

# BRAIN GYM™ for Special Needs & Disabilities

Learn Easy Brain Integration  
Techniques to Promote Effective  
Learning, Behaviour and Development

This Brain Gym Professional Development fulfils  
the Victorian Institute of Teaching Special Needs  
requirement for Registration Renewal



## PROFESSIONAL DEVELOPMENT WORKSHOP

Presented by

**CLAIRE HOCKING**

Dip. Teaching, Cert. A, AST 1, VIT, AKA

Educational Kinesiologist &  
Brain Gym Consultant Australia



Claire Hocking is a leading international Educational Kinesiologist, Brain Gym consultant, and is Director of the Whole Brain Learning Centre where she consults privately with people of all ages.

For over 20 years Claire has specialised in working with all types of special needs and disabilities, including challenging behaviours, Autism Spectrum Disorders, ADD/ADHD, dyslexia, anxiety and anger management in her clinical sessions and in preschool and childcare centres, schools, aged care facilities and health centres. Professionals, clients and families have been consistently impressed with her positive approach and the results of her work to improve learning outcomes and daily functioning.

Claire has also worked with special needs and disabilities as a classroom and primary music teacher, and as a secondary special needs teacher. 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 keeps up-to-date with all current research and practises which she includes in all her workshops and regularly presents Brain Gym and Educational Kinesiology programs and workshops both nationally and internationally.

### Claire Hocking

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## BOOKING FORM

I/we will be attending Newcastle (Redhead) – Friday 30 August 2019

Name(s) \_\_\_\_\_  
Home Address: \_\_\_\_\_ Postcode \_\_\_\_\_  
Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_  
Email: \_\_\_\_\_  
School/Organisation: \_\_\_\_\_  
Address: \_\_\_\_\_ Postcode \_\_\_\_\_  
Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Please email/post 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

A one day workshop for pre-school and kindergarten, primary teachers, health professionals, therapists, child care professionals, educators, parents, carers and other interested people.

Learn simple Educational Kinesiology techniques that promote more efficient and effective neural connections to 'switch-on' areas in the brain. The Brain Gym movements are easy, quick and enjoyable as they assist with the day's learning and functioning. Brain Gym is extremely useful when working with children or adults with any type of learning, behavioural, emotional and mental concerns, and as a support to other therapies. Based on neuroplasticity, Brain Gym can bring about dramatic and lasting changes in brain integration, daily functioning, learning and behaviour.

Brain Gym can be used by people of all ages and situations. Brain Gym is just as effective if the person is doing the movements themselves or being assisted.

### In this workshop you will learn:

- How and why Brain Gym works so effectively with children and adults, especially those who have special needs, including intellectual, physical, emotional and mental disabilities and disorders
- The 26 Brain Gym movements including the modifications specifically adapted for special needs and disabilities.
- 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 to reduce anxiety, depression and stress levels.
- Different ways to improve thinking, focus, concentration, learning, coordination, language and communication skills, reading, comprehension, writing, spelling, speaking and listening, maths, vision, hearing, memory, fine and gross motor coordination.
- Learn the Brain Gym for assisting Autism Spectrum Disorders, Asperger's Syndrome, cerebral palsy, Downs Syndrome, ADD/ADHD, dyslexia, visual processing disorders, auditory processing disorders, dyspraxia, language disorders, dyscalculia, dysgraphia, depression and anxiety disorders, global developmental delay, sensory dysfunction and retained primitive reflexes.

### NSW

Newcastle (Redhead) – Friday 30 August 2019

**TIME:** 9.30am - 3.30pm **COST:** \$295 inc GST (includes manual, materials, catering and a copy of 'Brain Gym Teachers Edition')

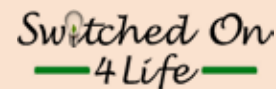
No prerequisites – workshops are open to all interested people.

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

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



### 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 gained 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