



In my work as a Licensed HeartMath 1:1 Provider, I coach and teach the HeartMath System of stress management to adults and children to help them re-establish trust and connection with the intelligence and power of their hearts. By returning to a balanced state, my clients once again experience life as an ongoing adventure.

I obtained the HeartMath certification after completing a Master of Arts degree in Human

Development from St. Mary's University-Minneapolis, MN.

Prior to becoming a coach, I taught elementary education in the Minneapolis Public School system for 33 years. Following the loss of my youngest child to cancer, I worked as a grief group facilitator. In that capacity I helped support both parents and children through their grief with HeartMath tools.

I have been married to my husband, Glenn and we have two grown children.

Balanced Life Solutions, LLC

Experience a World of Possibilities

Lynne Jensen, MA

Coach

Solving Problems

Balance

Managing Stress

Peace

Improve Relationships

Resilience

*To schedule a Coaching Session through Skype, phone,
or in person, contact:*

Lynne Jensen, MA

Licensed HeartMath 1:1 Provider

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Are you

Overworked?
Overstressed?
Overwhelmed?

Today's Challenge

We all have what we need within us to create our lives with every breath we take and every choice we make.

But when we forget to connect with our heart, trusting what we have within to give us the power to create a balanced life gets lost in everyday living. We then experience:

- Being Overworked
- Too Much Stress
- Confusion
- Lack of Self-Confidence

Testimonial -- "I have experienced a high amount of stress and anxiety in my life, especially with test taking. While working with Lynne, I learned to move from my head to my heart and take a new approach to solving problems of anger, stress and hurt. It offered me relief and calm in difficult situations. Now, I have opened up a new pathway to a healthier life, helping me in maintaining harmony and balance."

Nicole R.

Balance Confidence Self-Expression Focus Peace Harmony Creativity Self-Discipline

... when you get to the Heart of the matter.

Nearly 1400 people at companies around the world have experienced these results from the HeartMath training: anxiety reduction, moral improvement, job satisfaction, increased focus and conflict resolution. **You can too!**

A Proven Approach

Adults

For those clients seeking a higher work performance, looking for growth change, personal development and self care, I teach them techniques from the HeartMath toolbox. Adding these new approaches to your daily living skills is an empowering process that helps you bring your life back into balance.

Children

Children and teenagers feel an ever-increasing demand to succeed which can often lead to emotions out of control, less than satisfying social interactions, poor grades and lack of problem-solving skills. As they experience the HeartMath techniques, along with music, games and other strategies, they learn to focus in the moment and safely navigate life's terrain.

Coaching Results

Manage Stress

- Free yourself from the negative impact of stress on your body and mind
- Understand the relationship between emotions, stress and mind-body health
- Transform stress on demand, 24/7 - anytime, anywhere

Solve Problems

- Bring more clarity to your decisions
- Increase confidence and optimism
- Perform better - work, home, play and school

Improve Relationships

- Improve skills in genuine communication
- Bring greater calm and harmony into conflict situations
- Increase playfulness and creativity

Testimonial - "The experience of PTSD has radically changed my life. I can no longer work and it is often hard to function. Working with my heart has been helping me to bring more calm and appreciation to life with my wife and family. The work is an answer to my prayers."

Bill L.