

SHIFT AND RESET

I recently had the opportunity to prepare and present information that I am really passionate about, to a group of interesting people. During my presentation I found that the energy in the room was a bit 'low' and my sense was that several people who were in attendance, were there just because they *had to be*!

I did some deep, heart-focused breathing to centre myself and continued with my presentation. Afterwards, when I was considering what went well; what could have gone better; what I could improve upon, I knew that there must be a way to change the energy in the room but I was too close to the situation and I was going with the flow of my presentation. So, I checked in with my coach and HeartMath® trainer, Alan Strydom and his words of wisdom were to “name it ...[first] acknowledge” the energy in the room and then “shift or change it.”

What a beautiful teaching moment I had missed. Consequently, I decided to write about it. So ...

If you are a **teacher** sitting in a meeting while your mind is on the papers waiting to be marked, tomorrow's lessons, or standing before a challenging class wishing you were somewhere else....

If you are a **pupil** sitting in class while all you can think about is being outside playing or at home in front of the TV....

If you are a **student** sitting through a lecture wishing you could be anywhere else, or staring at a test paper as your mind suddenly goes blank....

If you are an **employee** or **executive** trapped in yet another meeting while your to-do list keeps growing and your thoughts are already on the work waiting for you....

If you are a **parent** trying to calm a child's meltdown, or driving with noisy children in the back seat while wishing, just for a moment, you could escape....

.... How can you **Shift and Reset**¹ in the moment? When walking away or day-dreaming is not an option, what can you do?

Get **COHERENT**!

What is Coherence? It is “an optimal state where the heart, mind and emotions are aligned and in sync.”²

How do you get Coherent?

¹ Institute of HeartMath®, 2014. *HeartMath® Certified Trainer, Leader's Guide Contents: Shift and Reset*, p 47.

² Institute of HeartMath®, 2014. *HeartMath® Certified Trainer, Leader's Guide Contents: Coherence*, p 27.

“Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area. Breathe a little slower and deeper than usual. Make a sincere attempt to experience a regenerative feeling, such as appreciation or care for someone or something in your life.”³

When you have the power to **Shift and Reset** in the moment, you can totally transform your experience of an event and regulate your emotions. This is also one of three strategies that can help you build resilience.

During my presentation, I took the time to shift and reset *my* state and if I had thought to shift and reset with the participants in the room, how much more inspiration could have flowed? This was an important lesson I learned.

³ Institute of HeartMath®, 2017. *Quick Coherence®* (online). Available: <https://www.heartmath.com/quick-coherence-technique/>, 8 February 2017.