



Improve self-control - Access zone performance - Perform under pressure

HeartMath® Certification Programme For Sports Professionals

2-day programme to train you to coach your athletes in the
HeartMath System

HeartMath for Sports Professionals

Athletes from many sports disciplines from Olympic sports to professional golf, football and cricket have harnessed the power of HeartMath to optimise their performance. HeartMath's training program for Sports Professionals is designed for sports coaches, psychologists and scientists who want to coach individual athletes the powerful techniques of the HeartMath System.

Every athlete wants to be in the zone more often. HeartMath's 20 years of research has identified a psycho-physiological state in which the interactions between the heart, brain and nervous systems become synchronised. This state of synchronization can be observed, measured and trained. It can be described as a state of flow--of high efficiency, what athletes call the zone. This measurable state also provides increased coordination, improved motor skills and timing, sensitivity, precision and clarity for any activity you're engaged in, moment to moment.

In this course we teach you how to train your athletes in HeartMath's clinically proven techniques and help them harness and organise their innate emotional power to perform on demand.

As a certified HeartMath Sports Provider you will receive:

- ◆ Certification to coach individuals in sport using the HeartMath tools and techniques.
- ◆ Instruction in how to teach the research and science behind the HeartMath System for sport.
- ◆ Instruction in how to teach individuals HeartMath's tools and techniques for athletes.
- ◆ Instruction in how to teach individuals the most effective use of the emWave® technology and how to validate real-time measurable feedback.
- ◆ Discounts with Beyond the Barriers for ongoing use of HeartMath products.
- ◆ Access to Beyond the Barriers network of HeartMath trained sports professionals.
- ◆ 50 CPD points for PGA Professionals - Part of the PGA Member Education Programme



"Its fantastic not only for your concentration but also for your health. I feel confident and calm. Its all thanks to HeartMath.

Nick Dougherty
European Tour Player Winner, 2007

"The guys who are really controlling their emotions are going to win. The guy who is controlling his emotions is going to win"

Tiger Woods

Beyond the Barriers is a UK licenced provider of the HeartMath System

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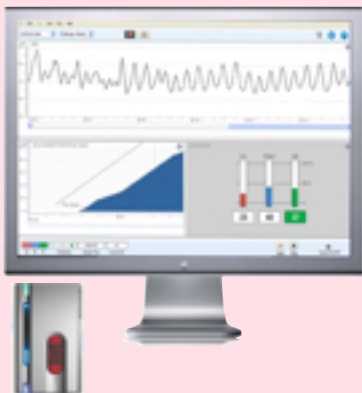
The HeartMath Advantage

HeartMath has defined the inner mechanics of how stress performance, and how our emotions can either work against us, or for us as an essential element of getting into a high performance state. HeartMath's clinically proven techniques are designed to help athletes:

- ◆ Maximise emotional calm and mental focus during competition
- ◆ Increase and sustain energy levels
- ◆ Remove unnecessary analysis, critique and self-judgement
- ◆ Remove negative and inefficient emotional undercurrents
- ◆ Effectively manage anxiety, pressure and excitability
- ◆ Rebound quickly and effectively after a negative event
- ◆ Increase and sustain zone performance

The discovery that heart-rate-variability (HRV) patterns reflect and are affected by emotions led to the development of the HeartMath emWave® technologies, which are used extensively in this programme.

Both the computer based emWave technology and the handheld emWave Personal Stress Reliever® (PSR) objectively monitor the user's heart rhythms by measuring the coherence level. Through visual and audio feedback, the user learns how to quickly change his heart rhythms and create psychophysiological coherence while practicing the emotional regulation techniques. Additional features and functions enhance the ability to sustain coherence and track progress.



“The course was great fun, good and meaningful content. I leave feeling very confident I can coach my clients in the HeartMath system. Overall a very uplifting experience.”

Kevin Merry, Senior Golf Instructor, The Grove

“I can honestly say this was one of the best training courses I've been on for a long time - enhancing my thinking and approach within the sports psychology world massively. I cannot wait to use HeartMath with clients!”

Ken Way, Sports Psychologist - Premiership Football, Squash & Sailing



Course Overview

This 2-day training session is delivered by sports professionals and licensed HeartMath trainers. It is highly interactive and educational and combines the science behind the HeartMath System with the practical application of the tools and techniques in sport.

Prices start at £1,370 + VAT and includes:

- The emWave Desktop system for your PC/Mac
- Pre-course reading material
- 2 day interactive workshop that includes:
 - the science and research behind HeartMath techniques
 - training in four HeartMath tools
 - an emWave Desktop software package
 - instruction in how to teach the use of the emWave technology
 - practical application of HeartMath tools in sport
 - short test on day two leading to certification

Optional components available at an additional discounted price:

- The emWave2 hand held device
- 2 x 1 hour coaching sessions following certification

Special rates for PGA professionals plus 50 CPD points as part of PGA Member Education Programme

Workshop Hosts

- **Anna Hemmings MBE** is a six time World Champion and a double Olympian former professional kayaker. Anna is the founder and Director of Beyond the Barriers and a licenced trainer in HeartMath.
- **John Sunderland-Wright** is an experienced HeartMath trainer and has worked extensively with HeartMath in many professional sports.
- **Dusan Gavrilovic** is a PGA AA Professional, golf coach and HeartMath practitioner. He has won numerous Pro-am's and also the BB&O Players Championship and BB&O Open Championship.

Next Steps

If you are interested in attending this certification programme, please contact Beyond the Barriers, see contact details below. Note that a 20% deposit is required to secure a place on the course and the balance is due 30 days prior to the event.

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