

Bonnie Tollison
Personal Stress Management

Testimonies

I really appreciate Bonnie and the work she did with me. Taking the HeartMath class has really changed so much in my life. Had I not had the tools she taught me over the past few weeks, I really question whether I would have had a breakdown of some kind. Just going to her office was a release – a safe, caring place to regroup. She really has found her calling. She is so genuine and made me feel instantly comfortable, which is not an emotion I've been familiar with for a long while.

Kelly Thompson

Being a Builder, I have a fairly stressful job. Deadlines are always present, and unforeseen occurrences definitely keep me on my toes. I have had issues with Stress for quite a long time, and have not had any success with any other paths. It seemed that the more I focused on it, the worse it got.

With the tools Bonnie taught me, I have learned that it is not the stress that is causing me problems, but how I had been dealing with it. I have been able to not only recognize when the stress is coming on, but to also control it and prevent it from becoming an issue.

The only regret I have is that it took me so long to try the (HeartMath) program.

Chris Rogers
Milestone Custom Homes

I recommend HeartMath to anyone who is hurting – depressed or sad for whatever reason. Bonnie Tollison is a very caring and understanding facilitator. She listens to your problems and understands your feelings. She begins talking to you about the tools and techniques of HeartMath. The heart plays the most important role. All of the tools and techniques are easy to understand, once you believe the heart is in control. Focus on the heart. Learn how to breathe and relax, and enjoy the feeling of positive emotions within the heart. I have tried different meds and other resources. Nothing had helped me overcome depression until I joined Bonnie in the HeartMath class.

Peggy Wilson

I consider HeartMath a gift. It was just what I needed to regain control of my life. HeartMath takes the power away from the stress and anxiety in my life and empowers me to utilize the tools and knowledge I learned to combat the stressful events of life that were damaging my health and the quality of life. Stresses ranging from organizing my day, parenting my children, business decisions, and work/life balance (only to name a few) have much less negative impact on me when I employ the tools I was taught by Bonnie. This is not an easy fix; it is a process of regaining the power to live the life you always intended.

Amanda Stilwell
Wife, Mom, Account Executive

Bonnie's program was outstanding, effective and well-targeted to a busy professional. Plus Bonnie is an absolute delight with whom to work. I highly recommend this program.

Anonymous
Greenville Attorney

The HeartMath Stress Management Program really helped me to recognize what stress is. I am a counselor myself; so I am more comfortable listening to others talk about themselves; so I was a little apprehensive to be on the other side of the desk actually sharing my life and experiences. Each time I met with Bonnie I felt as if I was learning more about myself than ever before. She was so encouraging, non-judgmental, and truly cared about me as I opened up and found what areas of my life were stressors. The program starts with defining your core values and from there you learn methods to keep yourself and your decisions more in line with these values. The best thing about it is that these methods are so easy to use. They are tools that you can utilize anywhere anytime. I think back to before I had these tools and wonder how I ever made it through stressful experiences. Thank you, Bonnie.

Alison Lively, ND, CNHP
Creative Health

The HeartMath Stress Relief Program, as taught by Bonnie Tollison, has the tools for relieving stress, making one aware of tension in your life, and bringing focus to the issues that can cause our body, mind and emotions to be brought into balance. Bonnie lives the program in her daily life and shares her own experience while teaching her sessions. Using the tools she taught me has allowed me to be more relaxed during the day while dealing with a stressful job and gives me a restful, solid sleep at night. I would recommend the HeartMath Stress Relief Program to anyone who has difficulty dealing with stress or difficulty relaxing.

Darryl Korpi
Owner
Springdale Builders, Inc.

I am glad I took the HeartMath Program. I can understand when stressors are invading my feelings. I feel more confident in myself. I enjoy feeling joyful, content and calm and that I can have that whenever I want. I am in control. This course is such a blessing to me.

Annie Salter
LPN

Bonnie is a skilled and empathetic professional. She knows how to make her clients comfortable and confident, as she teaches them useful and empowering techniques of the HeartMath approach. I am a very satisfied client.

Anonymous
Attorney-at-Law

HeartMath came into my life at just the right time. I was just starting up my new small business venture and I was a stress case. Fears and uncertainty were controlling my thought patterns. The HeartMath program taught me how to let go of my fears and stop allowing them to control my life. Once I started to use the tools, I had a huge shift in my confidence and clarity, which brought me success in all aspects of my life. Bonnie Tollison was the perfect guide for helping me understand and apply these simple, yet essential tools for dealing with stress. She was an incredible listener and very compassionate. She knows the program works because she has been there and uses the tools in her own life. HeartMath really works. I recommend it to everyone who wants to gain control over stress in their lives.

Alicia Lively Hall, N.D., C.N.H.P.

