

# MINDFULL CONNECTIONS

Changing the way you learn



## Professional Services Information

KNOWLEDGE is power

CHANGE is powerful

EMPOWER yourself now!

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***Mindfull Connections* provides a professional learning consultancy service for educators, learners, parents, organizational leaders and community groups.**

Brain research presents an unprecedented opportunity to reflect on the vast array of practices and procedures that contribute to:

- dynamic instruction
- optimal learning
- effective parenting
- successful change management
- organizational leadership
- lifelong health and wellness

*Mindfull Connections* puts the key elements for optimal learning and peak performance within your reach.

*Mindfull Connections* offers intellectually challenging and practically orientated professional learning services for:

- learning institutions
- parenting groups
- corporate organizations
- community groups

Our programs provide a strategic perspective and deeper insights into the processes involved in learning; performance; leading organizational change; proactive parenting; and personal development and self-improvement.

**Check out our off-the-shelf workshop and seminar program.**

**Alternatively, we can plan specific sessions tailored to your unique needs and goals. For our Fee Structure and Terms and Conditions, email Elizabeth Noske**

*Mindful Connections is delighted to offer a range of stimulating, innovative and informative workshops. The material presented will challenge the way participants think and learn, work and play, nourish and rejuvenate themselves.*

We know that the brain is highly 'plastic' and will wire and rewire itself, virtually on a daily basis throughout life. **Mindful Connections** challenges and trains participants to recognize and create optimal learning environments and conditions - for all sites and stages of the learning process.

### **The Presenter**

**Elizabeth Noske is located in Shanghai P.R.C.**

Master of Education (Special Education) Deakin University, Victoria, 1995

Bachelor of Education (School Librarianship) SACAE Underdale, S.A., 1985

Diploma Teaching (Primary) SACAE Underdale, S.A., 1980

Elizabeth has over 39 years' experience as a consultant and international trainer, with expertise in the field of recent brain research – and the teaching, learning, leading and parenting practices congruent with this research.



### **Conferences and Workshops**

- |   |                            |
|---|----------------------------|
| 1. Learning With the Brain in Mind            | <i>Full day conference</i> |
| 2. Learning in the Emotional Rooms            | <i>Full day conference</i> |
| 3. Stimulating and Enriching the Brain        | <i>2 hour workshop</i>     |
| 4. Brain Care – Sleep, Nutrition and Exercise | <i>2 hour workshop</i>     |
| 5. Reading and Reading Difficulties           | <i>2 hour workshop</i>     |
| 6. Difficult to Manage Children               | <i>2 hour workshop</i>     |
| 7. Hassle Free Homework                       | <i>2 hour workshop</i>     |
| 8. The Teenage Brain                          | <i>2 hour workshop</i>     |
| 9. The Preschool Brain                        | <i>2 hour workshop</i>     |
| 10. Boys' Brains and Girls' Brains            | <i>2 hour workshop</i>     |

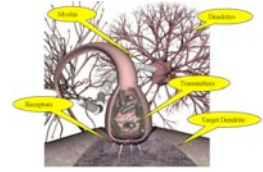
*Full day conferences can also be delivered as a series of 2 hour workshops.*

*It may also be possible to negotiate additional topics for specific audiences.*

## 1: Learning With the Brain in Mind

Full Day Conference

The past decade has seen an explosion of information about the brain and how it learns, remembers, makes connections and forms patterns. The *Learning With the Brain in Mind* workshop provides a comprehensive approach to brain compatible theory and practice.



- The Four Worlds – individual strengths and talents
- How the human brain develops and learns
- An animated tour of the human brain – brilliant graphics and riveting commentary
- Growing dendrites – the amazing plasticity of the growing brain
- The critical role of nutrition, exercise and sleep for optimum learning
- Information Processing Model – how the brain processes information
- Learning Styles – how to recognize and strengthen them
- Using questioning and feedback to enhance learning
- Making learning memorable through the use of graphic organizers
- Learning strategies to enhance performance and achievement

***“Change your thoughts and you change your world”*** Norman Vincent Peale

## 2: Learning in the Emotional Rooms

Full Day Conference

The Emotional Rooms Model provides a conceptual framework and language on which to build productive learning, family and working relationships. The emotions guide the social and personal conduct of young children. The intellect guides the social and personal conduct of mature adults. Education is the process whereby the balance shifts.



