



Professional Development, Workplace & Schools Training

Introduction to Training

You may have read about Brain Gym, attended a talk or be new to it and feel excited by this innovative perspective on developing the physiological foundations for learning and daily life skills. What is the next step? The three main options are described in overview below. Further information is available via the “Training Options/Getting Started” button on the website.

■ **Customised workplace trainings and school Insets**

If you are considering an Inset for your school staff, or a customised seminar for a team or group, this is easily arranged. Click on the “Training Options/Workplace & Schools Training” button for information on talks, seminars, workshops and Insets for schools. You can contact qualified Brain Gym Instructors via the Professional Directory to discuss trainings for your situation, or phone our office on 020 8202 3141 and speak to Ruth Glassman, our Inset and Training Co-ordinator.

■ **Brain Gym® 101, foundation course in Brain Gym**

Should you wish to experience Brain Gym in more depth, you can book on one of the many Brain Gym® 101 foundation courses (see below) that are held all over the UK and in Northern and Southern Ireland. When you do, you will be joining people in over 80 countries worldwide in learning the basics of Brain Gym, with an internationally standardised course syllabus. There is a brief course description below and you can find more details by clicking on the “Training Options/Brain Gym® 101” button.

■ **Brain Gym® 101 in your school or workplace**

Delivery of the Brain Gym® 101 course in your school or workplace is another popular choice. See the “Training Options/Getting Started” button on the website.

Brain Gym® 101 is the first module in the Professional Training Track to become an Educational Kinesiology Consultant or a Brain Gym Instructor. There is a description of the full Training Track below. For more in-depth information, go to the “Training Options / Professional Training Courses” buttons.

Who can attend?

The training is open to all, regardless of background or experience, and aims to be a lively, stimulating, experiential, hands on way of getting to grips with what Brain Gym is and what it can achieve. Participants may attend one or more of the nine modules.

Overall training aim

The training aims to familiarise participants with the main tools of the programme, establishing a professional level of competence by the time the training is completed, where desired. The trainings are open to all and may be taken for personal as well as professional development.

There are two levels of professional competence: Educational Kinesiology Consultant and Brain Gym[®] Instructor, which involve completing Steps 4 and 5 respectively. Consultants are qualified to work one-to-one with clients and Instructors to deliver Brain Gym training to the wider public, including the Brain Gym[®] 101 foundation course. All Instructors are also Consultants.

Who is it for?

Many people attend the Training to increase their professional tool kit and find that Brain Gym can easily and effectively be added to existing skills. Those attending for personal development, or wishing to help family and friends only, are welcome to participate in Steps 1-3.

People attending the trainings include Teachers, Occupational Therapists, Educational Psychologists, Special Needs Tutors, Speech and Language Therapists, Personal Development Trainers, Human Resource Managers, Business Skills Trainers, Physiotherapists, Chiropractors, Healthworkers, Managers and Team Leaders, Performance Artists - such as singers and dancers, Psychologists, Psychotherapists and people pursuing their own self-development.

How is the programme delivered?

The course is modular and designed to be easily accessible to people in full-time work or with family and time commitments. Many of the courses take place over weekends.

Every participant has the opportunity to experience the effects of every Brain Gym activity, process and technique taught. They are encouraged to work on personal goals and issues throughout the training so that the tools of the programme and what they can achieve can be fully experienced. Embodied learning is a key theme of Educational Kinesiology - experiencing learning with full sensory and body engagement, rather than just “in the head”. The training style and course content reflects this and offers each participant the opportunity to explore how implementation of the programme will work best for them.

What will I gain from the training?

The objective of the training programme is that every person gains extensive experience of how the tools can help them move towards their goals and future development and feels prepared, confident and competent to use them with others.

How long does the whole training take, to Instructor level?

This varies greatly from person to person and on average is about two years.

What sort of investment is involved?

We aim to keep this reasonable and accessible. For Step 1 and Step 2 courses (excepting Further into Brain Gym[®]), which are organised by the Instructors themselves, the investment may vary somewhat based on region, type of course venue, whether lunch is included and other practical factors. Individual Instructors should be contacted for details. The courses comprising Steps 3, 4 and 5 are only taught by Faculty Instructors and Further into Brain Gym[®] is taught by one senior Instructor. For information on these courses, send us an online Contact Form or phone Ruth, our Administrator, at the Foundation office on 020 8202 3141.

Course dates

All the course dates for at least a year ahead can be accessed via the “Training Options / Professional Training Track Course Dates” button.

The Professional Training Courses

STEP 1: BRAIN GYM® 101 – Four day foundation course

Here is where it all starts, the key that opens the door to the programme, the activities, concepts, techniques and processes. This makes the Brain Gym 101 an exceptional investment in time and energy, as what you learn during this training is used and built on in all the subsequent courses.

Another great aspect of the course is that it is a complete training in itself, as it covers the full set of tools that belong to the Brain Gym part of the Educational Kinesiology programme. Having completed the course, the tools and processes can be used within your immediate professional remit and with family and friends. Should you decide you want to set up as a Brain Gym Consultant or Instructor, this takes further training to Professional level (see below).

An added bonus of attending Brain Gym 101 is that participants get to work on their own goals and issues, in any area that they want to change or improve. In addition to the individual benefits, we feel this personal experience is the best way of truly understanding the programme.

Brain Gym deals with the physical aspect of learning and life skills, so be prepared to move, discuss, learn a simple facilitation process for change, work with others' goals as well as your own and immerse yourself in the paradox that movement can bring calm, focus and grounding as well as changes in attitude, outlook and skills levels.

