

Making a Difference in a Different  
World by developing Adaptability,  
Capability and Resilience



# GAMECHANGER PROGRAM OVERVIEW

Applying The Power of Neuroscience



# Welcome to Gamechanger

Our lives have changed in ways none of us could have imagined. Adjusting to our 'new normal' is testing our adapt-ability as never before. We are being challenged to find new ways to -





- Perform effectively under high levels of stress
- Manage our focus and stay productive
- Build our resilience to cope with unprecedented change
- Look after our mental and physical wellbeing

We believe that to deal with these challenges, we need 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 from Neuroscience

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

Neuroscience findings are helping us understand how our brain works and enabling us to develop an 'owner's manual' for the human brain. We are learning that -

-  our brains crave certainty and are challenged by change
-  we are biased to see more negatives than positives in situations
-  when we are stressed, we have limited access to our best thinking
-  when we feel overwhelmed, we lose perspective and react more emotionally than we might usually do



**Knowledge is power.** When we are aware of how our brain operates, we have greater choice about how we use its amazing power to navigate uncertainty and change, deal with daily challenges, handle stress and interact more effectively with others.



# Gamechanger is Neuroscience delivered differently

Gamechanger is a unique program designed to help us harness the power of our amazing brain.

The program has been designed using the latest findings from Neuroscience and is presented in ways that help the brain learn best. Engaging interactive lessons are supported by live webinars with learning spaced out over time. The information shared is relevant and practical and can be applied at work and at home. Practical tools are provided for applying the learning in the real world. **The program is aimed at helping us -**



## Engaging Learning Experience

Gamechanger is delivered in bite-sized chunks in a blended learning format. Lessons are spaced out and information is repeated to help us learn and remember.



8 interactive modules



10 to 15 minutes per lesson



Accessible anywhere, any time and on any device to enable learning on the go.



## 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



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

## Gamechanger Options

Gamechanger can be run for groups of people or offered as a Team Development opportunity.

### Building Teams, Developing Psychological Safety

We have developed a unique Leader's Resource to support leaders hold discussions with their teams around the 8 program lessons. Discussing how our brain works and talking about topics such as Stress, Change and Resilience builds a climate of psychological safety and reinforces the learning from the interactive lessons as well as maintaining the momentum between webinars. Please get in touch to discuss if you are interested in learning more.

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

## Feedback from Participants



*The most valuable part was probably being able to put it straight into my everyday life, and acknowledge things I should improve upon. The real life value it brought was the best part.*



*The short bite-sized lessons were extremely helpful in the sense that you weren't overloaded with too much information at one time.*



*The program didn't overload us with information and focused on the main points of the lesson without going into too much detail. It was not too complex, but was still very educating.*



*Learning how your brains works from a neurological perspective as this gave me a better idea of how my brains works and how I can physically make a difference.*

## Ratings for the Program

**91%**

The program was useful

**90%**

The program was effective in managing wellbeing and performance

**Highest Rated Impact**

*'I am able to put problems into perspective and avoid getting overwhelmed'*

## 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 of experience in global HR Management, Learning and Development, and consulting within Australia and the UK.



## 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 and **The Orangutan Project**.

By participating in this program, you are helping to develop the future generations of women in their communities and preserving our precious orangutans.



## Contact Us

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