

DR. JENNY
BRÜCKIS



THE FUTURE BRAIN PROGRAM

Smarter thinking starts with
better cognitive health.



As a CEO, executive or business owner, getting the best out of your employees without burning them out can be a challenge. This is where partnering with the new brain science makes perfect business sense.

Because if you're concerned about

- The rising human cost of business – staff turnover, stress leave, absenteeism, and worst of all, presenteesim
- A prevailing silo mentality, collective malaise and disengagement
- A lack of flexible, innovative, adaptive or critical thinking

How is this affecting your future success through missed opportunity, costly mistakes and loss of competitive advantage?

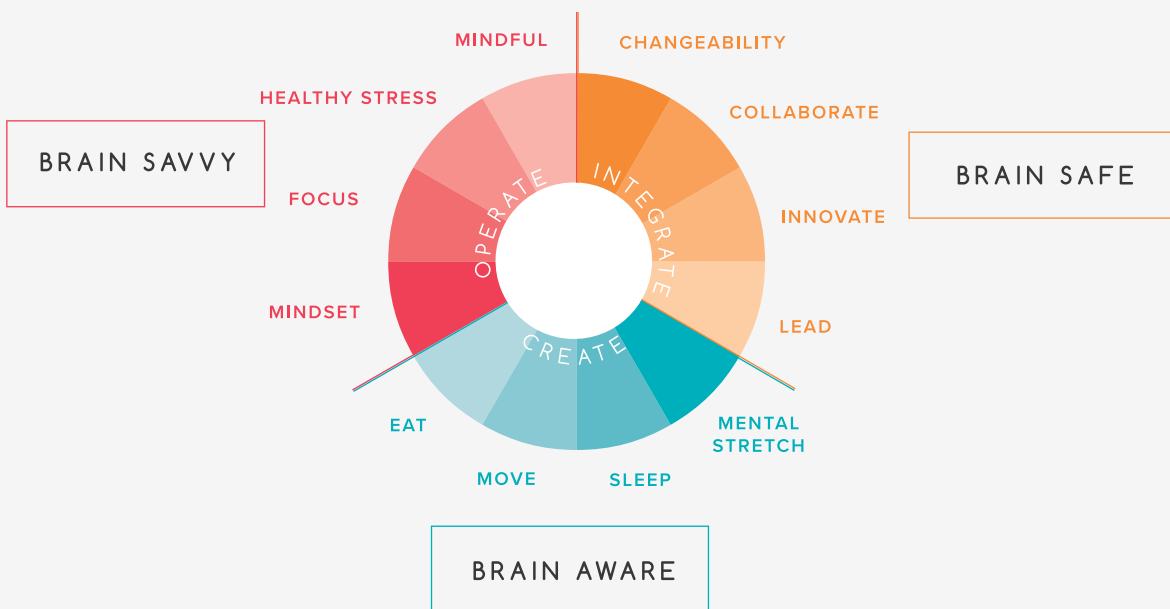
It's time to invest in your most precious asset, the mental capital of your organisation.

The Future Brain Program has been designed to identify those sticking points of poor thinking, and maximise your ROI by providing a step-by-step guide to higher mental performance based on neuroscientific principles, positive psychology and behavioural science.

It comprises three modules.



12 Keys to High Performance Thinking



MODULE ONE

CREATE

Getting the hardware right

- Why cognitive health?
- Meet your brain
- Fast and Slow. Which mental route is best?
- Eat, move, sleep and stress less: The 4 cornerstones to better cognition

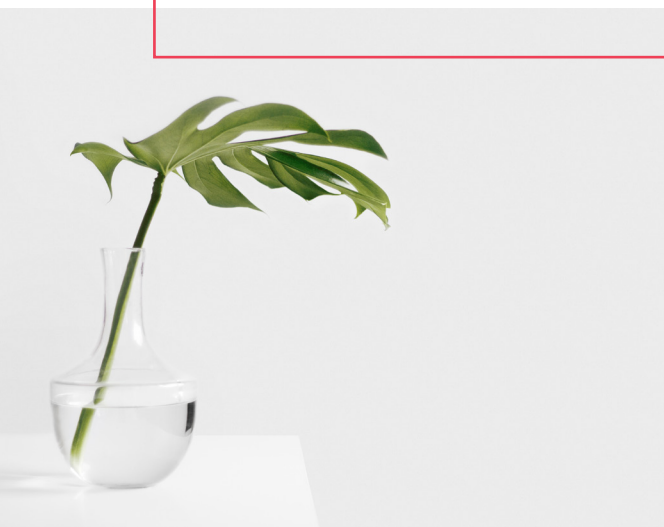
Know what is non-negotiable when it comes to best performance

MODULE TWO

OPERATE

Is your software up to date?

- Finding focus in a world of distraction.
- Why our mental muscle needs a good stretch
- Mindset over matter. Why attitude counts.
- Still waters run deep. Creating the headspace for curiosity, noticing and mindfulness.
- Decisions, decisions. The strange story of decision making and subconscious bias.
- Truth, lies and fake news. How memory works and how to be a more effective learner.



INTEGRATE

Getting on well with others

MODULE THREE

- The Science of Connection: Why relationships are key to greater collaboration and effective teams
- The TRAICE elements: Leading change ability by reducing threat and maximising reward.
- Improving organisational health by using the daily DOSE
- Stay with me? Retain your best talent using the two essentials for greater happiness at work.
- The future of leadership. What got you here, won't get you there. The essential traits for leading in the 21st century.

INVESTMENT

Based on 20-35 participants, the 12-month Future Brain Program can be delivered in a number of different ways:

1 OPTION ONE

- A brain fitness audit for all participants
- Five half-day workshops
- Two 60-minute webinars

Your Investment \$30k +GST

2 OPTION TWO

- Pre- and post-individual brain health assessments
- 5 full day workshops
- Three webinars

Your Investment \$45k +GST

3 OPTION THREE

- Pre- and post-individual brain health assessments
- Five full day workshops
- Three webinars
- Access to Dr. Jenny's 8-week e-course
- Mentoring for 1-3 senior managers
- A copy of the Future Brain book for every participant

Your Investment \$65k +GST



Dr. Jenny Brockis is a thought leader, speaker and author specialising in cognitive (brain) health and high-performance thinking. Her background as a medical practitioner provides a deep understanding of the brain science that she interprets and applies in a practical and relevant way to the many challenges being faced by the modern workplace.

To arrange a time to discuss your organisation's requirements or to find out more please email jenny@drjennybrockis.com or visit www.drjennybrockis.com *Prices quotes are in Australian dollars for the time period 2017/18

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