

BRAIN GYM™ for Learning, Wellbeing and Mindfulness

Learn Effective Educational Kinesiology
Techniques and Strategies that Easily Switch
On the Brain for Improved Learning,
wellbeing and Mindfulness



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 also regularly uses Educational Kinesiology in schools, aged care facilities and health centres.

Claire specialises in reducing all types of challenging behaviours both in her clinical sessions and in preschool and childcare centres, schools, workplaces, aged care facilities and in health centres for over 20 years. Professionals, clients and families have been consistently impressed with her positive approach and the results of her work.

Claire regularly works with clients in her clinics with mental health issues and challenges including depression, anxiety, phobias, eating disorders, addictions, bipolar disorders, with pleasing outcomes. Brain Gym can be especially useful for students experiencing any sort of learning or behavioural challenges or deemed to be 'at risk', or students with special needs and disabilities. Claire has also worked with a number of primary and secondary students who were about to be suspended or expelled from school due to their unacceptable behavior. All of these student's behavior and attitudes significantly improved once they commenced having consultations with Claire. All parents and teachers have been very pleased with the results achieved.

Claire regularly presents Brain Gym and Kinesiology programs and workshops both nationally and internationally.

Claire Hocking

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BOOKING FORM

I/we will be attending: Newcastle (Redhead) – Friday 31 May 2019

Name(s) _____
Home Address: _____
Phone: _____
Email: _____
School/Organisation: _____
Address: _____
Phone: _____
Mobile: _____
Postcode _____
FAX: _____
Postcode _____

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
ABN: 17 381 090 700

Teachers, Educators, Workplaces, Preschool Workers, Aged Care Workers, Health Professionals, Mental Health Professionals, Counsellors, and Therapists, and other interested people.

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

easy, quick and enjoyable as they “switch-on” areas in the brain that are needed for the day’s learning and functioning,

Brain Gym switches on the same areas of the brain needed to regulate emotions, to improve attention span and focus, and in preparing and supporting the brain for effective mindfulness sessions. The Brain Gym movements are also extremely effective in reducing anxiety and stress and improving health and wellbeing. Brain Gym can be especially useful for those who experience difficulties in engaging in some mindfulness techniques.

They can bring about significant changes in concentration, memory, organization, reading, writing, spelling, maths, communication, speech, vision, hearing, vision, balance and coordination and overall health and wellbeing. Brain Gym will encourage everyone to work towards their full potential. Everyone can benefit from doing Brain Gym.

In this workshop you will learn:

- The 26 Brain Gym movement program
- How and why Brain Gym works and the latest brain research, especially in relation to wellbeing and mindfulness
- PACE - a specific sequence of Brain Gym movements that helps your students to settle down, relax, pay attention and effectively ‘switch on’ to learn and functioning more comfortably. PACE is extremely useful in preparing the brain for their mindfulness sessions.
- Different ways you can easily implement Brain Gym into daily routine, including the classroom and curriculum for effective learning, performance and wellbeing.
- Learn which Brain Gym are most useful for improving concentration, memory, thinking, reading, writing, comprehension spelling, speaking, listening, maths, sports, PE, music, drama, art, & IT, wellbeing and mindfulness.

TESTIMONIALS

“It was a fantastic workshop and an eye opener as to how simple movements done consistently can bring about a change in learning and behaviour”

SMITA B, TEACHER

“I have gotten an amazing amount of information from the program. Fantastic”

MARTA K, TEACHER

“The workshop was easy to understand, very practical and easy to use and implement at school”

JO B, TEACHER

“One of the best PDs I have been to”

JULIE N, TEACHER

“The whole session was so informative and showed how simple the application can be used in the classroom with amazing results”

KERRY MCP, TEACHER

“This workshop has so many benefits for use in schools as well as for people with special needs”

JOAN AUSTERBERRY, SCHOOL SUPPORT

“Very useful workshop for all teachers. Research that is available to support Brain Gym’s findings can be applied to all age groups. Highly practical fun based program”

KATHRYN S, TEACHER

NSW

Newcastle (Redhead) – Friday 31 May 2019

TIME: 9.30am - 3.30pm

COST: \$295 inc GST (includes manual, materials, catering and a copy of ‘Brain Gym Teachers Edition’)

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

This Brain Gym workshop fulfils the VIT Standards of Professional Practice and Renewal Registration

BOOKINGS ESSENTIAL: Sending of this form is essential for enrolment. A tax invoice and confirmation letter will follow. 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

Switched On
— 4 Life —