# BrainStates Management™ Self-Assessment CERTIFICATION PROGRAM

Praint - 10 d Work

The Normorm of Patitive Charge

Become certified in the BrainStates Management<sup>™</sup> Self-Assessment and conduct debrief training sessions with large or small groups in a 90-min format, and conduct one-on-one coaching sessions.

BrainStates Management™ Self-Assessment Report

#### In this Two-day Certification, You Will Learn:

- How to administer and debrief the BrainStates Management™ Self-Assessment
- The key learning points for conducting a 90 min debrief/training session and one-on-one coaching sessions
- How to explain the seven dimensions of neuroscience underlying the BrainStates Management™
   Self-Assessment
- How to skillfully present the BrainStates Management<sup>™</sup> Model in groups or in one-on-one situations, and effectively answer neuroscience-based questions
- Specific strategies for helping others effectively shift brain states and more consistently work from the from the higher brain

## The BrainStates Management™ Self-Assessment is a highly flexible tool with multiple applications including:

- managing change
- inclusion skills
- employee engagement
- leadership development
- high performing teams

#### **CERTIFICATION DATES:**

June 24-25, 2014

#### LOCATION:

Minneapolis, MN

#### **CERTIFICATION**

\$1,200 Per Person

This fee includes a two year license to use BrainSkills@Work's™ copyrighted training models, exercises and content included in the leader training pack.

(Fee does not include travel or lodging)

### Become certified in the BrainStates Management™ Self-Assessment and provide your clients with a proven strategy for learning to:

- Consciously choose high impact behaviors in four key areas of performance: inclusion, communication, influencing others and decision making
- Harness the brain's ability to focus on positive goals and achieve higher level outcomes
- Understand their own brain state tendencies and learn skills to override thinking/feeling patterns that hinder effective action
- Recognize and shift brain states and access higher levels of thinking and problem solving
- · Keep the positive brain online to effectively build trust and increase collaboration
- Effectively manage internal and external distractions

For more information contact: info@bskatwork.com or visit: www.brainskillsatwork.com