- The power of emotional intelligence for positive life outcomes
- Introduction to the Emotional Rooms Model
- Developing thinking skills – an explicit approach
- Understanding how attitudes and concepts shape achievement and how emotions influence thinking and behavior
- Recognizing and labeling emotions
- Developing creative and innovative thinking skills
- Using the Emotional Rooms to improve relationships
- Discipline with dignity – non-punitive management strategies
- Introducing the “Chatz” – managing our own self-talk
- Using questioning to build optimism

Note: the content and session length can be modified and adapted according to the needs of the particular audience

***“Emotional life is a domain that, as surely as math or reading, can be handled with greater or lesser skill, and requires its unique set of competencies.”***

Daniel Goleman

### 3: Stimulating and Enriching the Brain

2 Hour Workshop

The brain constantly organizes (wires) and re-organizes (re-wires) itself – a process known as neuroplasticity. This continues to some extent throughout life, but is exceptionally rapid in the early years. The brain responds to the quality and quantity of stimulation it receives. The experiences the young brain has in the home and formal learning environments will determine how well the brain will grow and learn – during childhood and throughout life.



- Neural plasticity and mirror neurons
- How the brain processes stimulus into memory
- The Information Processing Model
- The importance of motivation and confidence to learning
- How to build enjoyment and satisfaction into the learning process
- The “Chatz” – harnessing the power of positive self-talk
- Nurturing and developing the brain during infancy
- Stimulating and enriching the primary age brain
- Unlocking the secrets of the teenage brain
- Windows of opportunity for learning language

***“Childhood is a special, magical time when the brain is metaphorically sponge-like and when learning new skills can be both fun and effortless.”***

Marian Diamond and Janet Hopson

### 4: Brain Care- Sleep, Nutrition and Exercise

2 Hour Workshop

Nothing is more central to a successful and fulfilling life than an optimally functioning brain. Recent scientific discoveries reveal how we can keep our brain functioning at peak power for an entire lifetime – from boosting the capacities of the fetal brain to preventing and reversing brain breakdown as we grow older.



- the importance of sleep, especially during childhood and adolescence
- The effects of sleep deprivation on learning and physical and emotional health and wellbeing
- The positive effects of exercise on the brain
- The importance of what, how and when we drink
- How medication and drugs affect the brain
- The ancient diet that formed our brains
- From wild greens to Big Macs
- 10 ways to feed your brain what it really needs
- Brain-boosting and brain-busting fats
- The effects of caffeine
- Inflammation – the new menace

***“It is never too early or too late to improve the physiology of your brain, boosting its functioning to its optimal intellectual and emotional heights.”*** Jean Carper

## 5: Reading and Reading Difficulties

2 Hour Workshop

Scientific methods are now available to study how the brain acquires reading skills. The number of students identified with reading problems, including dyslexia, is growing rapidly, whether this is because of an actual increase in the number, or improved methods of diagnosing previously unidentified students. One thing seems certain: students who are poor readers in their early years remain poor readers in their later years. *David Sousa*



- The important components of language
- Everyone speaks, but not everyone reads
- How the brain reads – the neural pathways
- The role of memory in reading
- Memory and comprehension
- Some causes of reading difficulties
- Dyslexia – what it is and what it isn't
- Helping and supporting the dyslexic reader
- How to recognize a good school reading program
- What parents can do to help

***“A substantial number of well-intentioned boys and girls – including very bright ones – experience significant difficulty in learning to read, through no fault of their own.”*** Sally Shaywitz

## 6: Difficult to Manage Children

2 Hour Workshop

This workshop provides you with the information and strategies you need to understand your difficult to manage child. Defiant children often feel misunderstood and parents feel isolated. You will learn why your standard strategies don't work, how to stop misbehavior and power struggles, threats, bribes and punishments. The workshop will assist you to set limits, communicate clearly, and motivate and inspire change.



