

BRAINS, RESILIENCE & HIGH PERFORMANCE. ♦

MANAGE YOUR MINDSET TO BE HAPPIER AND MORE SUCCESSFUL.

Our brains are our greatest asset. How well do you take care of yours?

We rely on high functioning brains to make decisions, grasp complex problems and come up with creative solutions quickly. At the same time, we have to regulate our emotional response to maintain a resilient, flexible mindset. 24/7 demands mean many of us neglect our powerful brain/body/gut connection. You wouldn't drive your car without adequate fuel, water, oil and an annual service; do you treat yourself with the same care? This fascinating and fun masterclass will combine concepts from neuroscience, organisational psychology, and cognitive-behavioural coaching to help you train your brain and promote your neuroplasticity, resilience, and wellbeing.

Suitable for all, particularly well-being events.

YOUR BEST ASSET




OBJECTIVES

- ♦ Understand the brain/body connection
- ♦ Learn how to solve problems, focus and make better decisions by taking care of your brain and body
- ♦ Manage the boundaries between work and home
- ♦ Focus on priorities and remove distractions

INCLUDES

- ♦ Neuroscience on peak performance and the brain/body connection
- ♦ Resilience and wellbeing suggestions
- ♦ Work/life blend
- ♦ Cognitive behavioural theories
- ♦ Spotting the signs of burnout



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