

"It's the people that make
the difference"



*The Applied Psychology
of running your own brain*

Are you running your own brain or is it running you?

Program Overview

This program is designed for people who want optimal performance. The day is experiential & active catering for individual learning styles and employing co-operative learning practices. Colour, movement, music and whole brain strategies ensure participants have a full experience, gain understanding of the process and enjoy their learning.

Optimal Brain states Are you **ready to awaken** and commission your inner **executive state of mind**?

The program covers 6 core areas:

1. Four levels of brain function and - knowing what makes us tick – managing sleep cycles
2. Mental first aid
3. Managing of states of mind no matter what – The zone
4. Resilience bank accounts- are yours in credit or debit? How to always keep them in credit
5. Mental switch ons
6. 9 keys to happiness

Would you like to manage stress easily and effortlessly?

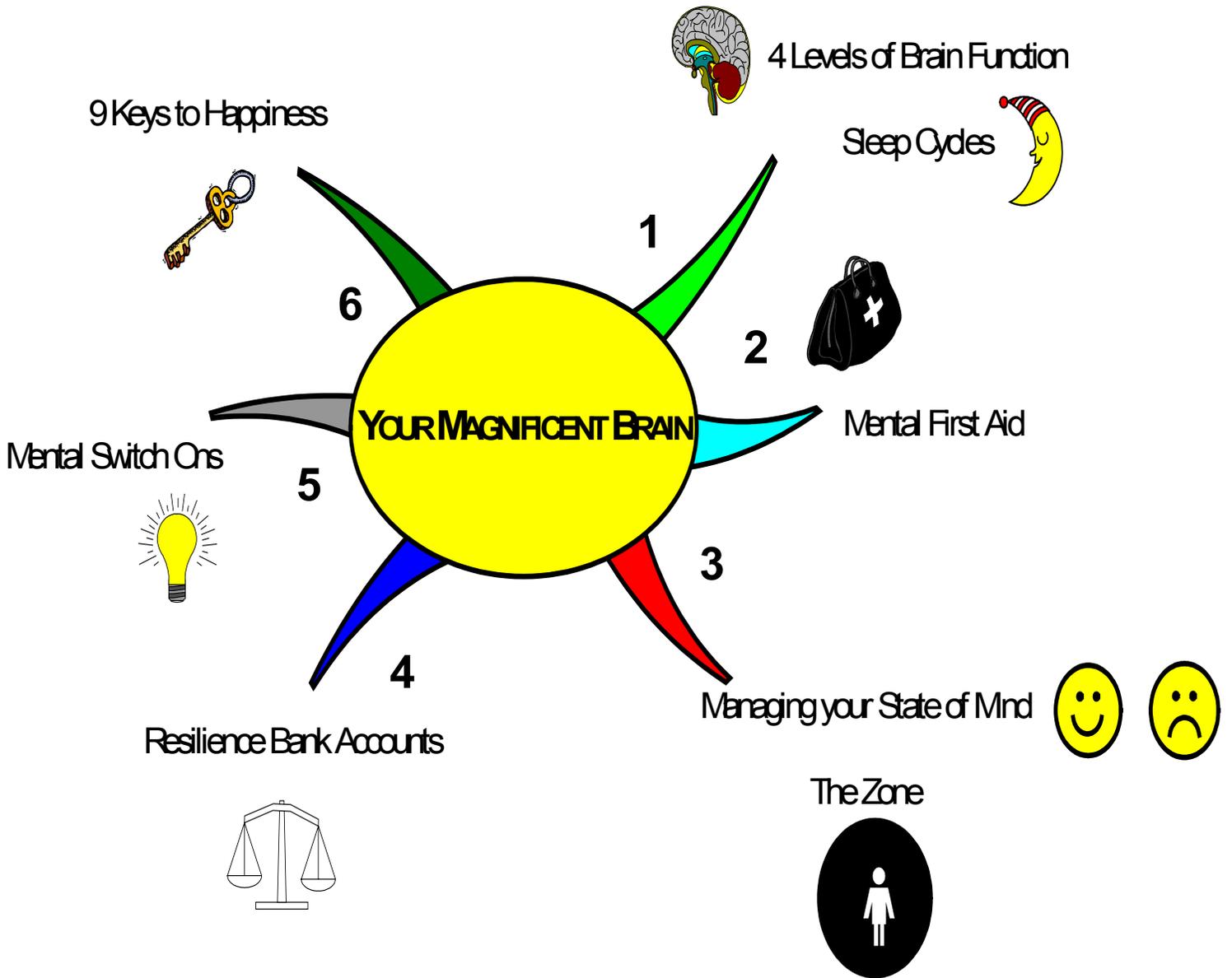
**"Be prepared to have fun
this is not your regular course"**

WOW What a day..... I learnt so much about myself with practical strategies I can use now to run my brain effectively. I did not know it was so easy. The team loved it. Thankyou

Michael Beatty
Commander
Australian Federal Police

Thanks again, for presenting some 'real' ideas, and some real methods of managing our brains.
Kate Murray Director Human Rights Commission

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FACILITATOR PROFILE

Program Methodology

The program is experiential, interactive and provides participants with opportunities to practice new skills using material directly relevant to their own situation. The means of imparting the knowledge, skills and competencies is underpinned by accelerated learning technology and will include the use of: music, memory tools, colourful visuals, relevant handouts for participants, simulations, videos, roleplays, lectures and case studies along with individual and group participation to maximise learning.



Cheryl Gilroy

Cheryl is a recognised and certified master trainer in NLP. She has worked all over the world with elite athletes, police negotiators, individuals and corporations optimising their performance. Her business *People Dynamics* won the prestigious business of the year award. She is a fun, dynamic and progressive coach, facilitator and mediator. Her strengths and area of expertise lie in developing people to be their best. She holds academic qualifications in Psychology, Human Resource Development and Social Ecology. Cheryl's Masters Thesis was on the utilization of the human brain. Her area of passion is Neuro Semantics and Neuro Linguistic programming.

Cheryl has worked with hundreds of individuals and organisations such as The Australian Federal Police, Ericsson Global, and Independent Commission against Corruption, The Australian Institute of Sport - *Elite Athletes Program* guiding them to reach their full potential.

“Be the best you can be”

Cheryl has worked in our Elite Athlete program for the past three years. She makes a significant contribution to our athletes in running her "whole brain" programs. Cheryl is immensely popular with the athletes and coaches alike with her unique, positive and fun approach to learning. In evaluating her programs effectiveness her programs have consistently ranked in the top three.

Jenny Everson

Coordinator Athlete Career and Education Program