



ALLAN PARKER OAM PRESENTS
IN TAMWORTH & ARMIDALE
REGIONAL BRAIN RESET TOUR
JULY 23RD AND 24TH, 2026

Allan Parker OAM is a micro behavioural neuroscientist, whose first book, *Switch on your Brain* has been a best seller since its publication in 1986. Allan is embarking on an extraordinary journey through the heart of regional Australia, bringing insights, skills, and compassionate guidance to communities and individuals.

Allan's workshops delve into the neural pathways that govern our thoughts and behaviours, offering tools for a Calming Brain Reset (CBR).

**YOUR BRAIN IS YOUR
MOST POWERFUL ASSET**

- ✓ BEING MENTALLY FITTER, SHARPER, AND CALMER.
- ✓ LEARN HOW TO LISTEN TO THE BRAIN AND BODY YOU LIVE IN
- ✓ LEARN WHAT YOU CAN DO NOW, TO LIVE LONGER WITH AN INTACT AND HEALTHY BRAIN
- ✓ MAINTAIN COMPOSURE WHEN THERE ARE BUMPS AND HOLES IN THE ROAD OF LIFE.

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APPLIED NEUROSCIENCE TESTIMONIALS

JEAN NORRIS

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

TILLI CRISP

<https://vimeo.com/733518351>

DUBBO RBRT

<https://vimeo.com/981781314/1aad29c456>

PETER DALE

<https://vimeo.com/713950824/c8310f354c>

MANDY NAPIER

<https://vimeo.com/804959161>

Imagine a life free from overwhelm,
stress, anxiety and depression and
increase peaceful sleep.

ALLAN PARKER OAM SHORT
ON THE RBRT

<https://vimeo.com/984598922/976200fbd3>

TAMWORTH

ARMIDALE



SCAN THE QR CODE
TO BOOK NOW

WHAT YOU WILL LEARN

- ✓ **FIVE STEPS TO A BRAIN RESET:**
Reset your brain to have clearer thoughts, less stress.
- ✓ **MANAGING PRESSURE & TENSION:**
How to talk about pressure and lower it with five techniques for handling tension and emerging calmer on the other side.
- ✓ **UNDERSTANDING THE BRAIN:**
A deep dive into how our brain works and how to have a healthier one throughout your life.
- ✓ **CALMING CONVERSATIONS:**
How to have calming conversations rather than reactive debates to produce a healthier brain and better understanding of others.

TAMWORTH

THURSDAY 23RD JULY, 2026

TO REGISTER:

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ARMIDALE

FRIDAY 24TH JULY, 2026

TO REGISTER:

<https://www.trybooking.com/events/landing/1609744>



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