

BRAIN GYM® FOR THE WORKPLACE

SIMPLE KINESIOLOGY STRATEGIES FOR EASILY IMPROVING STAFF MORALE, PRODUCTIVITY AND REDUCING STRESS

Presented by Claire Hocking - International Brain Gym Instructor & Educational Kinesiologist



Brain Gym for the Workplace Assists in:

- Managing stress and anxiety
- Increasing energy levels and motivation
- Reducing mental fatigue
- Coping with change
- Managing work demands
- Improving workplace morale and health
- Increasing performance and productivity
- Accessing creativity, style and flair, and new ideas
- Promoting healthy work/life balance

A ONE DAY WORKSHOP FOR PROFESSIONALS

This practical professional development session focuses on using the Brain Gym movements in the workplace. Brain Gym is a component of Educational Kinesiology. Educational Kinesiology is a unique and powerful holistic natural therapy that recognises the importance of body, mind and spirit in health and every day functioning.

Brain Gym is a gentle and energizing program, which includes movement, to effectively switch-on the brain and reduce the symptoms of stress.

Brain Gym activates and stimulates the formation of more efficient and effective neural connections in your brain and body for improved functioning and performance. Many people who use Brain Gym experience increased energy and well-being, a general feeling of good health, and display greater ease in performing everyday activities.

The 26 Brain Gym activities are designed to easily and effectively improve memory, concentration, cognitive functioning and communication skills and reduce mental fatigue, anxiety and stress levels.

Brain Gym will allow you to do your job better, with more ease and enjoyment.

Brain Gym for the Workplace is:

- **Effective** as it shows significant results in a short period of time, often immediately.
- **Simple and Safe** as they are natural movements that enable people of all ages to easily switch-on their brain. Brain Gym is non-invasive, drug free and absolutely safe to do in conjunction with other therapies, medical and specialist areas, including the taking of medication and supplements.
- **Flexible** in its application. It takes about 20-30 seconds to do each Brain Gym. There are times when a short session is all that is needed to other situations when there is a need to devote more time. The Brain Gym program can be as simple or as elaborate as you wish.
- **Portable** and needs no equipment, technology, or special space. Brain Gym can be quietly done anywhere, at any time with a minimum of distraction and fuss.
- **Adaptable** to any work situation. There are sets of Brain Gym to switch-on for specific job skills, including focusing attention, communicating effectively, maintaining positive energy, accessing memory, preventing eye strain at the computer, and paying attention to detail.

Please see over for some examples of specific job skills that Brain Gym can be useful for.

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Brain Gym for Specific Job Tasks

The following are examples of specific job tasks that Brain Gym can assist in effectively switch-on for.

- Comfortable air travel
- Comfort working alone
- Being assertive
- Cold calling
- Communicating effectively
- Handling criticism and complaints
- Composing letters
- Being comfortable working at the computer
- Maintaining confidence
- Giving constructive criticism
- Accessing creativity and new ideas
- Accessing memory
- Multi-tasking
- Filing out repetitive paperwork
- Organising paperwork
- Maintaining comfort with people
- Handling personal decisions
- Planning long-range strategies
- Seeing other points of view
- Maintaining positive energy
- Setting priorities
- Problem solving
- Remembering product knowledge
- Public speaking

- Entering data with speed, accuracy and comfort
- Paying attention to detail
- Dictating
- Dealing with disappointment
- Driving with comfort
- Maintaining enthusiasm
- Troubleshooting of equipment
- Organising and completing tasks
- Preventing eyestrain at the computer
- Reading without eyestrain
- Filing
- Focusing attention
- Following through
- Setting and meeting goals
- Handling objections calmly
- Keeping a sense of humour
- Inputting with accuracy
- Carrying out instructions
- Conducting interviews
- Keyboarding with dexterity
- Expressing leadership skills
- Interpreting legal codes and language
- Listening actively and attentively
- Using maths skills
- Using mechanical skills
- Leading meetings

- Answering questions
- Meeting quotas
- Developing rapport
- Speed reading
- Reading with accuracy
- Reading with comprehension
- Handling rejection
- Maintaining resources
- Delegating responsibility
- Taking responsibility
- Staying on schedule
- Accessing positive self-concept
- Maintaining self-control
- Sequencing numbers with precision
- Setting limits
- Sitting comfortably
- Solving software problems
- Speaking clearly
- Spelling with accuracy
- Staying calm
- Working as part of a team
- Team-building
- Maintaining telephone voice quality
- Answering telephones
- Maintaining versatility
- Writing legibly
- Writing effectively