

# FREQUENTLY ASKED QUESTIONS

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## **What is the BE. programme and who would benefit from it?**

BE. incorporates 30-year evidence-based HeartMath approaches from the USA, embodied practices, and art psychotherapy. Its unique content is experiential in nature, combining scientifically-validated and awareness-based techniques to enhance your wellbeing. The programme goes beyond the traditional definition of stress and links the science of the heart intelligence, with positive emotions to establish physiological shifts. One key difference is participants can objectively track and measure the changes of their state of coherence and the state of their nervous system using heart rate variability.

This programme may benefit healthcare professionals, teachers, students, volunteers, seniors and youths during these uncertain and challenging times.

## **What is Heart Rate Variability (HRV )?**

Heart rate variability (HRV ) is a measure of the naturally occurring beat-to-beat changes in heart rate/heart rhythms. It serves as a valuable method for gauging the state of your nervous system, general wellbeing and resiliency. Further information can be found [here](#).

## **How long is the programme and how is it delivered?**

The programme comprises six modules of 90-minute sessions delivered weekly online. In addition, participants have to visit our centre twice, for a 15-minute pre-assessment and post-assessment session to measure heart rate variability coherence. Our staff will be in touch to schedule this appointment with you at our centre, located at 7500A Beach Road, #01-313, The Plaza, S(199591 ). Participants are recommended to wear comfortable clothes for the session as there may be light movement practices.

## **Are there make up sessions if I miss one of the sessions?**

No make-up sessions are provided.

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## **Can I share the session recordings with my family/friends?**

Please respect that the course material is copyrighted and intended for your personal, educational use only. The material is not to be distributed. Please do not take screenshots or record any of the material, including Zoom sessions, without written permission from Extraordinary People Limited.

## **What should I feel? Or What does coherence feel like?**

One of the goals for BE. is for participants to achieve a state of an improved coherence. Coherence is a state of internal synchronisation between the heart and the brain. Some experience coherence as a sense of inner calm and balance, an increased focus, while others experience coherence as a more relaxed state.

## **Does the programme include the Inner Balance/emWave2 device? Where can I buy one?**

No, it is recommended to purchase the device to measure your state of coherence and to support your self-resilience journey. There are three versions available for order at Extra-Ordinary People: Inner Balance for iPhone, Inner Balance for Android and emWave2 for desktop. The Inner Balance and emWave2 tools are not medical devices and are not suitable to diagnose and treat any specific medical condition.

## **What is the Inner Balance™ app?**

The Inner Balance™ app is a free downloadable app that is recommended for the BE. programme. However, you will need to purchase the Inner Balance/emWave2 device in order to use it.

## **How do I use it?**

Simply connect the HeartMath™ Sensor to your Inner Balance/emWave2 device and attach the earpiece to your ear.