



79. The Fyera Foundation

The Fyera Foundation expresses deep appreciation for the tireless efforts of Member States, UN agencies, civil society, and communities advancing the SDGs. This milestone celebrating 80 years at the UN invites both reflection and renewed resolve. The progress achieved since 2015—expanded access to education and healthcare, broader climate awareness, and new models for equity—deserves recognition. Yet ongoing crises reveal a need not only for technical innovation, but also for transformation in how we respond, relate, and lead.

The Fyera Foundation proposes a catalyst for SDG progress: the integration of coherence-building and emotional self-regulation into our global strategies. Our work brings evidence-based techniques for heart rate variability (HRV) coherence created by The HeartMath Institute to individuals and institutions, enabling a shift from reactive “survival mode” to creative, collaborative “thriving mode.” These practices are low-cost, inclusive, and rapidly scalable. Coherence is a measurable physiological state in which the heart, brain, and nervous system function in harmony. Practicing coherence has been shown to reduce stress, increase resilience, improve impulse control, enhance ethical decision-making, and reduce implicit bias. These outcomes are particularly relevant to the SDGs most impacted by social and emotional conditions. In support of SDG 3 (Good Health and Well-being), coherence practices help address stress-related illness, trauma, and mental health challenges. In healthcare settings, we have seen these tools strengthen care providers and patients, building personal resilience and organizational capacity. In the domain of SDG 4 (Quality Education), coherence supports the emotional safety essential for learning. Students practicing HRV techniques demonstrate improved focus, behavior, and academic outcomes, while educators report reduced burnout and greater compassion. Considering SDG 5 (Gender Equality), Coherence supports self-empowerment and leadership in women and girls while fostering emotional awareness that reduces discrimination and bias. As internal bias softens, more inclusive cultures and institutions emerge. In the face of the climate crisis, coherence strengthens SDG 13 (Climate Action) by helping individuals and decision-makers move beyond fear and polarization into constructive, values-driven engagement.

Through coherence, we reconnect with our shared humanity and our relationship with the Earth. The state from which decisions are made shapes their impact. Chronic stress constrains our thinking; coherence expands our capacity to lead ethically, collaborate effectively, and act with vision. These skills are essential for those guiding policy under pressure. Coherence practices require no advanced infrastructure or literacy. They have been successfully applied with diverse populations—from Indigenous youth to international negotiators—making them suited for inclusive implementation. We invite all partners to embed coherence-building and emotional self-regulation into education, governance, climate action, and public health systems. Let us move forward with coherence—of heart, intention, and action—so that no one is left behind. Coherence building skills insure that, because everyone has a heart.