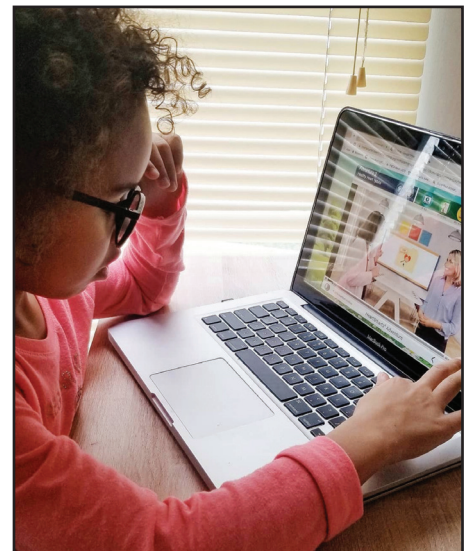


2020 ANNUAL REPORT



Letter from the HeartMath Institute President

Dear Supporters and Friends,

As 2020 unfolded at HeartMath Institute, none of us, and indeed the world, could foresee the enormous challenges individuals, countries, and our planet would face. As the community of nations continues to deal with the pandemic, our heartfelt hope is that you and your families across the globe remain safe and supported through these unpredictable changes.

We sincerely appreciated your energetic care and generous financial support during the Fires in Boulder Creek and our one-month evacuation. This touched our hearts and lifted our spirits through those times much more than written words can express. As always, we deeply thank you for all of your continued care, support and generosity.

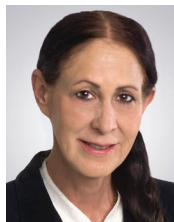
In this 2020 Annual Report, I highlighted some of HeartMath's major achievements you graciously supported. Our dedicated scientists, trainers, education specialists, operations staff and boards, program developers and others work whole-heartedly to achieve one primary goal: To develop tools, techniques, technologies and education programs designed to help improve the lives of as many people as possible around the world.

Our way for Supporting You and Others during these challenging times:

- We gifted the HeartMath Experience video program to thousands of new and existing people, providing tools and techniques for mitigating stress and self-regulation.
- We began a Special Care Focus every Wednesday for others to join in to collectively support people around the globe through synchronized focus on compassion and care.
- We began the 100,000 Coherent Kids initiative and exceeded our goal by 20,185.
- We gifted the 12 HeartMath Tools for Reducing Stress and Staying Balanced book to over 21,000 people.

Please know that it is our honor to be on this journey with you.

With care,



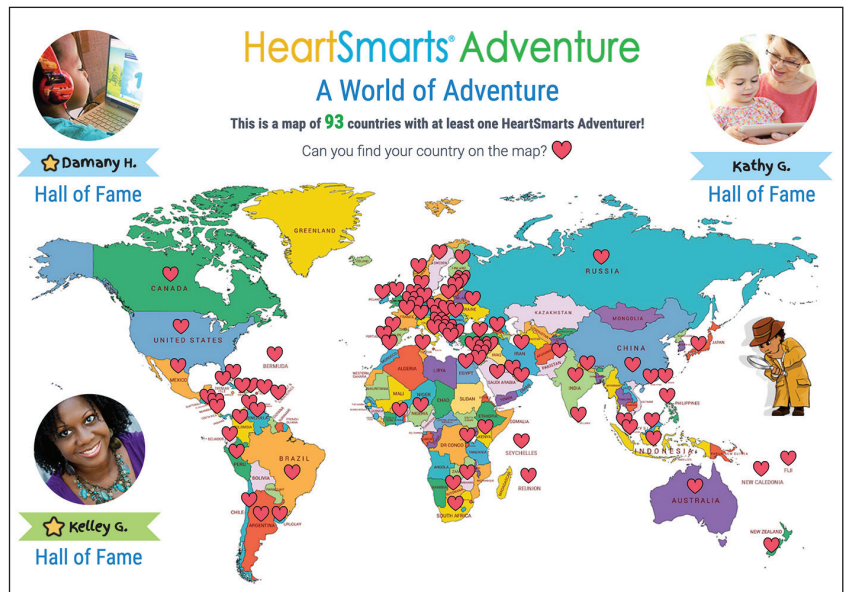
Sara Childre

Sara Childre,
President, HeartMath Institute

Statement of Accomplishments

100,000 Coherent Kids Initiative

In the *HeartSmarts® Adventure*, children learn about navigating emotions, relating to others and resilience-building techniques. Our initial goal was 100,000 students, and we exceeded that by providing access to 121,462 children. To supplement the program, we launched the HeartSmarts Adventurer featuring an Adventurer of the Month. Stories from around the globe relay children's capacity to increase their expressiveness and expand their sense of social awareness. Tools helped children to process the many emotional responses that come with growing and learning.



HeartMath Experience – Free!

The video training in the HeartMath Experience was launched in Fall 2019. It became a timely resource. Through specific techniques and practices, the interactive program fosters emotional balance, mental clarity and sustaining resilience. These scientifically-validated tools help mitigate stress and anxiety, bringing the heart back to a state of coherence. In 2020, HMI provided free access to 54,174 people in 12 languages.



Center for Disease Control (CDC) Grant – Relaunch

The CDC grant, postponed in 2020, began August 2021 in South Texas high schools. Over two years, up to 3,600 9th grade health education students will experience the Smart Brain Wise Heart training. The University of Chicago and The University of Texas will design the research instruments to capture data from pre- and post-survey questions to measure effectiveness and student responsiveness.



