

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 VET 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 Hucking’ or payment by internet banking and credit card/EFT available.
ABN: 17 381 090 700

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