

MINDING YOUR BRAIN is a 3-part process. Here's how it works:

Part 1: Minding Your Brain workshop

Here's what we'll cover in two fast-paced days:

- Overview
- What's natural for you?
- The world has changed; people struggle to adapt
- What are you thinking?
- Your brain works like a computer
- Healthy programming
 - Unhealthy programming: viruses
 - Virus protection: your mind



- Building your core of wisdom
 - Values
 - Character traits
 - Goals
- Your habit-ability
 - Making habits
 - Breaking habits
- MOBALS goal process
 - **M**indset (what is your *why*)
 - **O**ptions (for action)
 - **B**arriers (what might get in your way)
 - **A**ction
 - **L**earn (reflect on progress)
 - **S**ustain (deeply ingrain new habits)
- Viruses: The 3 R's
 - Recognize the virus
 - Reveal its true nature
 - Reprogram your thoughts
- Viruses & Virus Protection
 - 7 thought 'viruses'
 - 20 strategies to deal with and/or prevent viruses

Part 2: Habit-Ability

For the following six weeks you will focus on developing 20 powerful habits in four areas:

Focus ● Character ● People ● Stress

- Set a new goal each week
- Apply the workshop tools and strategies
- Work with learning partners and your facilitator to measure progress, learn, and make adjustments
- Receive Certificate of Achievement in recognition of completion of Parts 1 & 2
- Note: Online, telephone, and recorded options available for those who cannot attend *Habit-Ability* sessions in person

Next *Habit-Ability* series:

December 12, 19, January 9, 16, 23, 30

Part 3: Making It Stick

Sustaining your momentum is vital! *Minding Your Brain* is not just a workshop, but a powerful way of living the rest of your life. With *Making It Stick*, you'll learn how to:

- Maintain your focus with exercises and information delivered via email every two weeks
- Continue to set new goals and measure your progress
- Get professional feedback as you need it
- Add new tools and tips to keep you growing and on track
- Gain access to exclusive online content and *Minding Your Brain* community of people like you
- Available exclusively to graduates of *Minding Your Brain* Parts 1 & 2
- Invest \$35 per month or \$350 annually
- Want *Making It Stick* in person? Ask about training **Learning Leaders** for your group or organization.

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Next *Minding Your Brain* workshop: December 2 & 3 in Regina, SK

MINDING YOUR BRAIN

The answer to "What's Next?"



Do you stay awake at night with countless thoughts spinning in your head? Do you ever think about what you're thinking about? *Minding Your Brain* will help you **sort through the noise** and get your mental wheels turning in the right direction to **get where you want to go**.

Based on thousands of hours of research, *Minding Your Brain* is designed for people facing change:

- new responsibilities (professional or personal)
- retiring or rejoining workforce

Here's how it works: Think of your brain as the world's best computer. Now think of your mind as the world's most powerful programmer.



Like a computer, your brain uses all sorts of data to create its output, which is the results you see in your life. And like a computer, it does not judge the data as good or bad; it's only data.

That **leaves your brain open to harmful thoughts**, just as your computer can be open to harmful data, also known as viruses.

It is your mind's job to **spot the viruses and put a stop to them** while keeping the healthy stuff working in your brain. It's a full-time job with no retirement plan -- it lasts as long as you do.

Fortunately, your mind is unique among all living things: it can actually **think about what your brain is thinking about**. That gives you the ability to direct changes in your brain to focus on your long-term good. That's what *Minding Your Brain* is all about.

- ✓ **Highly personalized**
- ✓ Focus on **your goals** using tools that apply to **your life**
- ✓ **Fun** and supportive atmosphere
- ✓ Build **powerful habits** to meet your individual goals
- ✓ Make **positive changes stick**

Minding Your Brain is not a quick fix. It takes focus and practice. We start with a two-day workshop followed by six weeks of practical exercises to master the tools. **Ongoing support** is available for as long as you want it.

Ready to discover **what's next** in your life? Then register now!

***Minding Your Brain*: another Davis-Ward exclusive**

WHAT PEOPLE ARE SAYING...

This is a **life changing** program and I would **highly recommend** it to anyone wanting to make improvements and invest in their lives. *K. Marcynuk, City of Regina*

I like the message that you need to **take control** of your thoughts and actions to be successful... not preachy and gives good **motivating** information.

B. Hopfauf, Wainwright Credit Union

Great trainers and coaches recognize how difficult it is for all of us to **sustain** learning and make changes in our actions and habits. This program takes that challenge on: it's founded in **rich learning** about our brains and has inspired me in my own lifelong learning and in my commitment to help others keep learning, too.

M. Jeffery, Pursuit Learning & Consulting

Investment: \$1295 plus GST

Includes:

- 2-day *Minding Your Brain* workshop
- 6 weekly follow-through sessions

To register please contact:

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Join us for *Minding Your Brain*

when you're ready to use your head to get to the heart of where you want to go

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December 2 and 3 in Regina, SK

*Ask about hosting *Minding Your Brain* for your organization. Private coaching also available.*

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