Statement of Accomplishments

The Resilient Heart™

HeartMath Institute completed The Resilient Heart, a Trauma-Sensitive HeartMath® Course and Certification video program, in December 2020. Because of the national crisis, HeartMath will discount the course by 50% for all. Trauma specialists designed the course for healthcare professionals, counselors and therapists, to extend their trauma-informed care. This course is also open to all learners who will receive a Certificate of Completion.

The course is 12 hours of trauma-focused content, divided into 49 discrete episodes. Practitioners incorporate the HeartMath skill set in a trauma-sensitive context, which informs clients' resilience, emotional regulation, and reconnection with their sense of self-security and well-being. The HeartMath skills augment and integrate trauma processing modalities rather than tools strictly for isolated application.

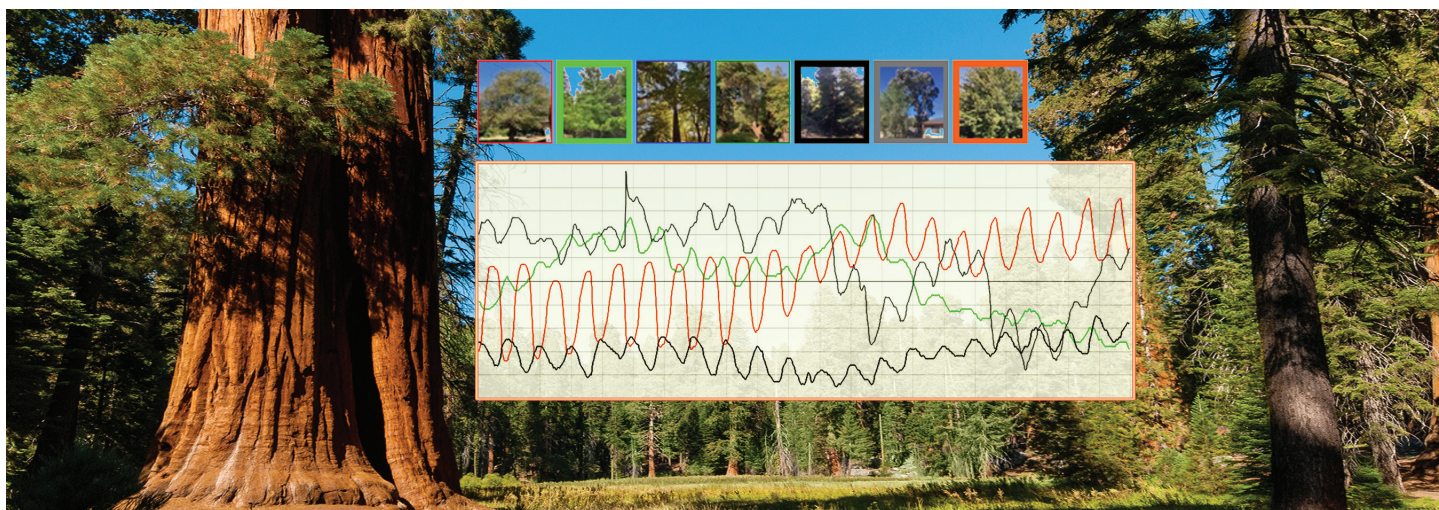


Activating the Heart of Teams™ Certification

In 2020, we also launched the Heart of Teams Certification. Originally designed as an in-person learning experience, we quickly shifted to a fully integrated program online. The certification program introduces the knowledge, concepts and skill sets for building team coherence. The program enables those who work with teams or groups who have the sensitivity to facilitate challenging interpersonal dynamics for optimum teamwork. Examples are intact teams, newly-formed teams, in-person or teams that necessarily must work together, but remotely because of the pandemic regulations. Participants experience increased connectedness, greater team harmony and enhanced intuitive skills for problem-solving and decision making.

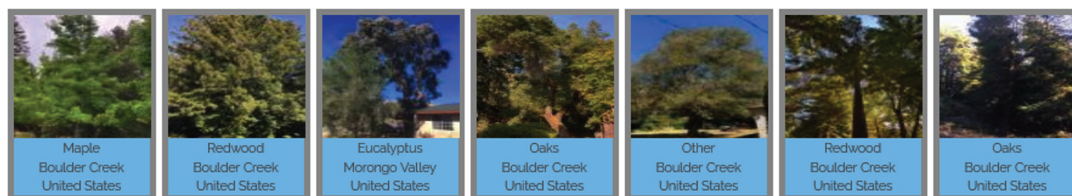


Research Accomplishments



HeartMath® Tree Rhythms – A Citizen-Science Project

The research team tested and monitored seven tree sensors in 2020. The scientists at the HeartMath Institute



developed a new technology that reads the electrical signals in trees and the surrounding earth, and then feeds those signals to the cloud where they are processed and displayed on your computer screen. Our research suggests that Earth's magnetic fields carry biologically relevant information that connects all living systems and helps to synchronize, energize and support the interconnection of these systems. Research is especially interested in the role that trees play in these connections. The HeartMath goal envisions to launch the Tree Rhythms site with 25 tree sensors in early 2022.

Global Coherence App (GCA)

In 2019 we launched the coherence app and now currently have over 60,000 users. The app connects people around the world toward adding heart to their daily lives and sending like energy to the collective environment. It enables anyone to join public groups or create their own coherence group. The app allows you to measure individual, group or global coherence and view contributions. A built-in map feature shows your marker and others on the globe. This app connects people from all around the world who have a sincere desire to add heart to their daily lives and the world itself.

