

21

Module 21 – Heart Mapping® Technique. This is a fun multipurpose technique to use for a variety of situations: planning a project; prioritizing multiple projects; planning a special event or managing life situations. The purpose of the mapping exercise is to first identify a topic to focus on and then creatively draw on the brain for all its ideas, worries and concerns without focusing on solutions. Then participants get coherent and the trainer asks, “What else does this (project) need to be successful?” Often times the response is a missing element that will add to the success of the process. This exercise is an opportunity to use coherence to engage both the brain and the heart in planning, organizing, starting something new, etc.

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