

Gamechanger is applying the Power of Neuroscience

80% of what we know about the brain has only been discovered in the last 20 years.

We now have greater access to our brain's amazing powers than at any time in history and this is truly a Gamechanger (*Definition of Gamechanger - an event, idea, or procedure that effects a significant shift in the current way of doing or thinking about something*).

Learning how our brains work, both for and against us, is the shift we need to master our thinking and emotions and boost our performance, happiness, and resilience.

We know from Neuroscience that, under stress we have limited access to our best thinking, we tend to lose perspective, react more emotionally than we might usually do, and can find it hard to switch off to relax and recharge. Looking after our mental and emotional wellbeing has never been more important - or as challenging.

We know that changes and setbacks are inevitable. How we deal with them is a choice - and it is also a skill. When we understand how our brain works, we can harness its incredible power to achieve success, increase our happiness and wellbeing, and be the best version of ourselves.

Using the latest insights from Neuroscience, the Gamechanger program has been designed to harness the power of our brain to -



Think and Work Smarter



Have Greater Focus



Adapt to Change more easily



Maintain Performance under Stress



Manage Emotions and remain calm



The Program



The program is delivered in bite-sized chunks in a blended learning format. There are 8 microlearning online, interactive lessons (10 to 15 minutes per lesson) accessible anywhere and anytime on phone, tablet or laptop to enable learning on the go.

The lessons are supported by interactive webinars and resources customised for each organisation's needs.

The Facilitator

Gamechanger has been designed and developed by Results Through People, a consulting and training company with a unique science-based approach to helping individuals and organisations to work smarter and live better.

Founder and Director Anne Paterson, has more than 25 years' experience in global HR Management, Learning and Development, and consulting within Australia and the UK.



Anne Paterson

Modules

1	Welcome to your Amazing Brain
2	The Power of Neuroplasticity
3	Balancing the Negativity Bias
4	Building Change Agility
5	Your Brain and Stress
6	Prioritising your Self Care
7	Powering up your Productivity
8	Boosting your Resilience

One-on-One Coaching is available to embed the learning and personalize the application for each individual.

Making a Difference to our Community

Neuroscience informs us that giving is twice as rewarding as receiving, and from the outset, we have donated 10% of our revenue from Gamechanger to Free to Shine, a Queensland-based charity working to secure the safety and education of girls across rural Cambodia.

By participating in this program, you are helping to develop the future generations of women in their communities.