Research Accomplishments and Publications

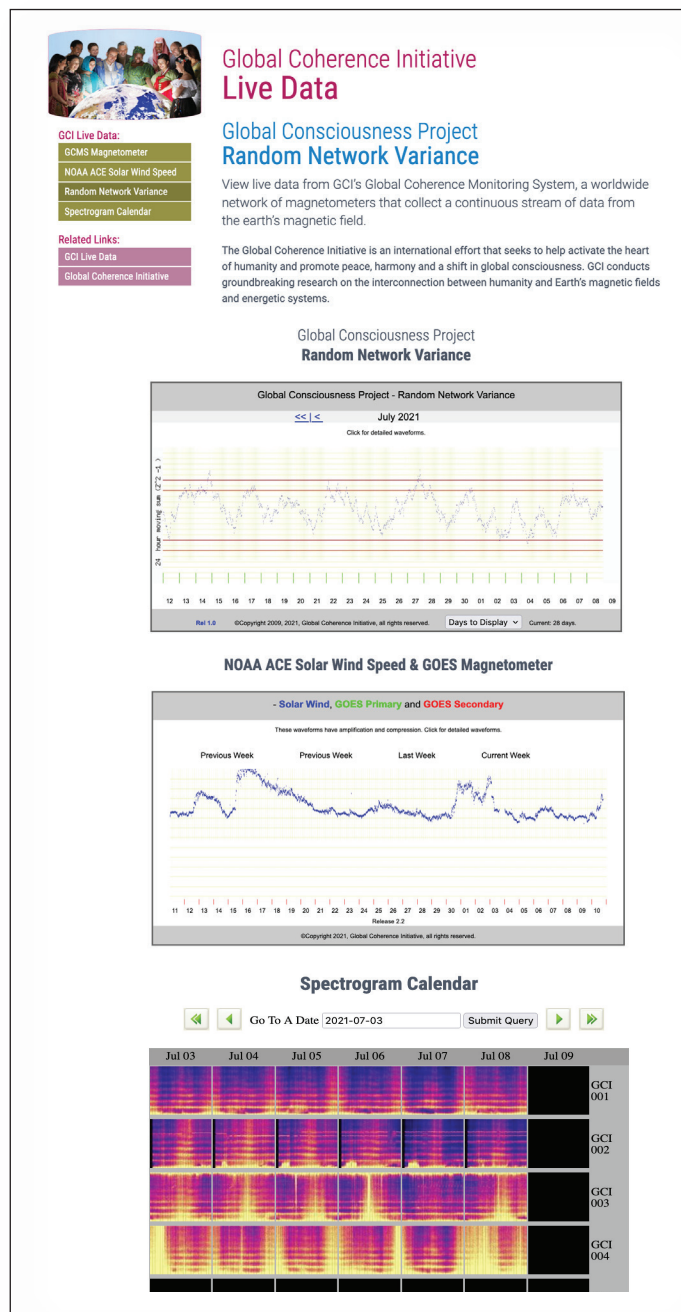
There is a calendar of events so you can join with others at specific times and heart-based care focuses. The HeartMath Institute team created a new light display feature that correlates to one's coherence level, launching in the Fall of 2021.

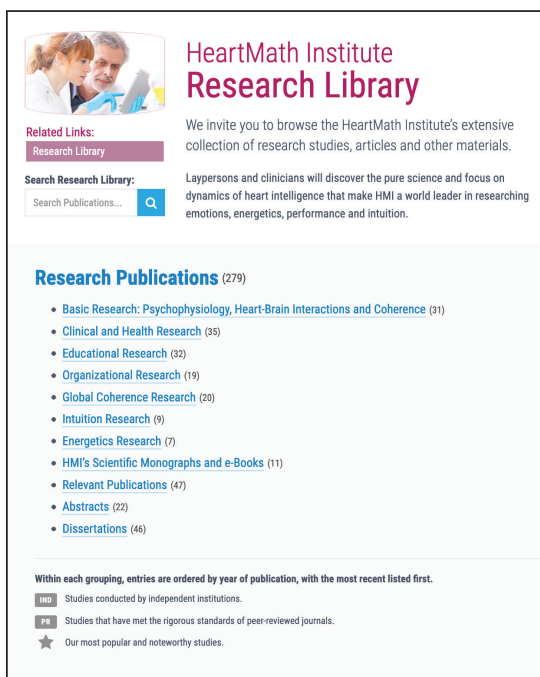
Global Consciousness Project 2.0 (GCP2)

The Global Coherence Initiative (GCI) is an international effort that activates the heart of humanity and promotes peace, harmony and a shift in global consciousness.

GCI conducts groundbreaking research on the interconnection between humanity and Earth's magnetic fields and energetic systems. A global network of ultrasensitive magnetic field detectors around the planet measures fluctuations in the Earth's fields. These connections inform our interconnected relationships between humanity and Earth's magnetic fields.

With a gift from Princeton University's Roger Nelson, HeartMath Institute is taking the Global Consciousness Project to the next stage. We are building Version 2 of the random number generators, then organizing and transferring data into a live website that tracks the Random Network Variance of data.





HMI Authored

HeartMath Approach to Self-regulation and Psychosocial Well-Being

Elbers, J. & McCraty, R., Journal of Psychology in Africa
This research explored the capacity to alter one's emotional responses. A person's ability to self-regulate the quality of feeling and emotion of moment-to-moment experience influences the physiology and the interactions among physiological, cognitive, and emotional systems. The research denotes the relationship between the heart and brain, how neural activity affects the central processes of cognitive and emotional function and self-regulatory capacity. Over time, these connections establish a new inner baseline, resulting in improvements in attention, behavior, and measures of health and wellness.

Independent Authored

Overview of HeartMath Coherence Model in Advancing Health and Medical Science

This study examines the coherence model in its focus on advancing health and medical science. The implications explored multiple levels of effectiveness: physiological, social and global. Specific focus explored the coherent heart, artificial intelligence, environmental and public health, moral consciousness, and related behavior.

