

BRAIN GYM® FOR THE TEENAGE BRAIN

Learn Effective Educational Kinesiology Techniques to Assist in Promoting Positive Brain Development and Health

A One Day Workshop for Teachers, Psychologists, Counsellors, Therapists, Health Professionals, Parents, Carers & Other Interested People

Presented by Claire Hocking - International Educational Kinesiologist & Brain Gym Instructor and former secondary teacher with over 20 years' clinical and school experience working with teenagers

NT 2015

○ Darwin Monday 2 November ○ Alice Springs Thursday 5 November

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

TIME 9.30 am - 3.30 pm

COST \$295 (inc gst) includes manual, materials, catering and a copy of the new 'Brain Gym Teachers Edition (value \$60)



In this Workshop You will Learn:

- ✦ About the fascinating teenage brain and the latest brain research
- ✦ How and why Brain Gym works so effectively in switching-on the teenage brain
- ✦ The Brain Gym movements that promotes healthy and positive brain development
- ✦ Easy and effective ways to assist in reducing the frequency and intensity of challenging behaviours and emotions, and promote logical and rational thinking and behaviours
- ✦ How Brain Gym can be an invaluable addition to support preventative strategies and management practices
- ✦ PACE - a specific sequence of Brain Gym movements that help people to effectively 'switch on' to settle down, relax, concentrate, focus and behave
- ✦ The Brain Gym that is most benefit for improving executive functioning, self-control, impulsiveness, mood swings, challenging behaviours, thinking, focus, concentration, and learning
- ✦ Learn the Brain Gym that is most benefit for accounting, art, biology, business management, chemistry, dance, design & technology, drama, economics, English, food & technology, geography, health & human development, history, information technology, legal studies, literature, mathematics, media, music, PE, physics, psychology, visual communication design

Adolescence is a time of major changes in a teenager's brain. Based on neuroplasticity, Brain Gym can bring about dramatic and lasting changes in how the teenage brain 'wires-up', promoting healthy and positive brain development. The Brain Gym movements are easy, quick and effective as they "balance" and switch on areas in the brain that is needed to cope with the day's functioning and learning. Brain Gym is safe to do in conjunction with other therapies, specialist areas, or with the taking of medications and supplements.

For more information contact **Claire Hocking** on (03) 5282 5985 or claire@wholebrain.com.au or mobile: 0419 569 071 or visit www.wholebrain.com.au Fax (03) 5282 8542

BOOKINGS ESSENTIAL- Curriculum Days Also Available

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 FOR THE TEENAGE BRAIN – NT 2015

I/We will be attending: Darwin 2 Nov Alice Springs 5 Nov

Name(s): _____

Home Address: _____ Postcode: _____

Phone: _____ Mobile: _____

Email: (Please Print Clearly) _____

School / Organisation (If applicable) _____

Address: _____ Postcode: _____

Phone: _____ Fax: _____

Please fax/post this form to: Claire Hocking
ABN 17 381 090 700

FAX: (03) 5282 8542
Ph: (03) 5282 5985

Postal: 10 Greenleaf Drive, Lara, Vic 3212
Mobile: 0419 569 071