

# BRAIN GYM™ For Reducing Challenging Behaviour

Learn Effective Brain Integration  
Techniques to Assist in Reducing  
the Frequency and Intensity  
of Challenging Behaviours



## 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.

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ABN: 17 381 090 700

## BOOKING FORM

I/we will be attending Newcastle (Redhead) – Thursday 30 May 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

NOT APPLICABLE

A One Day Workshop for Teachers, Educators, Preschool & Kindergarten and Child Care Workers, Psychologists, Counsellors, Social Workers, Welfare Workers, Community Development Workers, Health Professionals, Aged Care Professionals, Parents, Carers & other interested people.

Brain Gym is very effective for promoting mind/body balance and for improving many mental health issues, such as stress, anxiety and depression. Many people who have Brain Gym sessions experience increase energy and well-being, a general feeling of good health in both mind and body, and display greater ease in performing everyday activities. Brain Gym can play a vital role in promoting positive mental health and wellbeing.

Based on neuroplasticity, Brain Gym can bring about dramatic and lasting changes in brain integration. The Brain Gym movements are easy, quick and effective as they “balance” and switch-on areas in the brain, especially the frontal lobes, that are 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. Brain Gym is extremely useful when working with children or adults with any type of learning, behavioural, emotional and mental concerns.

## In this workshop you will learn:

- Easy and effective ways to assist in reducing the frequency and intensity of challenging behaviours.
- How and why Brain Gym works so effectively with supportive brain research.
- The 26 Brain Gym movements.
- 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, thinking, focus, concentration, and learning.
- Learn the Brain Gym that is most beneficial for Autism Spectrum Disorders (ASD), Asperger’s Syndrome, ADD/ADHD, hyperactivity, impulsivity, Oppositional Defiance Disorder-ODD, Obsessive Compulsive Disorder - OCD, stress, anxiety, depression, phobias, panic attacks, post-traumatic stress disorder, mental disorders, emotional disorders, mood disorders, anger management, socially inappropriate behaviour, and global developmental delay.

## NSW

**Newcastle (Redhead) – Thursday 30 May 2019**

**TIME:** 9.30 am to 3.30 pm

**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

**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 Hoeking’ or payment by internet banking and credit card/EFT available.

ABN: 17 381 090 700

Switched On  
— 4 Life —

## TESTIMONIALS

*“Our daughter Ely 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 Ely’s needs was amazing. Ely 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 Ely 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. Ely’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