

BE AN INNOVATIVE THINKER WORKSHOP OUTLINE

1. INTRODUCTION – Jane Collins, Facilitator
2. INTRODUCTION – Workshop Outcomes
3. THE BRAIN - Brain waves, frequencies
 - a. Comparison – left-brain (LB) to right-brain (RB)
 - b. Differences in left- and right-brain processing
4. RISKS AND BENEFITS of shifting to more RB thinking
5. FEAR OF CHANGE
6. INNER SPEECH - Methods to Quiet the Inner Critic
7. SHIFTING to RB METHODS
 - a. Purposely Feed the Subconscious Mind
 - b. Bypass the LB
 - c. Attention Styles
8. BRAIN BALANCE EXERCISES
9. EFFECTS – character, behaviour, perception, thinking
10. APPLICATIONS