Development and Evaluation of a Cardiac Coherence Index for Sleep Analysis

Cardiac coherence measurement is an established technology in biofeedback systems for stress release, usually measured in the waking state. This research explored the possibility of developing an alternative effective technology: the Cardiac Coherence Index (CCI), for sleep analysis.

Resilience Building Among University Students: A Heart Rate Variability Biofeedback Study

One hundred twenty students from Malaysia-Japan International Institute of Technology (MJIT) participated in the Brief Resilience Scale (BRS). This psychometric tool measured the level of resilience of students on three levels: low resilience, normal resilience, and high resilience. The results after biofeedback training showed that the use of heart rate variability biofeedback helped to increase the student's level of resilience.

Enhancing Decision-Making Under Stress Among Sailors

This study used the Stress Resilience Training System (SRTS) app to measure cognitive performance,

Research Publications

stress-related physiology, and psychological health, sampling 92 Navy sailors. Results found that the SRTS app may have protective effects on perceived or real stress. There was also a positive relationship between training-related HRV coherence and a relative increase in cognitive processing speed among those using the self-regulation techniques.

More Research Published in 2020...

- ▶ Stress Analysis Among University Students Using Psychometric Scale and Heart Rate Variability Approach.
- ▶ Multimodal Stress-Management Intervention Improves Physiological, Psychological, and Productivity of Assembly-Line Workers.
- ▶ Stress and Anxiety Reduction in College Students through Biofeedback
- ▶ School Counselors and the School Leadership Team
- ▶ Symptom management among cancer survivors: randomized pilot intervention trial of heart rate variability biofeedback

Research Summits & Presentations

Dr. Joe Dispenza Conference, in February 2020 – Indian Wells, CA, Rollin McCraty, Ph.D., presented data collection for two HRV studies.

ICRL Meetup, in November 2020, Rollin McCraty, Ph.D. discussed the Global Coherence Initiative (GCI).

Summit: The Scientific Proof of the Animal-to-Human Heart Connection, Rollin McCraty, Ph.D., and Dr. Allen Schoen on Awake.

Summit: The Hydration Solution, in February 2020, Rollin McCraty, Ph.D., *“Hydration Amplifies Electromagnetic Signals Inside Us and Between Us”*.

Summit: Energy Medicine and Healing, November 16-20, 2020, Rollin McCraty, Ph.D., presented findings from the Global Coherence Initiative (GCI).

In Conversation, The Global Consciousness Project: Conversations with creator, Dr. Roger Nelson and Rollin McCraty, Ph.D., on Awake TV.

New Videos – HeartMath, Four new videos on the Global Coherence Initiative (GCI) and Global Coherence App (GCA). You can view them in our video gallery HeartMath Institute Facebook or YouTube channels.

Education Achievements



► Resilience Advantage™ Workshops

Certified Trainer Laura Hernandez taught nine, 120-minute sessions of the Resilience Advantage™ workshops to 25 volunteers and therapists of the Toma El Control group in Cancún, Quintana Roo, Mexico. Toma el Control (Take Control) is a foundation dedicated to helping teenagers 12 to 14 years old living in the high-risk and low-income areas of Cancún. Toma El Control helps youth make better choices, strengthen their resilience and confidence, and open space for their life purpose.



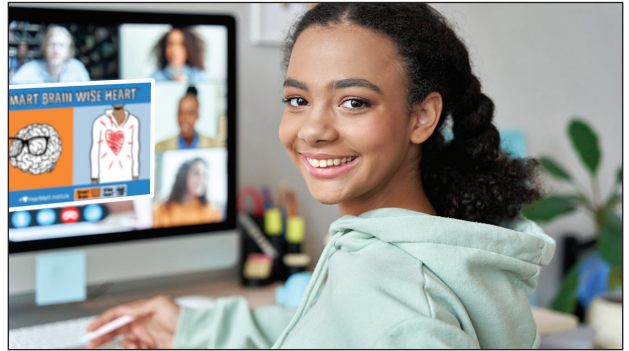
The HeartMath program started in May 2020, after Mexico began its lockdown during COVID. By bringing the HeartMath techniques to Cancún, students have already seen a positive impact. A secondary impact from improving the teen's lives has positively affected their teachers and families, according to Araceli Guzman, President, Toma el Control. Laura Hernandez is also translating into Spanish the Smart Brain Wise Heart™, providing a HeartMath e-Learning model and program to a broader audience of teenagers under the Toma el Control foundation.



Education Achievements

► Center for Disease Control (CDC) Grant

The CDC grant learning modules address social and emotional elements of learning. They aspire to emphasize social equity and violence reduction at school and the psychological dynamics many students experience through bullying and online shaming. This undertaking will include evaluation and assessment components to monitor the research's implementation and outcomes.



► 100,000 Coherent Kids Initiative

Through videos, art, music and movement children, ages 4 to 6 learn about everyday practices for nutrition, sound sleep, exercise and self-regulation. This joyful interactive program blending exploration of the physical heart, heart health and the feeling heart is tailored for classroom or home use. The Institute reached 121,462 children in 93 countries. Enjoy the stories from the HeartSmarts Adventurers!



Adventurer Hall of Fame Stories

► Damany's Story

Damany Head is Chair and Executive Director of the Pontiac Regional Chamber of Commerce in Southeast Michigan. A local health champion recommended the HeartSmarts Adventure online program for Damany's 4-year-old son, along with his two older children. They began six weeks into the pandemic, starting at 9:30 a.m. each morning. Damany's son worked 2-3 hours at a time on the program. The goal was to reinforce the same values and behaviors that Damany and his wife aspire for their older children: to help build his social and emotional intelligence. One of the things that they saw was his increased ability to express himself. The other four people in the home are now waking up singing the songs from HeartSmarts Adventure. Damany observed that this awareness and learning will impact the way his son grows up, very different from his father.



