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| **A heart-focussed approach to self-regulation, empowerment and equity** |
| **Objectives**   1. To introduce research and knowledge from the HeartMath Institute’s Resilience Advantage™ programme related to heart-mind alignment, relational energetics and self-regulation. 2. To make connections between HeartMath’s work and the New Zealand concept of Hauora, or health and wellbeing, with a particular focus on Taha Hinengaro, emotional/mental wellbeing, and Taha Whānau, social wellbeing. 3. To consider how the research and knowledge from HeartMath can empower us, promote equity and benefit our health and wellbeing/Hauora personally, socially and globally.   **Format**  Part 1 (1 ¼ hours)  Powerpoint presentation of modules of HeartMath’s Resilience Advantage program relevant to the workshop topic, as well as self-awareness exercises and the teaching and practice of practical skills.  Part 2 (30 minutes)  Personal reflection: How can this knowledge promote my own health and wellbeing?    For discussion in groups (-responses to be recorded and shared):   * How does this knowledge affect self-empowerment? * How can this knowledge empower the communities in which we live, and promote health, wellbeing and equity in our communities? * How can this knowledge benefit health and wellbeing globally?   **Learning goals**   1. Participants will be introduced to the Māori concept of Hauora, or health and wellbeing, and a perception of relatedness to HeartMath’s Dimensions of Resilience. 2. Through information from HeartMath’s Resilience Advantage Program, participants will build understandings about the heart and emotions and their effects on mental clarity, personal and social wellbeing, or Taha Hinengaro and Taha Whānau. 3. Participants will take part in self-awareness exercises and learn simple techniques to help support and sustain wellbeing and promote empowerment. 4. Participants will reflect on how this information and their insights benefit and empower themselves. 5. Participants will discuss how this information and their insights can empower and promote equity in their communities and potentially the world. |