body. It's a valuable tool which can be used every day.

---

## Session 3

Your emotional landscape – Understanding how emotions affect your body

- g. Understanding the emotional landscape
- h. Range of emotions: Depleting and renewing
- i. Heart rate
- j. Hormonal system
- k. Your personal emotional landscape
  - i. Identifying depleting emotions
  - ii. Identifying renewing emotions
  - iii. Reflection on own emotions
- l. Using the techniques to shift the landscape
- m. Heart rhythm and your emotional landscape
- n. The difference between relaxation and coherence

This session is about looking more closely at how the different emotions we experience every day affect us by using the Emotional Landscape. In the next session we're going to look more closely at something that often goes unnoticed, but which can have a big impact on whether or not we're feeling stress—our attitudes.

---

## Session 4

Making a Positive Change – The stress-busting power of a shift in attitude

- a. Attitude breathing technique
- b. Replacing negative attitudes with positive attitudes
- c. Attitude breathing and emotional landscape
- d. Attitude breathing in daily life
  - i. Prepping with attitude breathing
  - ii. Prepping for your day
  - iii. Using attitude breathing with painful experiences
  - iv. Transforming negating attitudes
- e. Building inner security with positive attitudes

This session will demonstrate that attitudes, whether or not we are even aware of them, can be the source of a lot of stress. In the next session, we're going to talk about a fascinating topic, intuition, and how we can put our intuition to work for us to help de-stress.



## Session 5

Developing your intuition - learning to better tune into your heart

- a. Intuiting: the intelligence of the heart
- b. Three types of intuition
  - i. Implicit Knowledge
  - ii. Nonlocal intuition
  - iii. Energetic Sensitivity
- c. Intuition research: the role of the heart
- d. The role of intuition in daily life
- e. The Freeze-Frame technique
  - i. When to use freeze-frame
  - ii. Step by step how to do freeze frame
  - iii. What's different about freeze-frame

This session is about intuition and how we can access it by using the Freeze Frame technique, you'll be able to use the insights you get to help you navigate your daily life with a lot less stress. In our next session, we're going to talk about how you can learn to relate better with others. It may be a slightly different way of relating with others than you have been taught in the past. We're also going to share some science that we bet you'll find interesting—our invisible connection with others.

---

## Session 6

Invisible communication – The unseen effects of emotions and attitudes

- a. Feeling in the air
- b. The electricity of the heart
- c. The heart's magnetic field
- d. Feeding the field
- e. How can we affect others
- f. Heart Lock-In technique
  - i. Step by Step: how to do the heart lock-in technique
  - ii. When to do the Heart lock-in

In this session we will recognise that how we feel inside—calm, patient, angry, bored, sad, or happy, for instance—not only affects us, but those emotions and attitudes also can affect other people. Others can sense our frustration, and they can feel our care and appreciation, too. Practicing the Heart Lock-In technique is a powerful way to generate more coherence in our system and charge our inner battery while also “feeding the field” around us with renewing emotions that can help uplift and support others. In the next session, we will see that how we feel inside also affects how we communicate with others. Communication, as it turns out, is a major source of stress, and considering we're communicating with each other every day, it's well worth exploring. We'll also talk about something you're probably quite familiar with—drama—but we'll look at it with a twist.

## Session 7

### Coherent communication – disabling your stress

- a. Everyday communication
- b. Communicating is a two-way street
- c. Speak from your heart: honest communication
- d. Deep heart listening
  - i. When are you deep heart listening?
  - ii. When are you not deep heart listening?
- e. Coherent communication technique
  - i. Step-by-step: how to do the coherent communication technique
- f. Challenges to coherent communication
  - i. A gap in communication: not feeling understood
  - ii. Communicating with your parents
  - iii. Communicating with other adults
  - iv. Communicating with your peers
- g. Drama
  - i. Level one
  - ii. Level two
  - iii. What to do when surrounded by drama?

This session is about the many aspects of communication and some of the challenges that we all encounter. Paying closer attention to our own role in any communication is important if we want to get along better with people and have less drama in our lives. Learning how to communicate better now will not only help us be more responsible and bring more maturity to life's interactions, but we'll also build a good foundation for communicating our best throughout life. Our next session is about building better relationships.

---

## Session 8

### Relationships – building deeper connections

- a. Speaking from your heart
- b. Developing compassion for yourself and others
- c. Avoiding being judgemental
- d. Handling histories with care
- e. Watching out for makeovers
- f. Providing a solid foundation for a romantic relationship
- g. Softening expectations

In this session we will talk about things such things as having compassion, speaking from the heart, and putting the brakes on judgments that can ease much stress. This allows us to bring our very best to our relationships. In the next session, we're going to introduce three important strategies that can help you build and sustain our resilience.

## Session 9

Strategies – promoting and sustaining your resilience

- a. 1st key strategy: prep
  - i. The prep technique
  - ii. Step by step: how to do the Prep Technique
  - iii. Practicing the Prep Technique right now
- b. 2nd key strategy: Shift and Reset
  - i. Shift and reset difficult situations
- c. 3rd key strategy: Sustain
  - i. When will you apply Sustain?
- d. The value of Prep, Shift and Reset, and Sustain
- e. Lasting changes: give yourself time
- f. Extra Power: Stay genuine and earnest - The real you
- g. What's next

HeartMath® Institute

Coherence means being in sync.



Whole is Well - Monaco

Whole Is Well  
[www.wholeiswell.mc](http://www.wholeiswell.mc)  
97 77 55 23



HeartMath.  
Certified Coach