Coherence Labs: Resilience & Flow Training

Stress is the greatest barrier preventing us from attaining sustained high performance, life fulfillment and overall wellbeing. In the workplace, too much "corporate cortisol" negatively impacts engagement and the bottom line. How do you move from a work & life experience that contains too much stress, distraction, and sub-optimal thoughts to one with more resilience, flow and innovation?

Solution

The answer is training states of coherence (a measurable state of inner balance in the heart, mind & body). Through simple techniques, practical strategies and a basic understanding of the science, leaders will build resilience, boost workplace flow, and inspire employees to states of peak performance.

By leveraging the art + science of coherence you can begin downloading a new personal operating system that increases stress-reduction & resilience by 25% within eight weeks.

Mindset: Approach
Objectives
- Anchor Intentions and communicate clear objectives and expectations
- Create a mindful, fun, safe and collaborative learning environment
- Bring "next-level" self- and social awareness to every participant
- Improve personal resilience, flow & innovation through positive habits
- Inspire, and capture, results-oriented personal action plans

Methods: Practices
Key Training Content

Energy 101	The Mindful Workplace
Stress and Resilience	Individual & Group Flow
Emotional Awareness & Agility	Creativity & Innovation
Coherence & Optimal Functioning	The Energetics of Communication
The Secret Formula	Intent & Visualization

Measurement: Evaluation
Assessments

A confidential survey (POQA-R4) is administered pre- and post-training to assess stress symptoms, emotional competencies and organizational quality. It is followed by a report to quantify training effectiveness and ROI. Additionally, participants receive a Bluetooth biofeedback wearable (ear clip) and phone app to measure and trend cardiac coherence.

Format
Three on-site training workshops over an eight-week period. Includes technology and between session support. Needs and goals of the client determine training skill focus, module selection and duration of sessions. All tailored sessions apply our "3M Process" to guarantee balance, consistency and desired results.

Energy Shift: The Science

A bio-relevant, neuroscientific approach to help leaders, innovators and teams overcome stress, improve performance and find flow.

Increasing personal resilience is achieved by improving physiological coherence. Coherence is an expansive state of inner balance where your physiology (DNA, cells, organs and all bodily systems) work together in energetic coordination. Coherence is an anabolic state of being that can be strengthened, measured and clinically validated.

Mindful Communications' 3M Process:

1. **Mindset**
   - Choose growth vs. fixed mindset
   - Anchor a strong intent and will to practice
   - Leverage the neural phenomena of neuroplasticity, synaptic repatterning and neurogenesis
   - Open a path to self-actualization and transformation

2. **Methods**
   - Use evidence-based, self-regulation techniques to move baselines in health, happiness, and performance
   - Leverage bio-relevant, strategies & techniques:
     a. Learn to move brain waves from beta to coherent alpha and theta
     b. Train your body to relax by strengthening parasympathetic activation and vagal tone
     c. Improve Heart Rate Variability (HRV) and cardiac coherence
     d. Cultivate neuroplasticity & emotional repatterning
     e. Improve the epigenetics of health and performance through positive gene expression
   - Develop emotional awareness and agility to shift into higher performing states, at will
   - Release elevated emotions into physiology to create energy, build resilience & find flow

3. **Measure**
   - Use pre- and post- training measurements
   - Use real-time biofeedback to measure (and index) coherence
   - Upload metrics to the cloud
   - Accountability partner and action planning

anchor intent, relax the body, defang the mind, open the heart & measure

"it takes time to become who we already are" - unknown