

Train Your Brain for Success

Workshop Options



TRAIN YOUR BRAIN For Success is a tour of the brain, based on **modern neuroscience** to help you understand how your brain works and how you can better leverage this powerful tool to create more success in your life.

In this workshop I will share with your team a number of simple, but highly effective techniques that they can use **immediately** to literally change the way their brains work, helping them to be more focused, creative and productive and ultimately more successful!

In this workshop we will cover:

How Your Brain Works - 2 million years of evolution and neuroscience made easy to understand and relevant to our modern day lives. Once your team understand why their brains hold them back from being the success they want to be they can start to train *their* brains for success!

Negative Thinking vs Positive Thinking - Why we think the way we do. Once your team understand their brain's motivations for negative thinking I'll give them the techniques they need to control their thoughts and turn negative thinking into positive thinking.

Procrastination vs Motivation - Why is it so difficult to just "get on and do it"? Why can't we rely on willpower to keep us motivated? I provide your team with simple, yet effective techniques to help them set the right goals and stay motivated to achieve them!

This is a highly interactive course with plenty of opportunity for your team to put into practice the techniques they will be learning. Every attendee will leave with an action plan and a buddy to support them in achieving it. A closed facebook group will keep everyone on track and an optional 90 minute follow up group call a month later can provide additional motivation and support.

All attendees will get life time access to my online course with additional materials, worksheets and further learning (worth £320 per head).

It is possible to run the course as three shorter 2 hour Mini- Workshops over a number of weeks or months. Webinar options are also available for teams who are scattered geographically.



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Training Package options

Workshop

One day workshop for up to 20 people covering the 3 outlined modules of the course including all worksheets, life time access to the online course with additional materials, content, worksheets and suggested further learning and a closed facebook group for ongoing support.

Cost £500 (£25 per head if at full capacity)

NB: Venue and lunch to be provided by your company

Workshop add on

90 minute online group call to support your teams in using their new knowledge and techniques, review progress on their action plans and keep them motivated towards their goals.

Cost £100 (£5 per head if at full capacity)

Mini-Workshops or Webinars

3 separate Mini-Workshops or webinars each one covering one module of the course. Each Mini-Workshop or webinar will be 2 hours long and provide worksheets, action plans. If all three workshops are booked you will receive the same life time access to the online course that is available to those attending the full day workshop. Numbers are not limited for webinars and they also act as great refreshers for those who have attended the workshops.

£170 per webinar or workshop (£8.50 per head with 20 attendees)

Testimonial

"The best money I ever spent on training! I found Train Your Brain for Success so helpful. Understanding exactly how your brain works helps to propel you forward in your business. The knowledge we learnt has helped my team overcome so many mental troubles and obstacles and given us actions and activities we can put in place. I would recommend this course to anyone who is looking to grow their business and develop at a personal level. It has helped me achieve so much with my team"

Claire Harrison, Arbonne

