

BRAIN BOOSTS™



What are Brain Boosts™?

Action-packed 2 or 3-hour learning sessions which stand alone, or are part of an overall package or special event.

Why participate?

Our sessions are in demand from those who:

- Want **immediate results** from learning, without breaking the budget.
- Wish to **promote** learning to a wider audience.
- Need **maximum** learning with **minimum** disruption to work or personal life.
- Are keen to **update** knowledge / skills on varied topics.
- Enjoy learning **tasters** prior to longer programmes.
- **Organise** conferences, team-building, or other special events.

When?

Our suggested **best value** format offers 3 x 2-hour, or 2 x 3-hour, sessions per day, available at any time of the year.

How many?

Optimum delegate numbers are **20** per session with two facilitators; we are equally happy to work with different group sizes.

Where?

Location to suit you. Room size - approx. 9m x 9m / 30' x 30' (or equivalent), with minimum furniture, and preferably with natural light and air, is needed. The bigger the better!

How?

Sessions are interactive, memorable, linked to key business competences, relevant in and outside of work, thought-provoking, and fun, and as every delegate becomes a participative learner, the transfer of learning provides an **immediate return on investment**.

How much?

Our rates are **highly competitive**, and vary with what you want. Please ask us for a no-obligation quote, and talk to us if your requirements are different from our best value format above. Our fees for the sessions below include:

- Delivery by experienced Brain Boost™ facilitators.
- All learning materials, including learner takeaways.
- Further information and support as required.
- Design and project management costs.
- Simple evaluation tool to assess the success of your Brain Boost™

Design fees will be charged **only** if you ask us to tailor set sessions to your requirements.

The table lists our most popular Brain Boosts™, followed by a summary of each.

Creative Thinking	Learning to Learn	Time Management
Food for Fit Brains	Memory Magic	Feedback for Aliens
Use Your Sense	Decision-Making for the Undecided	Creativity for Performance
Facing Fear	Map Your Mind	Emotional Intelligence



3-HOUR SESSIONS



Creative Thinking

Creativity, innovation and implementation are the cornerstones of development in leading organisations. You will learn the importance of applying creative thinking to strategic objectives and personal goals. Real business issues will be considered through a number of models of creativity, including the Directed Creativity Cycle, the principles of Archimedes, and Dilts' Disney model. Practical thinking techniques to produce a range of options, and the key steps to implementing new ideas, will be explored.

Learning to Learn

Come to this session only if you wish to quantumly improve your ability to learn, understand, and retain information! Drawn from the work of Bandler & Grinder, Gardner, and Rose, you will: identify personal gains in learning; explore ways to access your best learning state; know your sensory preference and how to use it in learning; make sense of learning through all your intelligences; consolidate data to retain it short-term; show understanding by applying learning; and review information to store it long-term.

Time Management

This could be the most productive way to spend your next 3 hours! Based on some of Stephen Covey's key principles, you will: understand the distinctions between efficiency and effectiveness, important and urgent; know how to link your work / personal objectives to the Time Management matrix; explore multiple tools and techniques to become a more effective time manager, whether you're practical or creative; and learn methods to handle that well-known question, 'Have you got a minute?' quickly.

2-HOUR SESSIONS

Food For Fit Brains

Most of us know we benefit from eating 5 fruit and veg a day - but do we know why? What other brain foods are out there? How can you realise your brain's full potential through food-based nutrients? Drawing from leading nutritionists, you will learn to eat your way to: being alert, clearer thinking, increased memory power, improved co-ordination. A session to give you food for thought!

Memory Magic

In our increasingly knowledge-based world, there is pressure on us all to retain more information, and be better organised in the way we use it. Whether it is 'to do' lists, key facts, shopping lists, names, or the many things we need to remember daily, this session will improve your recall in just 2 hours, as you learn techniques to boost your innate ability!



Our 3-hour **Memory Magic** also includes hints and tips to bring meaning to numbers.



Feedback for Aliens

We rarely think about how often we give feedback to others, including as managers, colleagues, friends, customers, parents, or partners. And how often do we shut our ears to negative feedback which could enhance our skills? In this session you will learn: a practical feedback process, how to use constructive language, and techniques to use all feedback to enhance personal performance.

Use Your Sense

Which is your primary sense - sight, sound, touch, taste, or smell? Drawing from NLP (Neuro-Linguistic Programming), you will gain an insight into how your senses impact every aspect of your life. Learn to develop use of your senses to improve how you take in and remember information, communicate with others, and influence those around you. Open your mind to your sensory world!

Decision-Making for the Undecided

With the trend towards personal empowerment, and devolved decision-making, individuals are making higher-level decisions in work. Drawing from Roger Dawson, you will explore the advantages of thinking using both left and right-brain functions, learn to categorise decisions to save time, and practise a systematic process which you can apply to many choices you make.

Creativity for Performance

Leading organisations are increasingly encouraging creativity and innovation at work to enable best use of available resources. This session will enable you to develop your creativity, by learning how to introduce creative thinking into your work, no matter what you do. Specific techniques (including ideas from Edward de Bono and Tony Buzan) will be practised, which can be instantly applied.



Facing Fear

From feedback, this session has directly inspired people to make positive changes in their lives. Through a process of personal affirmations, exploding some myths, and making the important link between mind belief and physical capability, you will learn to face your fears with increased confidence. Based on the best-selling book by Susan Jeffers - 'Feel the Fear and Do It Anyway'.



Map Your Mind

Do you: make notes, take minutes, write reports, produce presentations, develop training courses, manage meetings, lead teams, brainstorm ideas, study, or have a lot to do / remember? Then this is the session for you! Based on the works of leading brain researchers, learn methods to: structure your thinking, tap your creativity, generate ideas, and maximise your use of information.

Emotional Intelligence

Research shows that effectiveness and success owe more to Emotional Intelligence (EI) than IQ alone. Based on the work of Daniel Goleman and others, this session will enable understanding of the difference between EI and IQ, give you a pragmatic model to work from, and highlight a number of skills we can all develop to demonstrate this key factor for work-based or personal success.