

Building Personal Resilience

Regularly
~~\$1195~~
Now **\$695** for a
limited time

6-Week HeartMath® Coaching Program

➔ What's Included:

- **6 weekly 1:1 coaching sessions**
- **Stress and Well-Being Assessment**
(beginning and ending)
- **Personalized tools and weekly support**

➔ Optional Add On:

- **The Inner Balance™ Coherence Plus**
(Optional biofeedback tool for measuring heart rate variability and coherence in real time + additional training app - \$249)

➔ What You'll Gain:



Tools to calm stress
in the moment



Emotional balance and
mental clarity



More energy and
better quality sleep



Lasting resilience
under pressure



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Ready to learn how you can feel
calmer, clearer, and more in
control?

Scan to
Schedule a **FREE**
Clarity Call
with Cheri

