



LIVING WITH THE BRAIN IN MIND™

A collection of fascinating **90-min** talks
about the workings of the human brain and mind, and
how YOU can use them to improve YOUR life and wellbeing.

Talk 1 - A mystery of the human brain and mind:

- What we know about the human brain.
- The solely human functions of the brain.
- The brain and mind: The “hard problem” of consciousness.
- The interaction between the brain and mind.
- The unsolved mysteries of our mind.

Talk 2 – Neuroplasticity:

- What is neuroplasticity.
- The various types of plasticity.
- Plasticity across the lifespan.
- How to tap into adult neuroplasticity and re-wire your brain for success.

Talk 3 - The tricks of the human brain and mind:

- Phantoms and zombies in the brain.
- The tell-tale brain: the illusion of reality.
- Unconscious biases and how to deal with them.
- Fear: nothing to be scared of!

Talk 4 - Using your brain for change:

- Setting goals with the brain in mind.
- Fixed vs growth mindset – what will you choose?
- Creativity, problem-solving and high performance states.
- Using neuroscience to change habits.

Talk 5 - Your brain on stress:

- What is stress and its impact on your body and mind.
- What stress does to the brain.
- How to build resilience to stress.
- How to use your mind to calm down your brain.

Talk 6 - Maintaining healthy brain and mind:

- Key ingredients to maintaining healthy brain and mind.
- “I AM” vs “I DO”.
- “If-Then” planning.
- The WOOP strategy.
- Maintaining your motivation and momentum.
- Pledge 21 days of brain healthy habits

Talk 7 - Ageing well with the brain in mind:

- What we know about super-agers: Centenarian studies and Blue Zones research.
- The normal healthy ageing brain.
- Main risk factors associated with dementia and what we can do about them.
- Simple positive steps towards brain health in older age.

Talk 8 - The female brain demystified:

- Brain differences between men and women.
- Hormones and phases of a female’s life.
- Why do women live longer than men?
- The future of the female brain.

Talk 9 - Parenting with the brain in mind:

- Helping your child to thrive, not just survive.
- Building foundations for good mental health and resilience.
- Helping children to understand and manage their emotions, thinking and behavior.
- Proven strategies to nurture your child's developing mind.

Talk 10 - Your social brain:

- The neurobiology of the social brain.
- Your brain on relationships: love, friendship and more.
- The importance of social connections.
- The consequences of disconnection.
- Purpose and connecting with "self".

Talk 11 - Your creative brain:

- How brain is built for creativity.
- Understanding deliberate and spontaneous creativity.
- How to facilitate creative insights and "Aha!" moment.
- Mastering the "flow" state.

Talk 12 - Using your brain for high performance and success:

- Mental training to improve performance.
- Brainsets and mindsets.
- Switching between brainsets and mindsets to enhance cognitive flexibility.
- How to become a "super-performer".

Talk 13 – The mystery of sleep

- Why do we sleep?
- Sleep and dreams
- Sleep, creativity and problem-solving.
- Using your brain to seep well.

Talk 14 – The magic of memory

- How our memories are made.
- Tricks and treats of our memory.
- Training your brain for recall.
- Using memories for self-help and wellbeing.

Talk 15 – Your emotional brain

- How our brain makes emotions.
- The discovery of emotional style.
- The Mind-Brain-Body connection: How your emotional style influences health.
- Rewiring your brain to change your emotional style.

More talks to follow!



Speaker: Zoryna O'Donnell, MBA, MSc, FinstLM, GQHP - a change consultant, ICF coach, trainer, Master Practitioner of NLP, hypnotherapist, public speaker and an author. She is an alumna of The Neuroscience Academy and a creator of several high impact programmes such as mindworks4wellbeing®, Quantum Leap to Success®, Breakthrough Skills Programme™ and Leading Change with the Brain in Mind™. Zoryna is a contributor to the Psychreg - a Highly Commended Blog (UK Blog Awards 2017 and 2018) and one of the 10 Most Influential Psychology Blogs in the world; and to The Best Brain Possible blog dedicated to mental health.

Contact us for information about the dates and venues and to book your place:

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