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The HeartMath® companies are announcing their new certification programs for personal and professional coaches, human resources personnel, counselors, social workers and healthcare professionals

Boulder Creek, California, August 19, 2014 -- HeartMath®, Inc., and their sister nonprofit organization, the Institute of HeartMath, are pleased to announce their new certification programs for trainers, coaches, mentors, counselors, social workers and health care professionals. These certification programs will make their exceptional life-enhancing techniques and technologies even more accessible to millions of people that are looking for validated solutions that can increase their well-being, their personal and professional performance and the quality of their life experience.

As we witness our world rapidly changing, with those changes come more stress, uncertainty and instability. Because of this people sense that a deeper connection within is vital to maintain a sense of balance and clarity. It is fitting that the HeartMath Companies are expanding their certification programs which will allow their work to touch the heart of humanity even further.

Vice President of HeartMath Inc., Howard Martin says, "More than ever there is a need to draw on our intuitive guidance to navigate through the changes that are happening all around us. Our trainers, coaches and mentors feel a calling to help others and they feel connected with the HeartMath mission of facilitating humanity in creating deeper heart-based connections – whether that connection is within, with others or connecting with our individual purpose or personal goals."

HeartMath certified trainers, coaches and mentors are making a difference for people by offering life-enriching methods that are science-based and have proven to help people reduce stress, increase resilience, vitality and overall well-being.

HeartMath Inc., certification [programs](#) focus on corporations, healthcare professionals, health care institutions, leadership, human resources and staff development trainers, wellness, lifestyle, and sports coaches and personal and professional mentors. While the nonprofit Institute of HeartMath certification [programs](#) specialize in certifying the staff of educational, government, military, law enforcement and other community or social service organizations.

The certification programs vary in their delivery format - some programs combine both tele-mentoring sessions and in-person immersive training; while other programs can include home study, interactive on-line live webinars, and video-based presentations, with on-going technical and clinical support.

The HeartMath® Certified Trainer Program introduces trainers to The Resilience Advantage™ Program which is designed to allow trainers to deliver tools for increasing personal and professional effectiveness. The program is an engaging, activity-based, resilience and wellness workshop for organizational staff or individuals wanting to improve health, well-being, communications and decision making skills while increasing productivity.

The HeartMath® Coach/Mentor Certification Program allows personal and professional coaches and mentors to teach the HeartMath tools in a one-on-one setting. The in-depth certification program provides coaches and mentors with a toolbox of research-based techniques for educating others in core skills that can increase wellness as well as build and sustain resilience and boost performance.

The HeartMath® Interventions Program is uniquely designed for doctors, nurses, psychologists, licensed therapists, counselors, social workers and health care professionals who want to add HeartMath tools and technologies into their therapeutic and wellness work with clients or patients.

“This is an important tool group to bring to any audience in this day and age,” says Bonnie Peterson, a Portland based organizational consultant and certified HeartMath trainer. “These tools have been incredibly valuable for my clients. I have found that they are equally helpful for professional clients as much as in my personal mentoring. Whether the client need is to increase mental performance or they want a personal breakthrough – this tool group has been applicable for all my clients.”

Achieving HeartMath certification is a highly desirable option for training, coaching or mentoring professionals who want to upgrade their skill set and position themselves for client growth. Becoming certified proves to your clients and your employer and colleagues that you have a highly regarded expertise in HeartMath’s solutions for life and that you can provide one of the most progressive and valued training programs available.

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About the HeartMath® companies:

HeartMath Inc., is a cutting-edge performance company that provides a range of unique services, products, and technology to improve health and well-being, while dramatically reducing stress and boosting performance and productivity. Their award-winning Inner Balance and emWave technologies have more than 300,000 users. Most recently, HeartMath released their free HeartCloud™ platform where customers can synch session data in one location, earn practice rewards and more. [HeartMath Inc.](#), organizational clients include Duke Medicine, Stanford Business School, Stanford Hospital, Blue Cross Blue Shield, Sutter Health, the Gottman Institute, Scripps Center for Integrative Medicine, Kaiser Permanente, Cisco Systems, and Boeing.

For more than 20 years the nonprofit [Institute of HeartMath](#), a 501(c)(3) research and education organization, has been researching emotional physiology, optimal function, resilience and stress-management. This research has demonstrated through clinical studies the critical link between emotions, heart function, and cognitive performance. It has also significantly advanced understanding of heart-brain interactions, heart-rate variability (HRV) and heart-rhythm coherence, and the physiology of optimal learning and performance. The Institute’s research has been published in peer reviewed journals such as the American Journal of Cardiology, Stress Medicine, Global Advances in Health and Medicine, Alternative Therapies in Health and Medicine and Preventive Cardiology.

The two companies’ represent a system of compelling research and solutions for stress relief have been scientifically validated. Hundreds of thousands of individuals around the world are successfully using and enjoying these solutions for reducing stress and overwhelm, while increasing personal resilience and well-being.