



OPTIMAL BRAIN ORGANISATION

3 Day Certificate Course

This certified 24 hour basic course in Educational Kinesiology is fully accredited by the Australian Kinesiology Association and the International Educational Kinesiology Foundation

Optimal Brain Organisation OBO® (formally Brain Organisation Profiles) explores the concepts of laterality, hemispheric specialisation, identification, and balancing to facilitate whole brain learning. Also includes balancing for whole brain, eye, ear, hand and feet functioning. An extremely useful course for teachers and anyone associated with learning and training.

Pre-requisites

Brain Gym 101 is the pre-requisite for this course.

This course is the compulsory pre-requisite for training as a Brain Gym Instructor. This Brain Gym course is taught in over 180 countries around the world.

Course Content

This 24 hour course demonstrates how you can apply the OBO balance processes to benefit yourself and others. Learn techniques that can be important resources for yourself, your students and clients, when under stress, or in a new learning situation.

Who will benefit from Learning OBO?

OBO is very safe and easy to use and will be of benefit to:

- Teachers/Educators to help students 'switch on' for improved learning, especially new learning – childcare, pre-school, primary, secondary, tertiary & adult education.
- Students wishing to perform well in their studies
- Professional and business people aiming to improve morale, productivity, staff health, organisation and decision making
- People working in health, medicine, counselling and allied professions
- Aged Care Professionals – diversional therapists, personal carers, activities & recreation personal
- People of all ages who are wanting to enhance their lives and learning skills
- Parents and educators, who wish to bring more ease and joy to the children in their care, including those with learning or behavioural difficulties
- People who wish to add a skill to their existing profession

You Will Learn

- The role of laterality in everyday functioning and learning
- The physiological basis of laterality and supporting brain research
- The Energy Exercise Variations
- Kinesiology balancing techniques
- Muscle checking and self-testing
- How to assess and interpret Brain Organisation Profiles
- How to maintain whole brain- and whole body-functioning when under stress, or in a new learning situation
- An Action Balance for Dexterity
- An Action Balance to Honour the Learning Profile
- An Action Balance for Conscious Sensory Organisation
- An OBO X-Span Balance

About your Brain Gym Instructor



Claire Hocking is an experienced International Educational Kinesiologist, Brain and Vision Gym Instructor and OBO Instructor for the past 20 years. Claire has a private clinic in Lara, Victoria. Claire has successfully used Educational Kinesiology and Brain Gym in schools as a primary and secondary, music and a special needs teacher and in businesses and in aged care settings. Claire regularly teaches Brain Gym and Educational Kinesiology workshops both nationally and internationally.

For more information contact:

Claire Hocking, Brain Gym Instructor, 43 Young St, Lara, Vic 3212

Phone: (03) 5282 5985 Mobile: 0419 569 071 Fax: (03) 5282 8542

Email: claire@wholebrain.com.au www.wholebrain.com.au

ABN 17 381 090 700