

*m*BIT – MULTIPLE BRAIN TRAINING OVERVIEW



**GAIN A RECOGNISED COACHING QUALIFICATION THAT
WILL TAKE YOUR LEADERSHIP AHEAD OF THE CURVE**

Who is this training for?

- Entrepreneurs and Business Leaders
- Professional Coaches and Mentors
- Body Workers and Therapists
- Health Practitioners, GPs and Counsellors
- Trainers, Educators, People Helpers
- Environmental Campaigners



- *... anyone who enables others to produce results that can only be achieved when head, heart and gut are aligned!*

MBRAINING – WHAT IS IT?

mBIT: multiple Brain Integration Techniques

mBraining: The process of aligning your distributed neurology using mBIT methodology

We have 3 separate intelligences operating in our bodies, each with habits and learned patterns, which can be aligned or not aligned.

How your clients' multiple brains communicate and operate with each other is vital for their ***congruence, success and happiness.***

mBraining uses neuroscience findings about your multiple intelligences (head, heart and gut brains) to leverage what they have to offer in increasing intuitive abilities for immediately generating wiser decision-making in your daily life.

Providing you with numerous practical and easy to learn methods, mBraining coaching shows you how to communicate

with and tap into the innate intelligence of your multiple brains.

When your colleagues, clients, friends or family experience these in their life or behaviour, you can empower them by using the deeply integrative **mBIT processes** you'll be trained in during this programme.

It can be limiting when our brains fight each other or ignore each other and conversely, it is incredibly life enhancing when our multiple brains work harmoniously together to produce **generative wisdom.**

When you offer this emergent coaching approach to others, their goals become more sustainable

ADDRESSING 21ST CENTURY LEADERSHIP CHALLENGES

Do these challenges face your colleagues, clients or friends?

- ❖ Internal conflict between their thoughts, feelings and actions
- ❖ Repeatedly not acting upon or self sabotaging goals and plans
- ❖ Difficulty stopping unwanted behaviours and habits
- ❖ Concern over making decisions or unable to motivate themselves
- ❖ Experiencing disempowering emotional states such as frustration, depression, anger, anxiety, etc.
- ❖ Chronic health issues, especially those to do with the heart or gut region
- ❖ Dissatisfaction with not fully living an aligned lifestyle and a sense that they can be more to the world.

mBIT will provide the toolkit to address and transcend these challenges and more.

For a full programme breakdown and an introduction to your mBIT trainer visit the website link: [HERE](#)

ALREADY PREPARED TO DIVE IN:

Course Price: Per Attendee (non residential – we can recommend accommodation options)

\$1325

Early Booking Discount (registration and full payment by dates shown)

By Oct 31st 2016

\$995

By Nov 30th 2016

\$1125

YOUR TRAINING LOCATION: BERKELEY

Our Feb 2017 USA Training will be held at OCSC Sailing Club, Berkeley. Great care is taken to select venues with strong “Going Coastal” qualities, promoting deeply embodied cognition and access to fluid insight.

Through conscious integration of neuro-conservation methodology, our clients and course attendees will learn how to truly connect with and leverage the attributes of natural locations, and to access Blue Mind within their change and decision process.

The OCSC club-house has a view to the west of the Golden Gate Bridge and the Bay Bridge and to the north: the San Rafael-Richmond Bridge. Outdoor breakout space includes a patio and garden area. Please complete [the registration form online to book your place](#). Once received a skype meeting will be arranged and an invoice sent to you.

All potential attendees will enjoy an initial skype conversation with Lizzi your Trainer for this event. During this call she will answer any initial queries you might have relating to the programme, 4 day training schedule, certification and licensing process.

This is a “professional development” programme - *mBIT* is about Wise Leadership and whilst you will gain a “Coach Certification”, this course is **not** exclusively for Coaches.

Those who **are** ICF coaches will be pleased to note that this course carries 24 research and development CPD units.

Successful achievement of this programme provides the *mBIT* Certified Coach License to apply within your chosen professional field.

**THIS PROGRAMME RUNS:
FEBRUARY 14th – 17th 2017**