



## Robert Browning, PhD (h.c.) Heartmath Director of Health Partnerships & Senior Trainer



**R**obert Browning, PhD (h.c.) is Director for HeartMath Healthcare and a Senior Trainer. For over 23 years with HeartMath, he's trained more than 15,000 individuals in heart-based living and leads programs at Stanford, U.C.L.A., Brigham & Women's and Kaiser Permanente. He oversees HeartMath's strategic healthcare alliances focused on self-care, human caring and wholeness healing.

Since Robert was asked to join the core team at HeartMath in 1995 he has been involved in the research and the creation of training methodology that has served millions of people throughout the world. Robert received an Honorary Doctorate in Human Caring and Caring Science from Dr. Jean Watson, Founder and Director, Watson Caring Science Institute and Dean Emerita-University of Colorado, Denver, College of Nursing. It was given "to honor devotion to the betterment of humankind through human caring—heart centered teachings and practices."

Robert holds a faculty position with the Esalen Institute and Watson Caring Science Institute. He also serves as a Co-Vice President and Council Director of Pathways to Peace, a non-profit serving as official Peace Messenger to the United Nations with Consultative Status to the United Nations Economic and Social Council. Robert graduated from U.C.L.A., Magna Cum Laude, Phi Beta Kappa with a B.A. in Mass Media & Interpersonal Communications, and achieved Eagle Scout in 1991. His passion and 20 year focused inquiry on the power of the heart, care and healing has informed the depth of his work, practice and message.

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Heartmath Director of Health  
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