

# BRAIN GYM™ for early childhood education

Learn Simple Kinesiology Techniques to  
Switch-On Connections in the Brain to  
Promote Maximum Learning  
and Development



## PROFESSIONAL DEVELOPMENT WORKSHOP

Presented by  
**CLAIRE HOCKING**  
Dip. Teaching, Cert. A, AST 1, VIT, AKA  
Educational Kinesiologist &  
Brain Gym Consultant Australia



Claire Hocking is one of Australia's leading Educational Kinesiology Practitioners and the Director of the Whole Brain Kinesiology Centres, where she consults privately with all age groups. With over twenty years' experience as a primary and secondary teacher, Claire has successfully used Brain Gym in schools both as a grade, music and integration teacher.

Claire specialises in early child education and has extensive Educational Kinesiology knowledge, skills and experience and can be of valuable assistance, especially when working with children with learning and/or behavioural concerns, including immaturity, developmental delay, Autism Spectrum Disorders and Asperger's Syndrome, poor concentration and focus, difficulties in remembering instructions and follow directions, calming hyperactivity, impulsive and uncontrolled behaviour, difficulties following rules or hurting others, excessive shyness; unusual quietness and lethargy, refusal to speak in unfamiliar or uncomfortable situations, separation anxiety, especially for those children who are starting school next year, poor coordination, speech difficulties, and anxiety and depression.

Teachers, educators, other professionals, clients and families have been consistently impressed with her positive approach and the results of her work.

Claire regularly presents Brain Gym and Kinesiology programs and workshops both nationally and internationally. For further information please contact:

### **Claire Hocking**

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## BOOKING FORM

I/we will be attending:  **Werribee Friday 14 June 2019**  **Geelong Friday 21 June 2019**

Name(s) \_\_\_\_\_

Home Address: \_\_\_\_\_ Postcode \_\_\_\_\_

Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

School/Organisation: \_\_\_\_\_

Address: \_\_\_\_\_ Postcode \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Please post/email this form to: Claire Hocking, 10 Greenleaf Drive, Lara VIC 3212  
Ph: 03 5282 5985 Mobile: 0419 569 071 Email: [claire@wholebrain.com.au](mailto:claire@wholebrain.com.au)  
ABN: 17 381 090 700

VICTORIA 2019

## This Professional Development Day is Especially Relevant for Integration, Special Needs and Transitional Prep and Pre-Prep Students.

Based on neuroplasticity, Brain Gym can bring about dramatic and lasting changes in brain integration.

Brain Gym assists in stimulating and maturing neural connections. A child's nervous system goes through specific, chronological stages of development during their first eight years of life with 'windows of opportunities' during which the brain is particularly efficient at hard wiring neural connections for specific types of learning. Doing the Brain Gym movements creates immediate and lasting changes by actually more building effective pathways within the brain and body that help in the completion of essential developmental stages.

Brain Gym assists the child's brain to build a strong foundation for their future learning and development: mental, intellectual, social, emotional, physical, and creativity.

Brain Gym is extremely useful when working with children with any type of learning or behavioural difficulties, ADD/ADHD, Autism and Asperger's, and dyslexia.

## In this workshop you will learn:

- The 26 Brain Gym movements and how they assist and mature development and learning
- How and why Brain Gym works and the latest supportive brain research
- PACE - a specific sequence of Brain Gym movements that helps children to settle down, relax, pay attention and effectively 'switch on' to learn
- Different ways you can easily implement Brain Gym into early childhood education
- Learn which sets of Brain Gym are most useful for improving thinking, listening and speaking, focus and concentration, memory, visual processing, auditory processing, comprehension, reading, spelling, writing, maths, co-ordination, music, drama, and art
- Simple fun-to-do Brain Gym games, songs and activities



## VICTORIA

**Werribee Friday 14 June 2019 Geelong Friday 21 June 2019**

**TIME:** 9.30am - 3.30pm

**COST:** \$295 includes GST (includes manual, materials and catering). Brain Gym resources will be available for purchase at the workshop including Brain Gym Teachers Edition.

A certificate of participation will be issued at the conclusion of the workshop.

No prerequisites – workshops are open to all interested people.

**BOOKINGS ESSENTIAL:** Sending of this form is essential for enrolment. A tax invoice and confirmation letter will be sent. Full payment will be required if participants do not attend without notification. An alternative person will be accepted. Cheques payable to 'Claire Hocking' or payment by internet banking and credit card/EFT available. ABN 17 381 090 700

Brain Gym is the registered trademark for the name given to the sensorimotor program of Educational Kinesiology.

## TESTIMONIALS

*"Our daughter Elly at 7 years old was having multiple tantrums daily, which was affecting her relationships with her peers and our family environment. She seemed constantly frustrated. Refusing to accept that it was simply her disposition we decided to take action. A friend recommended Claire, so we made an appointment and have not looked back. Claire's professionalism and ability to understand Elly's needs was amazing. Elly connected with Claire straight away and we saw positive changes in her behaviour after her first appointment. A few simple exercises every day changed our daughter's life. After 8 months of Brain Gym Elly is a different child. She is interacting positively with her peers and said she is happy now because she doesn't feel angry all the time. Elly's school work, even her handwriting has improved dramatically. We were previously anxious about her prospects but we are now excited about her future. THANK YOU CLAIRE "*

GH, PARENT

*"A very informative and realistic program which can definitely make an impact in classrooms."*

TEACHER

*"Thank you for meeting with my son yesterday. I just wanted to let you know what an incredibly positive outcome we had last night. He was happy, considerate and a delight to be around. He enjoyed his soccer game and did not have any altercations. He was kind with his sister and did not hit her ONCE!! This is extraordinary. Bedtime was without tantrums, although it was still after 9pm when he was ready for sleep. Thank you again."*

JANE D PARENT

*"Great thanks. I will definitely be using this with my class very soon!"*

TEACHER