

## HeartMath Certified Trainer Program Schedule\*\*

### Day 1

1:00 pm – Registration  
2:00 pm – Coherence Building Technique; Introductions; Orientation; Materials Overview  
3:30 pm – BREAK  
3:45 pm – Walk through two modules of the Resilience Advantage™ Workshop  
4:45 pm – Technology Demo Orientation; How to use with Clients; Technology Questions  
5:30 pm – END of Day  
Evening – Study Teach Backs

### Day 2

8:45 am – Coherence Building Technique  
9:00 am – Continue walk through of the Resilience Advantage Workshop  
10:15 am – BREAK  
10:30 am – Resume walk through of the Resilience Advantage Workshop  
12:30 pm – LUNCH (times may vary)  
1:30 pm – Resume walk through of the Resilience Advantage Workshop  
3:15 pm – BREAK  
3:30 pm – Resume walk through of the Resilience Advantage Workshop  
5:30 pm – END of Day  
Evening – Study Teach Back Assignments

### Day 3

8:45 am – Instruction of Teach Back Protocol – Day #1 Teach Backs  
9:00 am – Day #1 Teach Backs begin  
10:15 am – BREAK  
10:30 am – Teach Backs resume  
12:30 pm – LUNCH (Times may vary)  
1:30 pm – Teach Backs resume  
3:15 pm – BREAK  
3:30 pm – Teach Backs resume  
5:00 pm – END of Day  
Evening – Study Teach Back Assignments

### Day 4

8:45 am – Coherence Building Technique – Day #2 Teach Backs  
10:15 am – BREAK  
10:30 am – Teach backs resume  
12:30 pm – LUNCH (Times may vary)  
1:30 pm – Teach Backs resume

3:15 pm – BREAK

3:30 pm – Teach Backs resume

5:00 pm – End of Day

### **Day 5**

8:30 am – Heart Lock-In® practice

8:40 am – Supportive Product Presentation & Ordering

10:15 am – BREAK

10:30 am – Marketing, Heart Mapping® exercise. Business Roll out and Discussion

12:15 pm – Group picture

12:30 pm – LUNCH (Times may vary)

1:30 pm – GCI or Continuation of Marketing; Trainer Resource Center; Module Configurations; and, Q & A

3:15 pm – Break

3:30 pm – Wrap up instructions, Certificates, Evaluations and close

5:00 pm – END of certification training

**\*\*Schedules may change**