Allan Parker Presents

"SWITCHING ON YOUR BRAIN AGAIN"
2- hour introductory workshop
CARINS
Saturday June 16th
10:00am to 12:00 noon

Reading is to the brain what exercise is to the body

Want better reading, concentration, memory and reduce mind chatter and less Stress?

"Switching on Your Brain" Workshop takes a whole new fresh look at How we use and could use our brain.

This session will spark your awareness about your mind, brain and thinking, with a focus on the potential that is sitting there awaiting something to spark it. This 2-hour Introductory session will give you insights and some simple tools that will liberate that potential. How would it be if you could choose Composure over Stress? What difference would it make if we could quieten the inner mind chatter? Read faster? How would some simple techniques to improve your memory and concentration serve you?

How much do you know about how you think?

How much time do you spend considering how you think?

Or do you zoom through your day to day list of activities like most in auto pilot, using the same thinking processes today as we did yesterday and the day before?

Same thinking equals same behavior and same behavior equals same results.......dangerous formula?

For most of us the way we learned to think, remember and read was when we were 5-10 years of age, is still the way we think now.

This program is about learning how to use your brain differently, think differently and discover the untapped potential that's sitting waiting for you.

Course Details

Date: 16th June 2018

Time: Saturday 10:00am -12:00pm

Venue: Pullmans international hotel Carins

Cost: $50 +GST for schools and students
$70 + GST for general publc

Registration is secured by prepayment with a credit card.

Morning Tea on arrival at 9:30am for 10:00am start.

Register: 02 9331 7335
frontdesk@peakpd.com

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Partnership