

# HEARTMATH® CERTIFIED PROFESSIONAL TRAINING DAY

## Extend the Experience: Integrate, Connect, and Activate Your HeartMath Practice

HeartMath® Institute warmly invites our global family of Certified Professionals to stay one additional night in beautiful Santa Cruz, California, following the conclusion of the Global Coherence Initiative Love Unleashed Retreat Thursday, April 30 to Sunday, May 3, 2026.

**Here's what we're planning.** After an open afternoon to enjoy the Santa Cruz area, we'll reconvene Sunday evening after dinner for an intentional gathering – followed by a Monday full-day training experience designed exclusively for Certified Professionals.

There is **no additional cost for the training itself** – this is our gift to you.

We simply ask that you cover your accommodations for the additional evening, with flexible options available, including resort access and meals only (\$165), a shared room package (\$352), or a private room package (\$569), all inclusive of meals and resort access.

### Why Stay: Sunday Evening Connection & Vision

Sunday evening is designed for meaningful connection, community activation, and integration. Together, we'll reflect on conference insights, share coherence experiences, connect personally with HeartMath leaders, and hear the HeartMath vision and strategic direction for 2026 – including the essential role you play within it. You'll also learn directly from Certified Professionals around the world who are doing impactful, innovative work, creating a powerful sense of connection within our global HeartMath family.

### Monday: Practical Skills to Grow Impact and Sustainability

On Monday, highly skilled Certified Professionals will share real-world models and best practices to help you begin to build a profitable, sustainable HeartMath practice. This is learning from experience – designed to help you grow your reach, optimize your time and resources, and expand both your impact and income as a HeartMath® Certified Professional.

**If you are a HeartMath® Certified Professional who would like to attend the “exclusive” Training Day, following the 2026 Love Unleashed Retreat, contact Del Walker at 831-338-8502 or email: [delwalker@heartmath.org](mailto:delwalker@heartmath.org).**

## FEATURED SPEAKERS



### **Kimberly Gray**

*RN, BA, Doctor of Holistic Health, HeartMath® Senior Trainer & Coach*

### **Creating Coherent Connections: From Personal Practice to Meaningful Impact**

Discover how your own coherent presence can naturally cultivate connection, trust, and meaningful influence – whether with individuals, teams or organizations. Within these connections, you can tune into the real needs, challenges, and desired outcomes of those you support. *In this session*, through guided inquiry and reflection, you'll explore how lived practice, wise sharing, and contextual awareness transform the HeartMath® System from concepts and techniques into a living, heart-centered experience. Gain practical insight on applying the HeartMath System in ways that feel natural and relevant, while creating authentic value (ROI) and sustainable outcomes – where people don't just learn about heart-brain coherence, but realize and create it within themselves.

***Kimberly Gray, RN, BA, Doctor of Holistic Health, is a HeartMath® Senior Trainer & Coach since 2014. With 42 years of nursing experience, focused on integrative health and wellness, she has supported individuals, teams, and organizations through HeartMath® resilience and coherence programs, as well as other holistic modalities. Kimberly integrates science-based practices with heart-centered presence to inspire sustainable outcomes and performance, meaningful connection, and authentic well-being in professional and retreat settings worldwide.***

**Kimberly Gray**  
**A short video for the**  
**Love Unleashed HeartMath®**  
**Certified Professional Day**



## FEATURED SPEAKERS



### **Dr. James L. Miles Sr.**

*HeartMath® Master Trainer and Founder & Senior Partner  
Resilient Village Collective*

### **Closing the Gap: Scaling Heart-Based Leadership Across Organizations and Communities**

Many heart-centered leaders feel called to scale their work – but struggle with how to do so with integrity, relevance, and impact.

*This session* invites participants into a grounded exploration of how heart-based leaders solve their design approach from individual change to ecosystem awareness, from delivering experiences to building lasting capacity, and from personal ownership to thoughtful stewardship. Through experiential inquiry and real-world examples, you'll gain practical insight into readiness, context awareness, and co-creation – supporting you in designing offerings that genuinely serve the systems, communities, and people you're working with.

**Rev. Dr. James L. Miles Sr., Ph.D., D.Min., HeartMath® Master Trainer** is Founder and Senior Executive Partner of the Chicago-based Resilient Village Collective, advancing coherence-centered leadership and community resilience nationwide. A former U.S. Marine, HeartMath® Master Trainer, ordained minister, and trauma-sensitive strategist, he brings 25+ years of experience across public policy, systems change, economic development, and population wellbeing—guiding communities on the “Better-Self – Better-World” journey.

**James Miles**  
A short video for the  
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## FEATURED SPEAKERS



### Julie Hutchinson

*CEO and Founder of Core Performance. HeartMath® Activating the Heart of Teams and Certified Resilience Trainer and Licensed Neurochange Solution Consultant*

**Foundations, Frameworks and Funnels: Clarifying Your Niche, Messaging, and Pathways to Sustainable Impact**

*In this focused one-hour session, Julie will introduce the essential foundations, frameworks, and funnels that help Certified Professionals translate heart-based practice into clear messaging and practical pathways to clients. Rather than overwhelming details, you'll gain a simple, grounded structure for clarifying who you serve, what problem you solve, and how people naturally find their way to your work. This session is designed to spark clarity and confidence – and invite you into the deeper, hands-on exploration of how this applies to your practice.*

***Julie Hutchinson** is the founder and CEO of Core Performance LLC, a Texas-based resilience and neuroscience training organization, and a professional business speaker, executive coach, Licensed Neuroscience Change Consultant, and Heartmath Resilience and Activating Heart of Teams Trainer. She helps high performers and teams thrive by blending neuroscience, biofeedback technology, emotional intelligence, and resilience practices across the physical, mental, emotional, and spiritual domains to drive peak performance while reducing burnout. Julie brings deep executive experience and was selected to support Department of Defense resilience initiatives and participate in the Joint Convening of the Office of the Surgeon General and Veterans Health Administration to advance emotional health as a pillar of national wellness.*

**Julie Hutchinson**  
**A short video for the**  
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## FEATURED SPEAKERS



### Steve Havill

#### ***Breaking the Gig Economy Hustle: Creating Lasting Impact through Continuity, Care, and Community***

A subscription or membership model isn't about tactics or technology – it's about deepening service through ongoing relationship. When designing with integrity, it creates a journey-based container where people feel seen, supported, and engaged over time, allowing

HeartMath® Certified Professionals to amplify their impact while generating sustainable, values-aligned income. Tiered pathways – from open learning to small, intimate cohorts – honor safety, depth, and coherence, with revenue emerging naturally as a byproduct of meaningful long-term contribution.



### Owen Ward & Steve Havill

#### ***Leveraging the HeartMath® App & Sensor with Clients: Extending Client Value and Impact Beyond the Coaching or Training Session***

Coherence training isn't secondary – it's central. In this interactive conversation, we'll discuss why measurement, practice, and daily emotional and physiological regulation are among the most mission-critical tools we have for helping clients truly transform in a world of

chronic stress and dysregulation. You'll get a simple tour of how the App supports this journey, plus space to ask the real questions that arise in practice. Most of all, you'll leave with renewed clarity about your role as a living model of coherence.

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