



## Sample customised training programmes

### 1 Using Brain Gym® in Schools

This one day training is designed to introduce teachers and other educational professionals to the practical use of Brain Gym during normal teaching practice. The skills learnt can be used in the classroom or in one-to-one teaching. The number of participants will ideally be less than 30 but larger numbers can be catered for.

Participants will learn how to use Brain Gym activities with pupils of all abilities. The training is interactive, hands on and movement-based.

#### Topics covered on the workshop will include:

- PACE – a sequence of four activities to prepare students – and teachers – to create a focussed and calm state for learning
- Activities to enhance the physical skills that underlie learning, such as visual, auditory, hand-eye, general co-ordination and focus
- Enhancing organisation, communication and comprehension
- Accessing a positive and motivated attitude to new learning
- The basic concepts and principles of Educational Kinesiology & Brain Gym
- How to fit it into your teaching and save time

### 2 Working with stressed and challenged students

This training focuses on helping students with behavioural or learning challenges. Using a model to bring insight into the inner state of these students, participants will learn how to help empower them to manage their responses and behaviour. Activities to release stress and created a state of learning readiness will be explored. The workshop is experiential and participants will experience all the activities and techniques for themselves.

#### Topics covered on the workshop will include:

- PACE – a sequence of four activities to prepare students – and teachers – to create a focussed and calm state for learning
- Insights into the experience of a stressed and challenged learner
- Empowering learners to make choices about their behaviour
- Activities to release stress and increase focus and a positive learning state
- The basic concepts and principles of Educational Kinesiology & Brain Gym
- How to use the activities and techniques to enhance your own resources in dealing with challenging scenarios