The powerful techniques Bonnie teaches through HeartMath are easy to understand and practice. As early as the first lesson, I felt a remarkable increase in overall happiness and quickly learned how to emotionally diffuse stressful situations. By the end of the course, I gained a powerful insight of myself, reflecting significant improvements in my personal and professional relationships. I am thankful for her gift and talent.

Oliver Tollison
Professional Photographer

Bonnie and the HeartMath Stress Management Program have transformed my life. I came to Bonnie for help with managing my stress, which was mostly due to my job. Bonnie is an integral part of the HeartMath program, as she coaches you through the stages of developing your outline for the life you want to lead. She helped me to put my work life into perspective by pinpointing my core value system; figure out how I wanted my life to be; and helped me utilize the HeartMath tools to get there. Her warmth and understanding was the key to this program for me. HeartMath is a great, real world solution for stress management for busy people. I highly recommend it!

Jill Rose
Branch Manager, Greenville, SC
Acentron, Inc.

I'm back in school for the fall session (taking 3 classes) and this is Logan's senior year in high school so we've got all that planning going on. Needless to say I have been using my tools quite a bit. In fact, there are times when I chuckle to myself and think of how I would have handled a situation had I not had those tools to fall back on. Going through this program really helped me find ways to handle stressful situations and find out more about myself. It allowed me to reach into my inner soul and look at those difficult issues about myself that needed to be adjusted. I was able to do this because I had the tools to work through the emotions that would come from this experience. I really enjoyed the program and looked forward to talking and exploring with Bonnie each week.

Terri Martin
Wife, Mom, Student, Office Manager

I have really been surprised at the benefits I received from the HeartMath program. As I started the program, I wasn't sure that I would get a lot of insights or new techniques for stress control. My main motivation was to improve my stress levels at work. Being in a leadership position, it is important to be a good role model and handle a variety of situations with poise and clear thinking. I was not really "tuned in" to the fact that my negative attitude under stress radiated out to my staff and partners. The HeartMath program presented me with a variety of techniques for handling stress. While the techniques are easy to learn, continued practice is the key to making significant strides in stress control. Today's hectic and demanding lifestyles are taking a toll on the heart health of our society. We don't have the luxury or ability to make drastic lifestyle changes. We do have the ability to change our awareness and attitudes. HeartMath provides the tools to start those changes in awareness and attitudes, leading us to better health.

Lorna

I have been helped to a large degree through HeartMath, its publications and the provider I chose, Bonnie Tollison (a former R.N.). She worked with me to select a HeartMath program very well-matched to my needs and preferences; and was an understanding, insightful, and extremely supportive and competent guide throughout. I was drawn to HeartMath because of its emphasis on the sympathetic and parasympathetic nervous system and their involvement with the giving and receiving in life, with others and, most especially, with oneself. I have not yet finished with all I want and need to change but I am “well” on my way. HeartMath and Bonnie were my first partners in changing and, now, life is.

Anonymous

The heart relaxation method helped me to “distress”. Bonnie walked me through the steps and helped me understand the technique. It helps me to focus on more important things and change some of my perceptions of the worries. I use the techniques often to help me unwind, especially after a hard day at work.

Mahesh

Heart Math has really changed the way I relate to other people. By getting out of the constant head “chatter” and engaging the wisdom of my heart, I am able to eliminate a lot of anxious thoughts and interact more comfortably in social situations. Heart Math helps me to be more aware of the gifts that other people possess, rather than focusing on what I perceive is “lacking”. This has had a very positive impact on my relationships, and has allowed me to establish more genuine “heart connections”. Equally important is the way Heart Math helps me to relax and to respond appropriately when I am in a stressful situation. It is wonderful to have tools that can help me shift from anxiety and stress to calmness and clarity, in just a few minutes. The tools can be used at any time, whether I am in the middle of a difficult conversation, working on a challenging project, or winding down after a busy day.

Anonymous
Life Coach

I am impressed with comprehensive, organized, methodical education which is aligning client with technology and evidence based facts and effective training. Bonnie Tollison is very insightful and experienced -what leads to great, truly relaxed learning experience. To me the professionalism, competence along with authentic compassion, is imperative to be effective facilitator. Any modality, whether it is medical- mainstream education or evidence based complementary one, requires open mind, willingness to practice and develop new habits. Bonnie knows how to ease client to be very engaged, and satisfaction is easy to feel after very first visit. The emWave PC system is an innovative approach to stress relief based on learning to change the heart rhythm pattern and create physiological coherence in the body. I am familiar with monitoring systems from own professional experience as Critical Care Nurse. Marking and monitoring own progress is very helpful. My wish is that more Health Professionals discover the power of complementary self care education and innovative stress management.

Mariola Gorska, RN