

WOLF ACADEMY

Leading with Heart



Barcamp Dortmund
December 2024

Wolf Academy™

About Us



Wolf Academy was founded in 2020 with a mission to integrate practical and effective wellbeing solutions into school systems across the globe



Our Approach

THE GOLDEN SPIRAL





PRIMARY SCHOOL WORKSHOPS



SECONDARY SCHOOL WORKSHOPS

OUR WORK



TEACHER TRAINING



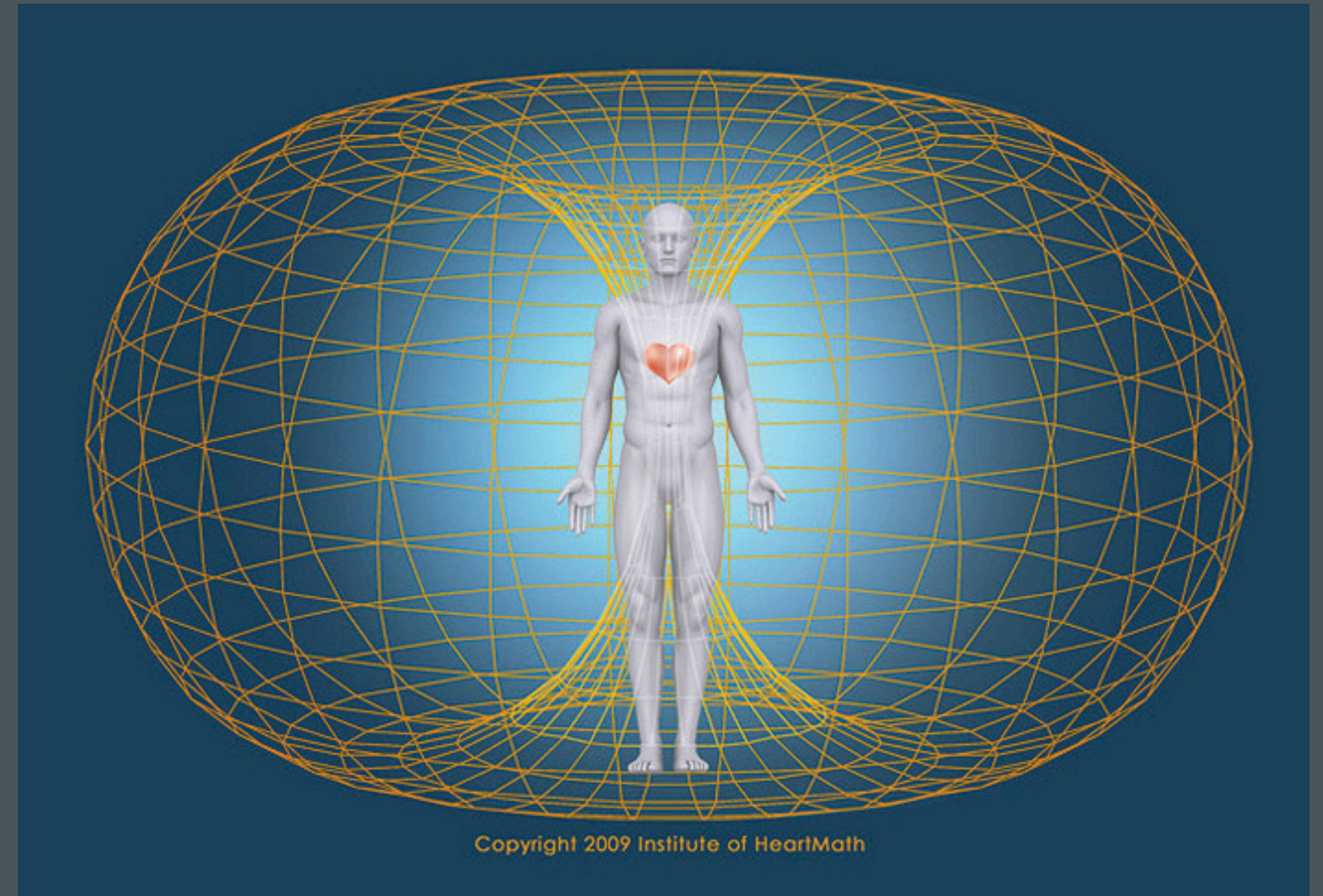
FACILITATOR TRAINING



The Power of the Heart



3 Amazing Facts About the Heart
and Why It is Fundamental to
Wellbeing





1. Heart Coherence Can Regulate the Brain

HeartMath research has demonstrated that when individuals achieve heart coherence—an optimal state in which the heart, mind, and emotions are aligned—they experience improved emotional regulation. This state enhances positive emotions like gratitude, compassion, and joy while reducing negative emotions such as anxiety and stress.

By cultivating heart coherence through techniques like deep breathing and focused intention, educators and students can better manage their emotions, leading to a more positive and productive learning environment.