- Understanding your difficult to manage child
- How to set firm limits and give clear guidelines
- Eliminating conflict and setting boundaries with hyperactive children
- Focus your communication clearly on the message, not the child
- How to avoid the dreaded power struggles
- How to inspire compliance and cooperation
- Why and how the ADD brain works differently
- Parenting and family strategies for ADD
- Jeffrey Bernstein's *10 Days to a Less Defiant Child*
- Change is stressful – expect to be tested and tried

***“The traits of strong-willed children that drive many of us crazy can actually become strengths when we give our kids the understanding and guidance they need to head down the right path.”*** Robert MacKenzie

## 7: Hassle Free Homework

2 Hour Workshop

Parents are increasingly torn over the hassle of homework. Just how involved should they be? Should they help their child finish an assignment, or keep their distance. Just how much and what kind of homework is best? In this workshop we explore some of the research, consider a brain-compatible approach to homework and strategies for managing homework hassles.



- Summary of some research on homework
- Carol Huntsinger's kindergarten research with Chinese-American families and the implications for successful parental involvement
- Harris Cooper's recommendations for a representative school district
- What other countries are doing
- An historical perspective
- Value of parental intervention in homework
- The homework trap for schools and for parents
- Howard Gardener's Multiple Intelligences
- The neuroscience of doing homework
- How parents can help with homework hassles

***“Attempt to make work at home part of the larger tapestry of success in life.”*** Howard Gardener

## 8: The Teenage Brain

2 Hour Workshop

The teenage brain is still changing and growing, biologically and neurologically. This development continues well into the 20s. So it should be no surprise that adolescents can be very different from the children they used to be, but also from the adults they are yet to become. The biggest mistake parents can make is to treat them like adult – they are not! Their brains are still ‘under construction’ in many crucial areas. In this workshop you will learn more about how the teenage brain works and ways to work with, instead of against your developing teenager.



- It's not the hormones – the brain is still being constructed
- The quest of the teenage brain - seeking novelty and innovation
- Teens as unique individuals, struggling to establish their own identity
- The volatile frontal lobes of the teenage brain
- How hormones, particularly testosterone and estrogen affect the structures of the brain
- The pleasure rush to the brain through indulging in dangerous, risk-taking activities
- The need to belong to the group
- Dealing with irritability and mood swings
- Providing an enriching environment for your teenager

***“Adolescence is a time of startling growth and streamlining in the brain, enabling teenagers to think abstractly, speak expressively and move gracefully.”***

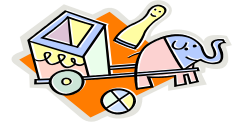
Sheryl Feinstein



## 9: The preschool Brain

2 Hour Workshop

According to Marian Diamond, more has been written about enriching the experience of preschool children than any other group.. In this workshop we explore the neuroscience behind the “terrible two’s”, selfishness and bossiness, as well as the growth of language, motor skills and social development.



- Milestones from ages two to three – coordination, attention span, language development, phasing out of the “terrible two’s”
- Milestones from ages three to four – motor development, cooperation, sharing, problem solving, reasoning and imagination
- Milestones from ages four to five – gross and fine motor skills, vocabulary expansion, bossiness, belligerence, social development
- Managing the ‘super-charged’ preschool brain
- The advantages and disadvantages of early academic training
- Brain compatible enrichment activities and environments
- Language development and the preschool child
- The power of music on the growing brain
- Providing a home environment that is enriching and stimulating

***“The life you lead influences your brain – sometimes for the worse, sometimes for the better. Brains will produce neurons, lose neurons, make connections, and lose other connections, all based on our experience.”*** Eric Jensen

## 10: Boys’ Brains and Girls’ Brains

2 Hour Workshop

The brains of males and females organize differently from very early in their development through their formative years, with possible implications for preferences in learning styles; different ways of feeling and expressing emotions; language and communication skills and styles; and a variety of brain characteristics and capabilities. In this workshop we explore some of the facts and fiction about gender differences in the brain.



- Some of the structural differences between male and female brains
- Performance differences – specific skills and abilities
- The effects of hormones on brain development and behavior
- The effects of natural selection and impact of the environment
- Gender differences in language, math and science
- The empathizing female and the systemizing male brain
- Male and female reactions to stress
- Differences in handling emotions
- Gender differences in managing social conflict

***“Did you know that every brain begins as a female brain and that it only becomes male eight weeks after conception? This is when excess testosterone shrinks the communication centre, reduces the hearing cortex and makes the part of the brain that processes sex twice as large.”***  
Louann Brizendine