



Your Brain at Work

MASTERY PROGRAM

Know Your Brain:
Transform Your
Performance



www.resultscoaches.com

The secret to peak performance to master your greatest assets

THE TIME FOR BRAIN MASTERY IS NOW ...

- **The blizzard of emails**
- **The competing deadlines**
- **The complex problems**
- **The pressure to perform**

We live in an ever increasingly complex world. Despite the fact that there is more technology at our fingertips to help us live and work better, we all seem to be more stressed, tired and stretched to get through our day. Why is it that as technology improves, things seem to be getting harder?

The truth is, we simply haven't learned to maximize the strengths and manage the limitations of the primary driver of thinking and performance – your brain.

The secret to achieving high performance (and/or helping others to do the same) doesn't lie in your computer, car or phone – it lies in your ability to master your own brain.

About this program

Imagine a world where you're:

- Able to solve problems with ease
- Dealing with stress much more effectively
- Getting more done in less time
- Achieving your potential and helping others to do the same

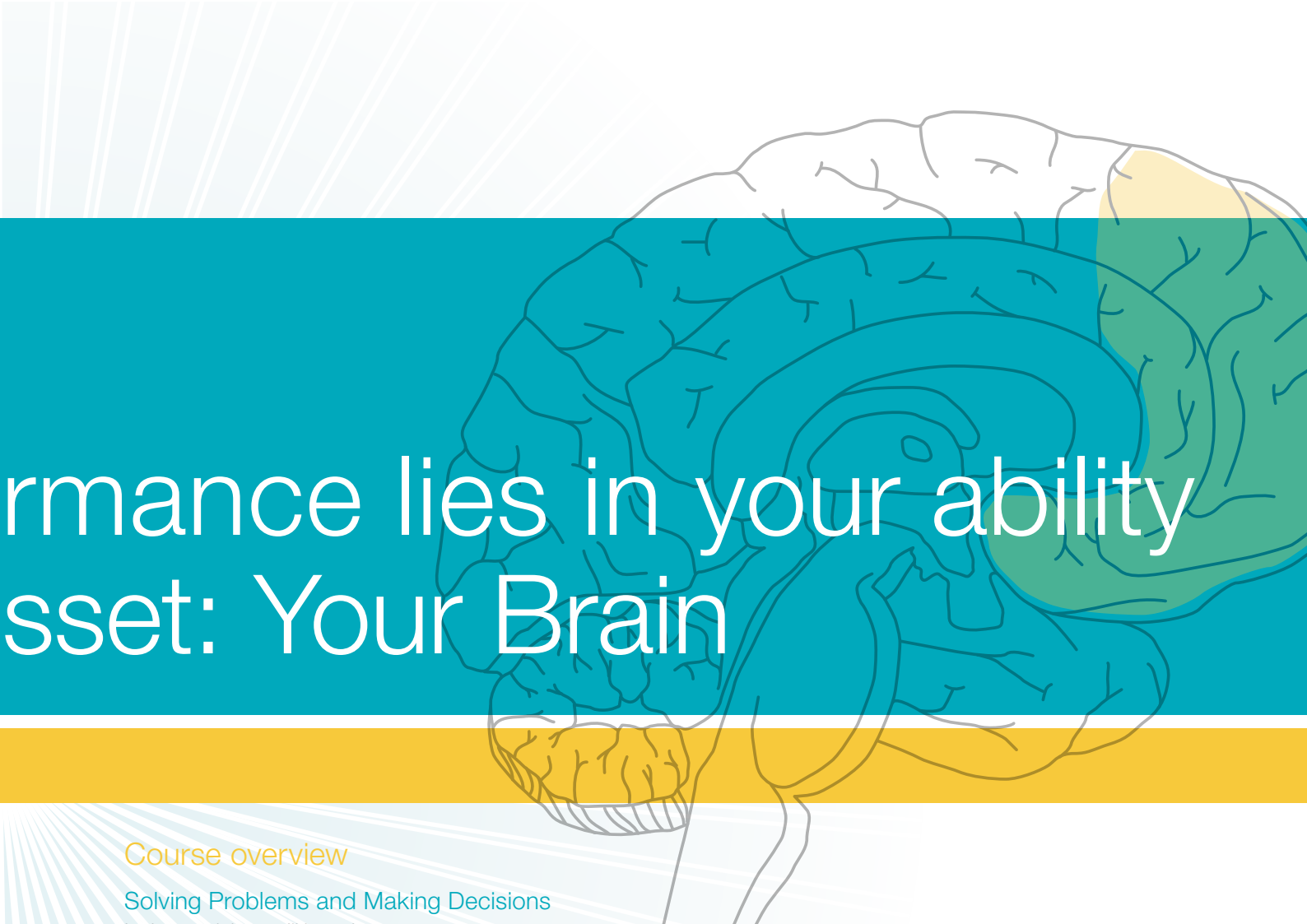
In this intensive 2 day, 2 teleclass program, you will be given the tools and knowledge to be more productive in everything you do through giving you a greater insight into what's happening in yours and other people's brains.

