

One day workshop for professional/personal development

## Essential Brain Gym®

Self help tools for ease and success in learning, life and work

Experience the core concepts, procedures & tools of the Educational Kinesiology/Brain Gym® programme

### Edu-K & Brain Gym®

- What is the basis of the Brain Gym® activities and the Edu-K programme?
- What is the connection between kinesthetic abilities, increasing skills, reducing stress and personal wellbeing?
- How can I integrate Brain Gym into my current work and life strategies?

Essential Brain Gym offers practical tools and physical activities for immediate application. You will explore the concepts underlying the programme and be able to experience them.

### About the Edu-K programme

Educational Kinesiology is a self help programme for change. Its simple tools and procedures belie its opportunities for profound and tangible change in many areas of daily life. Its creator, Paul Dennison PhD, spent 20 years with 100s of volunteers observing the effects of his movement-based interventions and selecting the most effective for his clients' purposes. Edu-K is used in over 80 countries in education, sports, business, stress reduction, behaviour management, performing arts, skills enhancement and many other areas. It is suitable for children and adults and can easily be adapted to people of all cognitive, social and physical levels from those with challenges to the

### What does the workshop cover?

It covers the four main pillars of the programme:

- **Concepts:** the 3 dimensions of intelligence and the dynamic brain model
- **Activities:** using the Brain Gym activities to bring ease and greater integration into a wide range of skills that underpin everyday life
- **Goal process:** a goal setting process to intensify the effect of the activities
- **Noticing:** bring attention to body states, skills levels and behaviour as indicators of self-directed change

### Who is it for?

Teachers; Learning Assistants; Special Needs Teachers; Occupational Therapists; Speech & Language Therapists; Human resource managers; Team leaders; College tutors; Sports coaches; Performance artists and tutors; Business managers; Parents; Life coaches; Psychotherapists & Counsellors; anyone interested in body-based self-development techniques.

At Hendon  
Natural Health Centre  
NW4 2HR



Educational Kinesiology  
Brain Gym®  
Optimal Brain Organisation  
Double Doodle

Workshops & courses for personal  
& professional development  
Individual consultations

- ≈ Empower change
- ≈ Transform challenges
- ≈ Turn gifts into achievement
- ≈ Enhance your skills

*Niki Honoré*

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Licensed Brain Gym® Instructor  
Optimal Brain Organisation Instructor  
Double Doodle Instructor  
International Edu-K Faculty

Cost: £125

“Bring a Friend” discount 10%  
Includes all materials &  
refreshments

Attendance entitles you to a  
£50 discount on the Early Bird  
cost of the 4 day Brain Gym  
Foundation Course (£495)