Many people say that they especially enjoy the activity-based type of learning on Brain Gym courses.

Brain Gym 101 offers three main tools:

- The 26 Brain Gym activities and two Repatterning sequences.
- Educational Kinesiology's unique process for setting and moving towards goals in any area of life, involving the development of self-observation or "Noticing" skills.
- The model of the Three Dimensions of Learning, a model which offers additional information on the effects of challenges on the body.

On completion of the course, participants will have a thorough experience of the entire package of Brain Gym skills, ready for immediate use. They will have the knowledge to implement the training into their particular context, be it mainstream education, special needs, sport, self-development, business, health and stress management or whatever the chosen area. The support of a mentor, time and practice will bring further depth to the tools learnt on the course.

Further information: Click on the “Training Options” then “Brain Gym® 101 course description” and “Dates” buttons.

Booking: Contact one of the Brain Gym Instructors listed in the Professional Directory.

STEP 2: COMPRISES FOUR SEPARATE COURSES

(these four courses may be taken in any order)

Further into Brain Gym® (16 hours)

The first day of this course looks at basic brain/body links. It provides a useful introductory context for the observed effects of the Brain Gym tools.

The second day revisits the activities and strategies learnt on Brain Gym 101 and deepens participants’ knowledge of this. Participants are encouraged to identify where they need to increase confidence or understanding. This is a learner-centred training in the hands of a very experienced Brain Gym Instructor, with many years of clinical experience and a background in physiotherapy.

Optimal Brain Organisation (24 hours)

In this course participants learn to identify sensory and brain organisation patterns in themselves and others: which is the preferred eye, ear, hand, foot and right or left hemisphere processing preference? Participants experience how this may change with stress and in different situations through body-based self-observation techniques.

These are invaluable tools in education for working with learning challenges, different learning styles and making the most of natural gifts. They have equal relevance in the workplace for developing human resources, building team co-operation, evolving effective management strategies and providing insight into presentation and teaching styles. In the social and interpersonal sphere, they are a rich resource for understanding other people’s behaviour, attitudes, strengths and challenges.

Visioncircles™ (32 hours)

Trainees now build on the foundation stone of Brain Gym® 101 with a fascinating further journey through vision enhancement, in the context of awakening full sensory awareness and perception. This is a road map to the completion of developmental skills, through 32 Vision Gym™ activities, art and play based around groups of developmental, visual and perceptual skills – the “Circles”.

Participants experience how releasing developmental stages – and the skills which accompany this stage – where we may have become stuck, can affect our perceptions and possibilities far into adult life.

Touch for Health I and II (32 hours)

The skills taught here are based on Dr John Thie's groundbreaking work in natural healthcare, the Touch for Health programme which explores how the muscles and body can provide information about our physical and emotional state. Trainees gain a basic familiarity with how muscles function and in noticing the difference in muscle response and posture when a person is relaxed or stressed, happy or despondent, energised or depleted, finding tasks easy or effortful. The skills learnt on this course prepare the way for the techniques taught on the Seven Dimensions of Intelligence In-Depth Course.

STEP 3: SEVEN DIMENSIONS OF INTELLIGENCE IN DEPTH COURSE (32 hours)

This course is taught by a Faculty Instructor and completes the Consultancy core syllabus by extending the principles of Brain Gym to seven dimensions of brain/body co-ordination. These dimensions are explored using "Noticing" skills, body-based observations as to when we, and others, access these functions and states of mind with ease or when they are a source of struggle or stress. The Seven Dimensions of brain/body function are:

■ Communication ■ Motivation ■ Organisation ■ Focus

■ Rhythm ■ Breathing ■ Self-management

We can often observe inhibitions and imbalance in one or more of these areas in relation to life and learning challenges. Body-based and movement tools to release these are taught on the course.

STEP 4: CONSULTANCY COURSES (2 courses)

Deeper in Depth (16 hours)

The aim of this course is to consolidate practitioner skills in preparation for setting up as an Educational Kinesiology Consultant. The skills covered include dynamic marketing and other business strategies for a successful outcome to the training, some of which are particular to Brain Gym. The learning tools draw on all the techniques, principles and processes learnt in the earlier part of the Training Track and there is strong emphasis on personal development work amongst the participants.

The objective is to provide participants with a solid information base, from Faculty Instructors who have long experience in running their businesses, and to encourage confidence in personal abilities.

The Integrated Consultant (16 hours)

This final preparation for starting work professionally as an Educational Kinesiology Consultant majors on the integration of the previous training and package of skills so that participants have these skills readily and confidently to hand as needed. Trainees are encouraged to take the time and space offered by the course to engage in personal in-depth progress towards using their skills professionally.

The combination of in-depth personal development and professional skills refinement at this final stage is intended to create Consultants with a motivated and confident outlook, competent to use all the Brain Gym tools.

STEP 5: INSTRUCTOR TRAINING & MENTORING PROGRAMME

The aim of this part of the training is to provide a thorough foundation for those wishing to teach Brain Gym to the wider public through insets, seminars and talks and the Brain Gym® 101 course. The course syllabus is internationally set and involves practical sessions of presenting and co-presenting aspects of Brain Gym® 101.

Peer evaluation is built into this training and all students are encouraged to take a constructively active role in feedback as the group between them present every aspect of the techniques, concepts and activities involved in the Brain Gym 101 course.

The objective is to consolidate knowledge and tools by delivering them in a supportive and responsive environment.

Mentoring programme: This final stage of the training involves teaching observation, co-teaching practice and final evaluation by a senior Instructor of the running and presentation of the Brain Gym® 101 Course by the applicant for Instructor status.