

# Enhance Your Brain Power at Work



Our minds – how we regulate the flow of energy and information – can actually improve our brains. This course is based on rigorous science and will help participants become more effective on a daily basis by building mental resilience to cope with workplace pressures. They will be able to enhance their leadership skills, welcome challenges, and enjoy increased effectiveness. The strategies in this workshop will help participants protect themselves from burnout and enjoy using their powerful minds.

Over the course of **8 hours** (usually 2 x 4-hour live webinars), participants will:

- ✓ Get crystal clear about their priorities.
- ✓ Concentrate completely and resist distractions.
- ✓ Understand their memory and work with it more effectively.
- ✓ Convert stress into challenge and opportunity.
- ✓ Take a more rational approach to multi-tasking.
- ✓ Know what causes brain aging and how to slow that process.
- ✓ Listen actively, reduce conflict, and improve relationships.
- ✓ Develop better habits – neurons that fire together, wire together.

For decades Dynamic Learning has been offering well-researched, practical techniques that our clients apply immediately to increase productivity and enhance their working environment. Our customized in-house training programs help you motivate, develop, and focus your people on the issues that matter most to your organization. Our experienced team of highly trained facilitators offer you and your business exceptional insight and opportunities to improve your efficiency.

**Book your 15-minute Discovery Call with Eileen Pease to discuss your training needs for 2021.** Contact options:

<http://calendly.com/eileenpease>

Phone 902-483-5700

Email [epease@dynamiclearning.ca](mailto:epease@dynamiclearning.ca)

*I absolutely loved the information...the manual was filled with easy to read info. The hands-on examples during the very interactive workshop were so helpful! Eileen kept the workshop rolling along on time and was always willing to answer questions from the participants. She went above and beyond to give us her extra personal time at breaks or after sessions to continue answering our questions. A highly practical workshop indeed! Eileen also offered many additional links and books and helpful websites to the participants.*

Vicky Faight, CPA, Ontario