Education Achievements

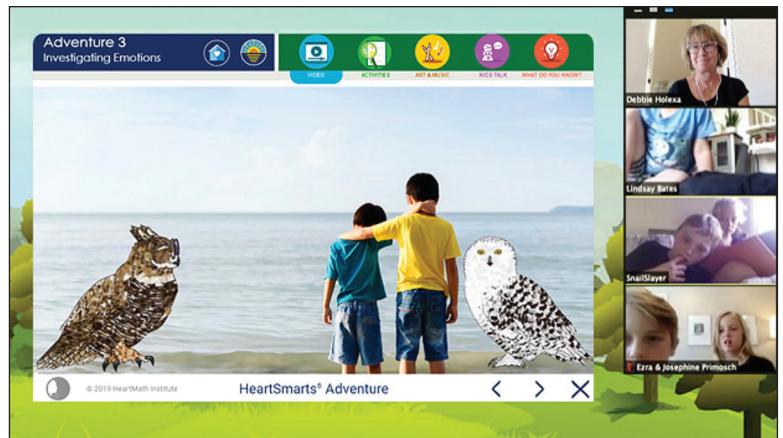
► Kathy Garver's Story

Since the start of the pandemic, Kathy and her “almost 4-year-old” granddaughter have been having fun with the HeartSmarts Adventure program. One day when her granddaughter and Kathy were in the yard, Kathy was experiencing some unidentified frustration. Her granddaughter casually turned to Kathy and said very calmly, “Heart-focused breathing, Grandma. Heart-focused breathing.” This certainly put an end to Kathy’s frustration, had her laughing, and showed her how much her granddaughter had paid attention and learned from the Adventure program. She applied the Adventure concepts to a real-life situation, away from the iPad.



► Debbie Hoxea's Story

During the pandemic, Debbie was able to join her grandchildren in four different states via Zoom and navigate the HeartSmarts Adventures together. It has been one of the joys of Debbie’s life to share this material with them. Her grandchildren are all at home, as their parents undertook homeschooling, by default.



Debbie decided to become the “visiting teacher” to help the parents for an hour each week and offer the children some resilience skills to navigate not only this challenging time but a resource for life.

Some comments from Debbie’s grandchildren:

“Taking HeartMath helps remind me how to take care of my heart and how to be relaxed.”

–Ezra, Age 10

“I like seeing my cousins and grandma during HeartMath. I feel happy. I learn about breathing into my heart. I learned that my heart is shaped like an upside-down pear, and you should keep your heart healthy because it’s one of the most important parts of your body.” – Josephine, Age 7

“I like HeartMath because it teaches me so much about your body, like my heart keeps pushing blood into my body.” – Hudson, Age 4½

Education Achievements

► All Things Sensory (Podcast)

Episode # 91 – Making Peace with Challenges: An Interview with Jeff Goelitz from HeartMath Institute. A discussion about strategies to help families and their children lead healthy, happy, successful lives.

► Pickerington School District

Pickerington, OH – Ohio State partner – Purchased emWave® technology, Inner Balance™ Bluetooth and Smart Brain Wise Heart. Two additional orders are scheduled for 2021 and 2022, and the broader district goal is to conduct in-depth HRV longitudinal tracking with thousands of students.

Educational Technology used with Students and In Schools

The technologies below illustrate how HeartMath is leading the way toward integrating science and education in ways that facilitate learning, self-regulation, and helping students realize the full potential of their intelligent hearts and brains together.

► Inner Balance™ App and Global Coherence App

The Inner Balance App for Personal Coherence

Using the Coherence Sensor, students quickly learn to ease stress overload as they begin shifting and replacing emotional stress with emotional balance and coherence.



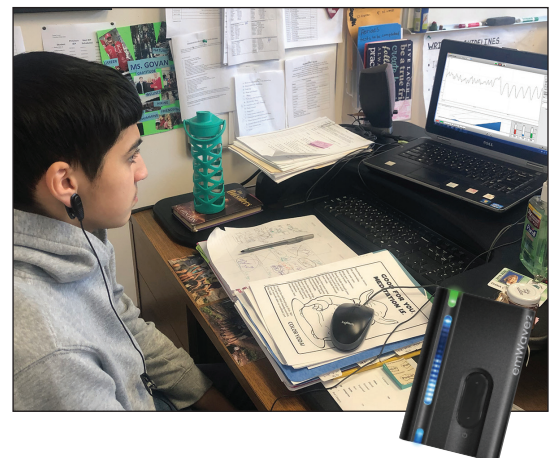
Global Coherence App for Social and Global Coherence

This free app, along with Coherence Sensors, facilitates increased family, group or global coherence and heart connections.



► emWave® Technology

This device helps students quickly learn how to self-regulate attitudes and emotions and bring balance to their mental and emotional systems. Results lead to positive behavior, improved academic performance and greater ease in social settings. The emWave® helps students reduce learning and performance blocks such as test anxiety, poor memory recall, low motivation and behavioral issues caused by peer pressure, anxiety and



Training the Trainers



This past year proved an ever-greater challenge for training programs. Like schools, colleges, and universities across the globe, HeartMath rose to the challenge by providing quality online training to educators, therapists, counselors, and an array of professionals.

Resilience Advantage™ (RA) / HMCT (HeartMath Certified Trainer Program)

HMI certified 145 trainers, each qualified to provide the Resilience Advantage™ workshop. This program applies research-based self-regulation techniques and technologies that reduce symptoms of stress while promoting sustained resilience.

