

# Lindsey Girardot Teets

*is hereby a licensed*

**HeartMath® Certified Trainer**

*and has successfully completed*

*The Resilience Advantage™ HeartMath Certified Trainer Program*

*on February 7, 2025*

HeartMath is a registered trademark of Quantum Intech, Inc.  
For all other HeartMath trademarks go to [www.heartmath.com/trademarks](http://www.heartmath.com/trademarks)

*Sara Childre*

Sara Childre  
President  
Institute of HeartMath

*Deborah Rozman*

Deborah Rozman  
Chief Executive Officer  
HeartMath LLC

