

HeartMath Certification Course for Sports Professionals

What our clients say:

"Just a quick note to say a BIG 'Thank you' for the HeartMath programme. 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**

"HeartMath is an exciting intervention with great potential to engage my athletes and make a difference to their performance. The facilitators were great and very genuine; they helped us make it relevant to our own work. It is clear how much Anna cares about this programme and our experience." **Katie Warriner, Sports Psychologist, GB Canoeing**

"I'm really excited about HeartMath; the science makes absolute sense. The real importance is the practical application and after these 2 days I see all sorts of applications." **Sarah Winckless, Performance coach, Olympic Bronze medallist and 2x World Champion Rower**

"Very excited to take this forward and use with my players." **Mike James, Director of Tennis, Halton Tennis Centre**

"I leave feeling very confident to coach my clients and the 2 days were a very uplifting experience." **Kevin Merry, Senior Golf Instructor The Grove**

"The workshop presenters were excellent, good interaction and attention to the group." **Jon Lambdon, Performance to the Limit**

"The atmosphere on the course was consistently high. Attention to delegate needs was great, with coaches always on hand to explain." **Martin Fricker, Fly on the Wall Coaching**

"The presenters were very engaging. The course offered a great mix of theory and practical." **Donough Holohan, Sports Scientist, Professional Football**

"The course gave me everything I need to know to work with clients, it was also very enjoyable and fulfilling." **Hilary Coldicott, 2BE Consulting and Training**

"I now have a much better understanding of how and why HeartMath works and have had good practical experience. The course size was perfect for style and presentation and made for a great atmosphere." **Andrew Bremner, Sports Mental Game Coach**