In these challenging times, new trainers will help people in the following sectors: corporate, education, nonprofit, government, law enforcement, military, general public and healthcare.



Building Personal Resilience™ (BPR)

This certification program trained 83 new coaches and 264 new mentors – a total of 347 certifications in 2020. The program was formerly the HeartMath Certified Coach-Mentor program.

The new BPR provides guidance in delivering to clients the HeartMath skillset, including science, techniques and practices.

It teaches clients to identify areas of stress that cause energy drains – and how HeartMath tools can renew energy, enhance intuitive decision-making and create a new baseline of resilience.



Activating the Heart of Teams™ (AHT)

This new certification saw 22 new trainers in 2020. The program empowers trainers to help people identify blocks, sustain passion, then integrate their energy into teams.



Training the Trainers


Stress & Well-Being Assessment

In 2020 there were 50 certifications in the latest HeartMath offering. This new program for coaches, mentors and trainers helps assess states of being – toward areas to focus on for optimum coherence. The program is still new but has been administered to a select number of qualified coaches/mentors/trainers. It will become available to all HeartMath Trainers in the Fall 2021 and will launch to the public in 2022.



The Resilient Heart™ (Available January 2021)

This new trauma-sensitive HeartMath® course and certification was designed for professionals working in a therapeutic dynamic with those experiencing traumatic stress. The 12-hour trauma-informed care course adapts HeartMath skills through a trauma-sensitive framework. The aim is to strengthen a client's resilience, emotional regulation, and their identification with a sense of self-security and well-being. The HeartMath tools and techniques are intended to augment trauma-focused therapies, including but not limited to Cognitive Behavioral Therapy, EMDR, Hakomi, Brainspotting, Exposure Therapy and Somatic Experiencing, among others. The techniques and tools are not intended to replace or apply in isolation of qualified trauma processing.



The Resilient Heart™ New
Trauma-Sensitive HeartMath® Course and Certification

For professionals working in a therapeutic relationship with individuals who have experienced traumatic stress


★★★★★ 4.9 | 12 Reviews

This certification course was especially designed by trauma specialists for professionals who provide, or would like to provide, trauma-informed care.

This trauma-sensitive certification course contains 12 hours of trauma-focused video content, parsed into 49 brief episodes. Practitioners learn how to incorporate the HeartMath skill set in a trauma-sensitive manner to build their client's capacities for resilience, emotional regulation and reconnection with their sense of self-security and well-being.

The tools, techniques and overall HeartMath skill set are taught to be used as an adjunct to support and facilitate a variety of trauma-focused therapies (Cognitive Behavioral Therapy, EMDR, Hakomi, Somatic Experiencing and more) to improve client symptoms associated with traumatic stress. It is not meant to replace or be used in isolation for trauma processing.

[Watch highlight video below](#)



This course is thorough and rigorous. It was developed by the head of research at HeartMath, Dr. Rollin McCraty, Ph.D., along with Jorina Elbers, M.D., a trauma-sensitive pediatric neurologist and Program Director for the Trauma Recovery Project at the HeartMath Institute.

In addition to Drs. Elbers and McCraty, the certification was well-tested internationally.

The four core trainers for The Resilient Heart™: Steve Sawyer, LCSW, CSAC, Susann von Meijenfeldt, RSW, CPCC, CHT, Dr. Sara Gilman, Psy.D., LMFT, Sheva Carr, MA, L.Ac., BCPP, RPP, RPE

Special Guest Presentations were provided by: Daniel Siegel, M.D., John Gottman, Ph.D., Julie Gottman, Ph.D., Thomas Huebl

Training the Trainers

What people are saying about HeartMath training courses...

The Resilient Heart™

"Clients often reveal that the cause of their current situation is rooted in events mostly forgotten. I sometimes wonder if I'm able to deal with this trauma once revealed. This course has given some amazing insights on how HeartMath tools and techniques can be used in the moment to help regulate both me and my clients for a more successful outcome." – Basel, Switzerland

Building Personal Resilience™

"HearthMath is an incredibly subtle system that has momentous impacts in beautiful ways when you practice it consistently and with authenticity. The BPR course was masterfully facilitated by Sarah and Tricia who were such marvelous role models - guiding us and receiving us with great compassion and encouragement all along. The combination of teaching videos, live class discussions, opportunity to practice with partners, the requirement to practice with clients, and tools for developing my own practice was an excellent formula for me to learn the material from a lot of different angles." – Harpers Ferry

Resilience Advantage™ (RA)

"I left the field of teaching because I did not have the skills to self-regulate my nervous system. My journey to heal was circuitous but through the Resilient Advantage training program, I am being called back to the classroom to help my fellow teachers with HeartMath tools. Thank you HeartMath for your commitment to share these scientifically proven yet simple techniques for emotional, mental and physical health." – Ft. Myers, Florida

Activating the Heart of Teams™ (AHT)

"This certification program includes the hard science of the heart, as well as life-changing tools and techniques to build personal mastery as well as group harmony and collaboration. The combination of content and facilitation creates impactful experiences with teams that build long-lasting results." – Panama



Financial Report

*The caring
and hopeful spirit
of contributors
like you is present
every time
HeartMath touches
someone's life.
We truly appreciate
your generosity.*

All of us at HeartMath Institute thank you, our donors and supporters, for a successful 2020. Your care and generosity make all that we do possible. Our pledge to you is to educate people about HeartMath and provide them with research-based tools, programs and services that can empower them to manage their mental, emotional and physical well-being as they strive to reach their full potential.

