HeartMath® Certified Trainer Program

Technical Requirements for Delivery of *The Resilience Advantage*™ Program – PC or Mac

You will need to be familiar with the emWave® Pro technology. If you do not have the technology, let your **Account Executive** know and you may purchase at the trainer discount prior to the certification. If you are new to the technology, please go through the tele-class prior to arriving at the onsite training and make sure you have the latest software updates. For information on emWave training videos click here: http://www.heartmath.com/personal-use/emwave-free-training.html

In order to fully utilize the PowerPoint and demonstrate the emWave® technology, you will need a PC or Mac computer with these system requirements:

Windows System Requirements
Microsoft Windows 7 or newer Operating System Preferred
Some features may not be available on older Operating Systems
1.0 GHz or faster processor — recommend Intel®
2.0 Core™2 Duo at 2.0GHz or faster
1 GB RAM — recommended 2GB or more
One available USB Port
Internet Access Required for HeartCloud™ Access

Mac System Requirements
Mac OS X 10.7 Lion or later
Some features may not be available on older Operating Systems
Core™2 Duo at 1.8GHz or faster
One available USB Port
Internet Access Required for HeartCloud™ Access

When you deliver this program to groups of 20 or more you will also need to be able to link your computer to an LCD Projector and attach additional outside computer speakers to play a 30-second video with sound. NOTE: You will use our computers at the training site. You do not need to bring your own computer unless you want to bring it.

If you have questions, please contact your HeartMath Account Executive.