



Your Brain at Work

FUNDAMENTALS

Does this sound familiar?

You get to work with great intentions to do big things. You download 100 emails, and before you know it, it's the afternoon and you haven't even begun working on your tasks for the day.

Yet on other days, you seem to miraculously achieve a tremendous amount without the same struggle. The difference, this unique new workshop proposes, is how well you understand and navigate the quirks of your brain.

Your brain is the key to your performance. Isn't it time you really understood it?

Those who understand the brain, its quirks and limitations are more productive in every aspect of their work and lives, are able to solve problems quicker, stay cool under pressure more easily, drive change and collaborate with and influence others more effectively.

Your Brain at Work will give you the tools to be more productive in everything you do, through giving you a greater insight into what's happening in yours and other people's brains.

Know Your Brain: Transform Your Performance

An exciting one day workshop that will dramatically improve your performance and productivity.

What you'll learn

- How to improve your productivity through understanding what's happening in your brain
- How to prioritize more effectively to get more done
- The secrets of making solving problems easier
- The power of insights for motivation and getting into action
- Strategies to keep your cool when the pressure's on
- The 5 things you need to know about getting the most from others