



mBIT Explorer Program - An exploration in the use of multiple Brain Integration Techniques (mBIT)

PRESENTER

Helen Storr is an active member of International Coach Federation a driving force for the ICF Victorian Branch. Helen is a credentialed coach and has a Diploma of Leadership Coaching and Mentoring along with the "Certificate IV in Business and Personal Coaching" as Senior Coach and Mentor. Masters of Education—Leadership and Management Melbourne University.

DURATION: 1 day workshop

COST: \$310 (incl GST) per participant

TO REGISTER YOUR INTEREST CONTACT

Susanna Palermo, Events Manager

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T: 1300 917 150

ABOUT THIS PROGRAM

The **mBIT Explore** program will increase your personal awareness and create opportunity for deeper connections with people you live and work with. An understanding of mBIT will open new lines of communication and give you an understanding of what propels and motivates both you and your team to achieve.

PROGRAM OUTLINE

- > Hold the key to understanding what motivates or prevents you from achieving your goals. ie. Which brain is talking and running the show.
- > Be well on your way to making wiser and more congruent decisions in your daily life using mBIT.
- > Know the Prime functions of the Heart, Gut and Head Brains.
- > Understand the language of your multiple brains.
- > Be able to align your decisions and actions with your core values using mBIT.
- > Know how to quickly relieve stress and balance the autonomic nervous system through the mBIT Balanced Breathing method.
- > Be able to quickly resolve internal conflict with deep insights into how and why you are behaving the way you are.

Certificate of participation provided.

This 1 day short course can be used as a credit for the 4 day mBIT Coach Certification.



mBIT Evolve - Your World- Introduction to the use of multiple Brain Integration Techniques (mBIT)

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DURATION: 2 days.

COST: \$610 (incl gst) per participant

TO REGISTER YOUR INTEREST CONTACT

Susanna Palermo, Events Manager

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T: 1300 917 150

ABOUT THIS PROGRAM

The **Evolve Your World** program will increase your personal awareness and create opportunity for deeper connections with people you work with. An understanding of mBIT will open new lines of communication and give you an understanding of what propels and motivates both you and your team to achieve.

PROGRAM OUTLINE

- > Have developed a personal awareness of your own multiple intelligences, enabling wiser decision-making and greater emotional resilience and flexibility.
- > Hold the key to understanding what motivates or prevents your team **achieving organisational goals**.
- > Be able to see how your team could make **wiser and more congruent decisions** using mBIT.
- > Know the **Prime functions** of the Heart, Gut and Head Brains and how you might use them effectively.
- > Know how to quickly **relieve stress** and balance the autonomic nervous system through the mBIT Balanced Breathing method.
- > Begin to be able to **resolve both internal and external conflicts** with insights into how and why a person is behaving the way they are.

Certificate of participation

This 2 day short course can be used as a credit for the 4 day mBIT Coach Certification



mBIT Coach Certification - An international coach certification in the use of multiple Brain Integration Techniques (mBIT)

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DURATION: 4 days.

COST: \$2100 (incl gst) per participant

TO REGISTER YOUR INTEREST CONTACT

Susanna Palermo, Events Manager

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T: 1300 917 150

ABOUT THIS PROGRAM

The **mBIT Coach Certification** will provide you with leading edge coaching tools and techniques that enable you to quickly develop deeper connections with people you work with, gain a greater understanding of what propels and motivates your team to achieve and assist them to reach their goals.

PROGRAM OUTLINE

- > Hold the key to understanding what motivates or prevents your team **achieving organisational goals**.
- > Be able to assist your team to make **wiser and more congruent decisions** using mBIT.
- > Know the **Prime functions** of the Heart, Gut and Head Brains and how to use them effectively.
- > Use mBIT to **improve leadership opportunities** for individuals and for executive teams.
- > Be able to **align the values of your organisation** more fully with the goals of your team via the full engagement of their multiple brains.
- > Know how to quickly **relieve stress** and balance the autonomic nervous system through the mBIT Balanced Breathing method.
- > Be able to quickly **resolve both internal and external conflicts** with deep insights into how and why a person is behaving the way they are.

Certification:

International Coach Certification, multiple Brain Integration Techniques (mBIT) – Certified by: mBIT INTERNATIONAL