



# You Are Not Your Brain

*Change Your Mind, Change Your LIFE!*

Learn new techniques for taking control of your brain, changing bad habits & ending unhealthy thinking in this special presentation with two world - leading authorities in coaching and neuroscience: Jeffrey M. Schwartz and Josie Thomson, MCC.

*"I constantly over - think problems or worry about things that don't even happen!"*

*"I expect way too much from myself (and others)!"*

*"I'm often anxious or panicking because I'm so stressed!"*

*"I'm my own worst critic!"*

*"There are things I do that aren't good for me to cope with the stress of my life"*

## Sound familiar?

Don't worry, you're not alone. We all have those moments in life where negative thinking takes over, and when it does, it feels like we're losing control and we've been kicked out of the driver's seat. We feel powerless because we don't know how to make a change.

It doesn't have to be this way...

What if we told you that you CAN take back the wheel in your life? That you can stop the negative self talk and silence the inner critic, so you can achieve so much more, feel more confident, happy and fulfilled?

Join us for this special presentation where you'll be introduced to the revolutionary 4 step solution from Dr Schwartz's international best-seller, "You are Not Your Brain" and discover what you can do to take control of your brain AND your life!

## Bookings:

**Jeffrey Schwartz**

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## Participants will also learn...

- What deceptive brain messages are, how to identify them as they occur and tips for handling them effectively.
- How you can manage negative self talk by using attention, focus and mindfulness to think more positively and intentionally.
- Free Will vs. Free Won't and how to exercise your veto power!
- What the 4 steps are and how you can start using them in your everyday life to change bad habits and put an end to unhealthy thinking.

## About the presenters:



As one of the world's leading experts in neuroplasticity and the co-founder of the NeuroLeadership field, **Dr. Jeffrey Schwartz** is a sought after speaker, best selling author, advisor to the film industry and consultant to organizations. He is the best selling author of 'Brain Lock', 'The Mind & The Brain' and his latest - 'You Are Not Your Brain'.



**Josie Thomson, MCC** is one of Australia's most in-demand executive coaches and thought leaders, recently completing her Executive Masters in NeuroLeadership. Over the past 14 years, Josie has coached hundreds of executives and leaders to achieve massive personal & business breakthroughs. Josie has shared the stage with top motivational speakers.