



HRV-Coherence: The Key to Greater Health & Wellness Resilience, and Peak Performance

Revolutionary Resilience & Self-Regulation for Educators, Providers & Youth They Serve:

Optimal Personal Wellness & Performance for Educators & Providers Serving Youth With Impacts of Trauma & Neurodivergence or Other Causes of Challenging Behavior

Advanced Certified Trauma & Resilience Practitioners:

Rick Bowman, M.A., Clinical Psychology, CTRP-Clinical®

Doris Bowman, M.S., Education/Spec Ed, ACTRP-Education & Clinical®



MONTH 00, 2025 ~ 0:00 - 0:00 PST
LOCATION OR VIRTUAL
Continuing Education: Certificate for 7 PDUs

QUESTIONS:

team@bowmanconsultgroup.com

What makes this training so valuable?

- Traditional approaches to “stress reduction” & “resilience” have often been insufficient to:**
 - Address emotional, physiological and cognitive demands and depletion that occur for staff in serving roles
 - Prepare staff to maintain mental clarity, good decision-making & personal regulation under challenging circumstances
- Based in the most current research on resilience, coherence, and energy management, this training is designed to provide:**
 - Actionable, simple, and time-sensitive strategies that...
 - Can be done by every educator/mental health provider, and...
 - Can be supported on a school-, district-, or agency-wide level
- Strategies proven** to result in effective, durable outcomes for youth with: ADHD, Anxiety, Depression, ASD, Trauma, Addiction & more

“As a former Navy SEAL, I work with elite performers including NFL teams, Fortune 500 execs and Navy Seals using HeartMath Practices. They learn to self-regulate their emotions, resulting in significant performance improvements.”
 – Curt C., former CDR (SEAL)
 HeartMath Certified Trainer



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