

# Brainy Workshops For Teachers and Parents.

5 mini workshops that give you great 'tools' for your parenting and self help 'tool kits'. Teachers many of the techniques in these workshops increase the effectiveness of your delivery to students and increase overall learning outcomes for students.

**A great PD opportunity.**

1. **5 Minute Switch -On**

These exercises get the brain ready for learning.  
Move the students from play to learning mode quickly and easily.  
CD and Booklet available for \$35.



2. **Remember Easily.**

Visual memory is our fastest learning style. Learn how to use visual memory to recall, lists, spelling, sight words and number facts quickly and easily. Position your classroom displays so that information is learned effortlessly.

3. **De-stress.**

Simple techniques to easily de stress yourself and others.  
Great for reducing stress before meltdowns and quickly getting the body and brain into learning mode after a stressful experience.

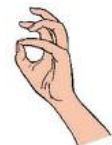


4. **Dominance Profile**

Based on Carla Hannaford's work on right/left brain dominance and learning. Our Dominance Profile is a key for understanding and overcoming barriers to learning and performing at your highest level.

5. **Introduction to Kinesiology**

Kinesiology is a natural therapy. All kinesiologists use muscle testing. With muscle testing you easily identify activities that cause stress and then find your how best o get your brain and body get back on track fast.



Term 1 2012 12.30-2.30 p.m. and 3.30 - 5.30 p.m.  
Tuesday - February 28th, March 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27th. (The last 5 weeks of term).

Fee: \$30 per workshop or \$125 for all five. Call for payment details.  
Group and pension concessions available. **Must RSVP if you are coming.**

These workshops are run at 30 Church, St West End. However I can visit your place for a minimum group of 5 people. Also available as one 5 hour training session.

JOCELYN SAGGERS Early Childhood Educator. Registered Kinesiology Practitioner.

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