Donations to the institute come from individuals, corporations, other nonprofits and a wide variety of public and private institutions and organizations.

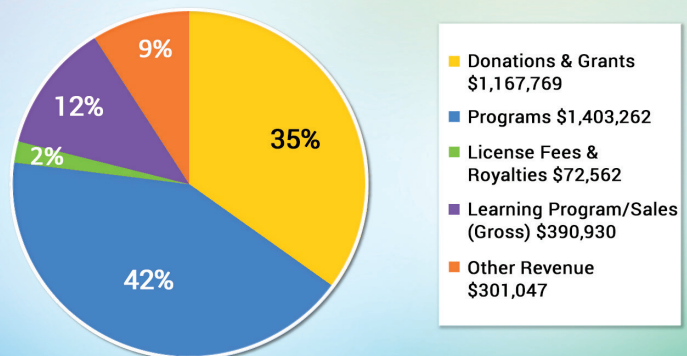
100% Donation Model

HMI is a nonprofit that uses 100% of the donations it receives to fund initiatives, public programs and research projects. We use product sales and licensing fees to cover administrative and fundraising expenses, so each contributor's donations can be used solely for projects that help people.

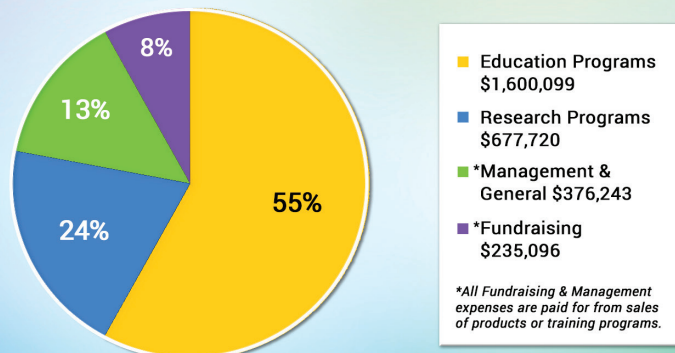
Every child, woman and man HeartMath is able to empower to improve their lives has contributors like you to thank. For them and all of us at HeartMath, thank you. We truly appreciate your generous spirit.



2020 HMI Revenue \$3,335,570



2020 HMI Expenses \$2,889,158



Lives We Touched Through Sponsorship

HeartMath Institute maintains three ongoing sponsorships funds. These caring funds, which are 100% donor-funded, assisted more than 2,225 people in 2020.

Education Projects Fund

HMI awarded six sponsorships totaling \$2,897 and benefitting 1,540 students.

- ▶ Pickerington Local School District (Ohio) awarded funding for training. They are developing and implementing HeartMath-based SMART Labs throughout the district. The program was selected for expansion across the district due to the successful results of Sarah Geiger's work with HeartMath at Lakeview JH. These 14 additional labs in a district of approximately 11,000 students will become a central part of prevention and intervention strategies for students and staff to address emotion regulation and coping skills.
- ▶ Tony Wilson, nonprofit organization in Des Moines, IA, works with youths that have been or are at risk of demonstrating violent behaviors, have large numbers of suspensions from school, and have been involved with the criminal justice system. The organization teaches HeartMath self-regulation techniques to help them reduce stress, improve problem-solving skills, and reduce at-risk behaviors in hopes for increased academic achievement, improved behavior and higher graduation rates. EDUS funding awarded for training.

HeartMath for Communities Project Fund

The HeartMath for Communities Project fund awarded two sponsorships totaling \$705 and benefitting 300 people.

- ▶ Awarded 5 IB sensors to provide HeartMath services to NYC firefighters and their spouses. Friends of Fighters is a nonprofit organization that offers free counseling for first responders who are facing extraordinarily harsh times with

COVID-19. They help with PTSD, stress, anxiety, depression, etc.

- ▶ Hutchings Psychiatric Center. Awarded funding for training and SBWH. Their program helps 10-17 year olds that have difficulty coping with issues related to their mental health diagnosis. The program is voluntary and is meant to help youth resettle into a positive environment, help them better cope with any of the difficulties in their home, school, and other surroundings that may be overwhelming and exacerbating the symptoms of their mental health condition. They house and provide services to approximately 250 youths per year.

Military Service Appreciation Fund

HMI awarded seven sponsorships totaling \$6,692, and benefitting 185 veterans and current military personnel.

- ▶ Naval Health Research Center is creating a Shipboard Resiliency Training and mentorship program that incorporates HeartMath's tools, techniques and strategies to improve individual resilience and intelligent energy management. Awarded funding for AHTC training.
- ▶ 132 WG Air National Guard, Department of Defense: Awarded funding for HMCT and HCM training to provide prevention skills to service members who struggle with work-life balance (Grantee is the sole person responsible for prevention, resilience, suicide prevention, alcohol education and mental health for 800+ military).

Note: HeartMath distributed 717 H.E.A.R.T. (HeartMath Education and Resilience Training) downloads and DVDs at no cost to veterans, military personnel and their families. H.E.A.R.T. is a three-hour online program that provides comprehensive instruction in our research-based self-regulation techniques and technology.

The HeartMath Institute's Vision

There is a global shift underway in people's attitudes and how we treat one another and the planet. This shift involves forming a deeper connection with our own and each other's hearts. As these connections are established, we believe the world we live in can be transformed. Coherent, heart-centered interactions will generate a higher vibrational consciousness field globally, increasing individual, social and global coherence and resonance.

HeartMath Institute was founded to help individuals, organizations and the global communities make this consciousness shift with ease and establish these inner and outer connections. At the same time, people can improve their personal lives, and toward that, HeartMath provides tools they can use to connect with their inner guidance and technologies to help them be still and listen.