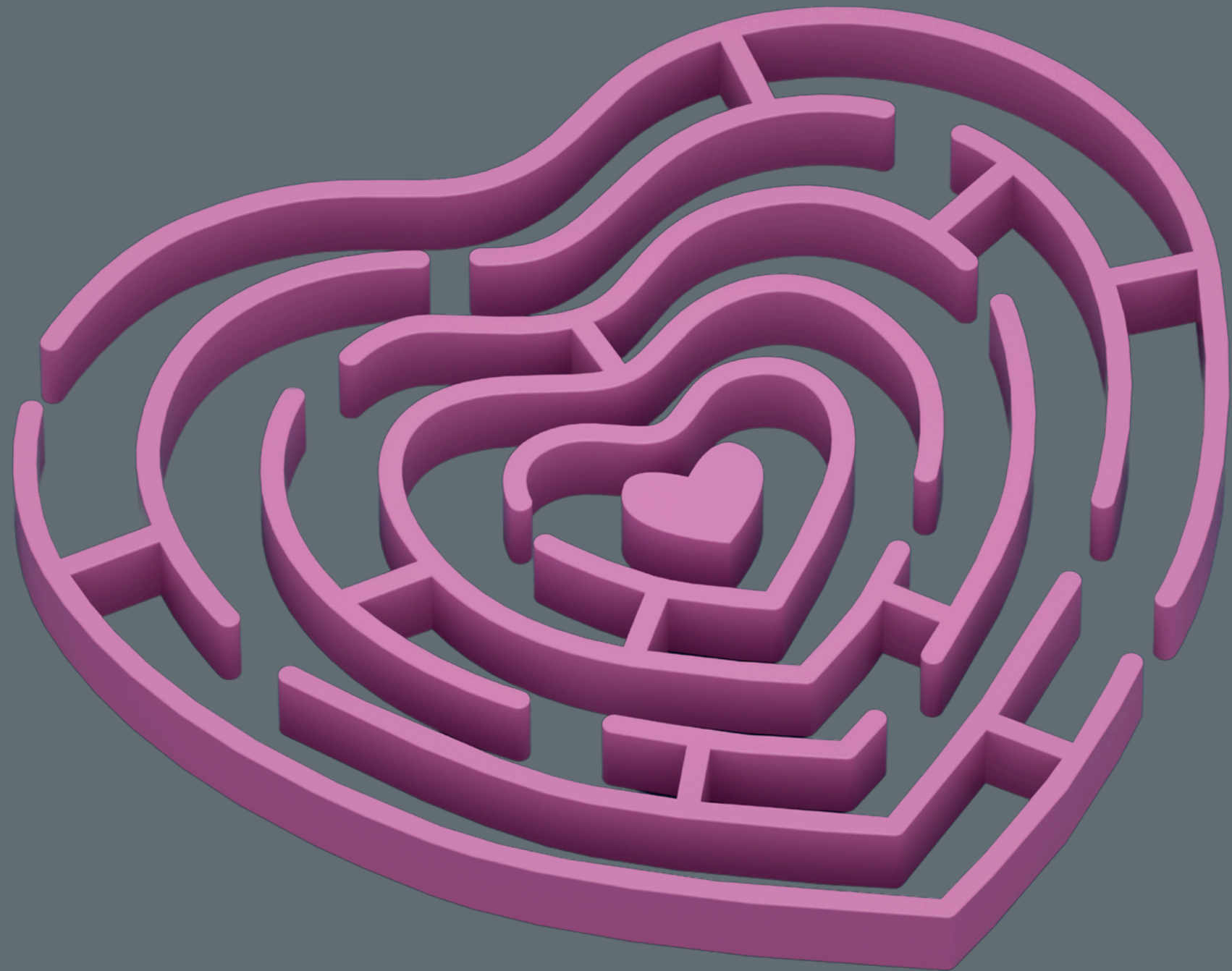


2. The Heart's Electromagnetic Field is 60 Times Greater than the Brain's

The heart generates an electromagnetic field that is approximately 60 times greater in amplitude than that of the brain. This field can extend up to several feet beyond the body and is influenced by our emotional states.

This means that when educators are in a positive emotional state, they can positively influence the emotional atmosphere of their classrooms, promoting a sense of safety and connectedness among students.
One thing AI cannot do for your students!





3. The Heart is a Decision-Making Centre

Research from HeartMath shows that the heart is not just a pump; it is a complex sensory organ containing around 40,000 neurons. These neurons enable the heart to process information, influencing our decision-making and intuitive responses.

Understanding that the heart plays a crucial role in decision-making encourages educators to tap into their intuitive feelings and insights, fostering an environment where emotional intelligence is valued alongside academic knowledge. Another thing that AI cannot yet teach our students!





Benefits of heart coherence in your school

- Modeling Emotional Regulation
- Improving Teacher-Student Relationships
- Reducing Stress and Anxiety
- Enhancing Focus and Cognitive Performance
- Creating a Positive Learning Environment
- Promoting Long-Term Wellbeing Skills





WHAT CAN YOU DO?



Breathing Exercises

At the beginning of class, lead students in simple breathing exercises (such as the 4-4-4 breathing technique)



Mindful Pauses

Take moments during class where students can focus on their breath or heartbeat. This can be done in between lessons as a chance to recentre before moving on.



Emotional expression

Allow time for emotional expression at the beginning or end of class. Ask students to journal their thoughts and feelings or draw their current emotion using art



Connection games

Give students a chance to connect with others through fun games such as eye-gazing, group sharing, group movement





Contact Us

Feel free to get in touch to learn more about how we can help your school meet its wellbeing needs

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THANK YOU!



MEDITATIONS AND OTHER AUDIO
RESOURCES

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