

APPLYING NEUROSCIENCE TO LEARNING AND LEADING – A NEW WAVE

STARTING SOON ONLINE

TUESDAY, 7TH JULY AUS | 6TH JULY ALBERTA

16 WEEKS X 1.5 HOURS EACH SESSION

7.30AM AEST | 3.30PM ALBERTA MDT



PRESENTED BY
Micro-behavioural
neuroscientist
Allan Parker OAM
OPENING UP NEW
NEURAL PATHWAYS IN
EVERY SESSION

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| Week 1 - 7 July, 2026 | Eight practical things to know about your brain to enhance learning, memory, and concentration |
| Week 2 - 14 July, 2026 | Six steps to having a healthy brain, short and long-term- science of fluid Intelligence and improvement |
| Week 3 – 21 July, 2026 | Steps and choices to self-regulating - from stress to composure - a new set of choices |
| Week 4 – 28 July, 2026 | Eight behaviors to improve your quality of sleeping, deeply, consistently and reliably and staying asleep |
| Week 5 – 4 August, 2026 | Understanding and using neuronal plasticity for changing mindset, beliefs, and turning old habits into new ones |
| Week 6 – 11 August, 2026 | From Food Fads-to Food Facts - the science of energy, improvement metabolism, and clear thinking |
| Week 7 – 18 August, 2026 | Understanding the parts of our brain that produced deep connection, empathy, and how to use them. |
| Week 8 – 25 August, 2026 | New ways of managing attention, concentration to improve the ease of learning |
| Week 9 – 1 Sept, 2026 | How to support and influence others in self-regulating and improving relationships |
| Week 10 – 8 Sept, 2026 | Healthy brain, healthy conversations, healthy community culture |
| Week 11 – 15 Sept, 2026 | Five new ways of using your eyes to calm you down, manage attention, reset the poly vagal nerve, improve and switch off your over-alert system |
| Week 12 – 22 Sept, 2026 | From a life of rush, busy, overwhelmed, brain fog to a brain resetting and improving your writing |
| Week 13 – 29 Sept, 2026 | Memory and Sleep-forgetting what we need to forget and remembering what we need to remember- not the reverse. With no midnight to 2am midnight mind racing |
| Week 14 – 6 October, 2026 | Stage #1 - Putting the past back in the past -turning down trauma |
| Week 15 – 13 October, 2026 | Stage #2 - Putting the past back in the past -creating amnesia - turning down trauma |
| Week 16 – 20 October, 2026 | Future Design - Shifting out of the emotional system, into the visual spatial and central executive brain function and make your collective decisions |

ANS - TESTIMONIALS

<https://vimeo.com/733518351>

<https://vimeo.com/713926262/0f43220c7d>

<https://vimeo.com/804959192/c9a7bd500b>



<https://www.trybooking.com/DLFKB>

COST: \$450 + GST

Repeating attendees pay \$300 + GST
using code: REPEATER26