Ways to Support HMI and GCI With In-Kind Donations

We know HeartMath's work and success begins with our supporters, so we constantly strive to provide as many ways as possible for people to contribute, including:

- ▶ Making a personal donation through cash, stocks, bonds, real estate or dividends.
- ▶ Participating in employers' corporate matching-gift programs.
- ▶ Participating in HMI's Planned Giving Program, which benefits HeartMath for generations to come and donors during their lifetime.
- ▶ Becoming a monthly donor.
- ▶ Making an in-memory contribution on behalf of a loved one.
- ▶ Include HMI in your will as part of your legacy.
- ▶ Making a donation to acknowledge special people who are doing good work, or designating a gift for birthdays, holidays or other occasions.
- ▶ Helping to fulfill the HMI wish list with in-kind donations.

Stay Connected ...

There are lots of ways to stay connected with HeartMath and keep on top of all we have to offer.

Subscribe to News and Tools on HMI's website: www.heartmath.org.

Become an HMI Member on HMI's website: <https://www.heartmath.org/membership>

Become a GCI Emmisary on HMI's website, <https://www.heartmath.org/gci>, or join others on the Global Coherence App. <https://www.heartmath.org/gci/global-coherence-app/>

Like us on Facebook: <https://www.facebook.com/HeartMathInstitute>

Don't forget our other Facebook pages at <https://www.facebook.com/GlobalCoherenceInitiative>, <https://www.facebook.com/HeartMathMyKids> and <https://www.facebook.com/HeartMathTroopsVeteransFamilies>

Watch our numerous videos on YouTube at <https://www.youtube.com/HeartMathInstitute> and <https://www.youtube.com/GlobalCoherenceInit>

Follow us on Instagram: <https://www.instagram.com/HeartMathInstitute>

Follow us on LinkedIn: <https://www.linkedin.com/company/HeartMathInstitute>

Have a question? Give us a call at (831) 338-8500 or toll free (800) 711-6221. Support HeartMath with your contributions by visiting <https://www.heartmath.org/Donations> or calling us toll free at (866) 221-6339 or emailing us at info@heartmath.org

Our Volunteers and Boards

With gratitude and heartfelt thanks, we salute our many volunteers for the time and energy they donated in 2020.

The many individuals, diverse in background knowledge and expertise, who oversaw the operations, organization and missions of HeartMath Institute and the Global Coherence Initiative guided us lovingly through a wonderful and productive year. Their dedicated service is integral in our ability to offer programs, services and outreach.

HMI Leadership Team:

Doc Childre, founder; Sara Childre, president and CEO; Rollin McCraty, executive vice president, director of research; Brian Kabaker, chief financial officer, director of sales; Katherine Floriano, executive vice president, office of philanthropy.



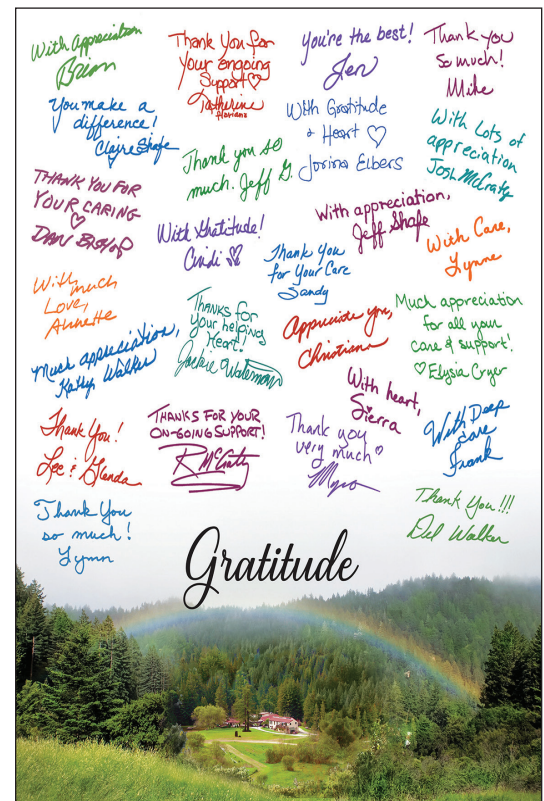
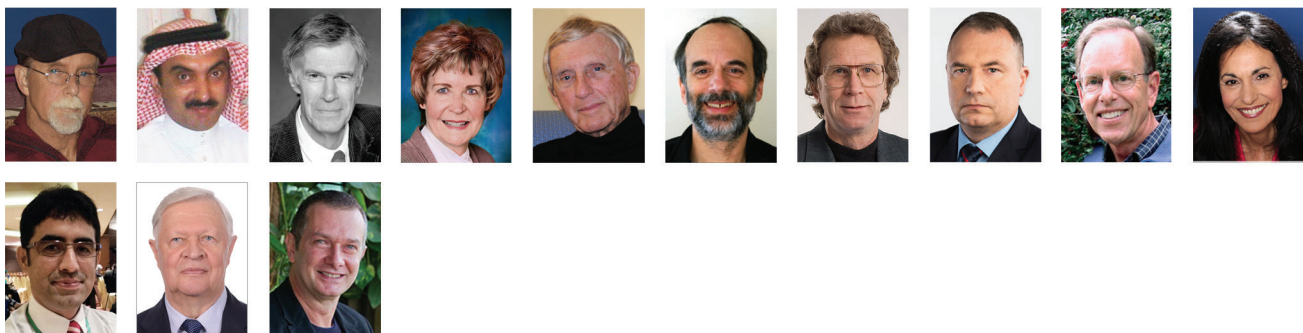
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HeartMath® Institute

2020 ANNUAL REPORT

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