What you'll learn

- **Understand the latest science of the brain (neuroscience) and how it can improve human performance**
- **How to effectively manage the challenge of multi-tasking and organize your workload for optimum productivity**
- **Identify the impact stress has on your performance and develop new strategies to keep your cool and perform better when the pressure's on, and help others to do the same**
- **Understand what truly motivates so that you can get the best performance from yourself and others**
- **Know the causes of procrastination and develop effective strategies to manage and maximize productivity and performance**
- **Develop new ways for thinking about complex problems that allows you to work through them much more efficiently and effectively**
- **Mindfulness and the role it plays in your performance**

Who is it for?

This program is for everyone from senior executives to students, who want to be more productive and less stressed in their everyday lives.



Performance lies in your ability to harness: Your Brain

Course overview

Solving Problems and Making Decisions

In this module, you'll learn how to:

1. Work with your brain instead of against it, through understanding it's quirks and limitations
2. Organize your work so that you are more productive
3. Make thinking through problems less painful so that you can make better decisions
4. Deal with distractions that prevent you from getting things done
5. Get past roadblocks by thinking differently

Staying Cool Under Pressure

In this module, you'll learn how to:

1. Identify the key causes of stress when it arises
2. Deal with stress when you or others are derailed by drama
3. Create an environment of certainty and autonomy so that stress does not adversely affect productivity
4. Use key stress management techniques
5. Control stress levels through understanding the role that expectations play for you and others.

Collaborating with and Influencing Others

In this module, you'll learn how to:

1. Work more effectively with others through understanding the social brain
2. Increase your level of influence in the communities of which you are a part of
3. Get peak performance from others through understanding the main elements that affect the social brain (SCARF)

Facilitating Change

In this module, you'll learn how to:

1. Be solutions focused to create change
2. Create change more effectively through focusing attention
3. Create wide scale change with a 3 step process

Bonus tools

You will be given access to these bonus tools that will help you improve your thinking, performance and effectiveness in relating to others.

SCARF Self-Assessment

Based on David Rock's ground-breaking SCARF model, this assessment identifies how well you think you provide people with what the brain requires when interacting with others.

My Brain Solutions

Enhance your thinking in this online training software package that works like a Personal Trainer for your brain. You'll begin with an assessment on the quality of your thinking first, before taking regular online brain training to enhance your skill level in four different domains.

Course investment: \$1,895

Who is Results Coaching Systems?

Results Coaching Systems (est. 1998) is a human performance organization, delivering high-impact solutions to individuals and organizations around the world.

Our mission is to transform thinking and performance.

Our suite of training programs and development tools are based on the latest findings in contemporary neuroscience, enable lasting behavioural change and have been delivered to more than 10,000 professionals worldwide.

In the corporate arena, we specialize in three areas: coaching culture initiatives, brain-based leadership development programs and driving performance through high impact, bespoke training programs.

We also deliver a variety of open programs to the public for those who want to improve their productivity and performance, develop coaching conversational skills in short workshops, or become professional coaches.

Based on insights from David Rock's new book: *Your Brain at Work*

REGISTER NOW!

To register simply complete this form and fax to: **+61 2 9012 0619**

Your details

Name	Date	
Organization	Title	
Address		
Suburb	State	Postcode
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Course details

City	Date of program	No. of places
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Payment details

Course investment: \$1,895

1. Please debit my credit card in the amount of _____ Card type Visa Mastercard AMEX

Name on card _____ Signature _____

Card number _____ Expiry date / _____

2. I will mail a cheque payable to "Results Coaching Systems". GPO Box 395, Sydney, NSW 2001

3. Should you wish to pay by Direct Deposit please contact Results Coaching Systems

Please phone 1300 662 144 should you be sending a participant substitute in your place.

Your nominated credit card will be charged within seven days of registration.

You will be emailed a tax invoice.

Cancellations can only be received five days before the event.

