

# Enhanced Learning & Integration Inc.

## Putting Stress Management and Wellness Technology to Work



Thank you for inquiring about Enhanced Learning & Integration, a leader in state of the art stress and learning technology. Our company is devoted to providing tools and training to keep you growing and competing in today's marketplace. We provide the most current programs to manage stress, maximize job and sales performance, develop creativity, and promote wellness.



One of the biggest challenges companies face today is how to keep good employees from burning out. Losing good employees to stress leave or ineffectiveness can cripple a company, while training new employees is both time consuming and expensive. At Enhanced Learning & Integration, we design programs to help you bring the best out of your current management team and staff, giving them tools to achieve better communication, productivity and work/life balance.



What is so unique about our programs? Rather than teaching you how to avoid stress, we re-educate your body's response to it. Rather than teaching new sales techniques or product facts, we clear away the blocks that sabotage your peak use of what you already know. Every workshop is experiential - featuring hands on activities that vividly demonstrate the concepts in action. The information is clear, concise and followed up with a step-by-step action plan for the participants to take home. Our instructors are top notch Specialized Kinesiologists with excellent presenting skills, who bring the techniques to life. Our programs are cutting edge, stimulating, easy to do and best of all we can custom design programs to suit your company's specific needs.



Browse through our Press Release for fascinating information on how current stress and brain research can be applied to everyday life with incredible results. Additional press releases, articles and programs are available upon request. You might also want to visit us on-line at [www.enhancedlearning.com](http://www.enhancedlearning.com). At Enhanced Learning & Integration we help you and your employees get the most out of your professional and personal lives.

### **Continuing Education Credits**

Enhanced Learning Series courses are accepted for continuing education credits with California State University. Please notify us prior to booking the programs if you wish to be issued CEU's.

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# About Sharon Promislow



Our head trainer is Sharon Promislow, international best-selling author of *Making the Brain/Body Connection*, who is renowned for her synthesis of leading Brain and Stress research with Specialized Kinesiology and Accelerated Learning. A popular speaker in the public and private sectors and a Specialized Kinesiologist of international reputation, Sharon leads hands-on seminars for corporations, school districts and conferences throughout the world.

Sharon is a sought after keynote speaker with a flair for translating research into fun-filled, practical techniques that everyone can use. She combines her expertise in the fields of Stress Management, Specialized Kinesiology, (Brain Gym®), Accelerated Learning and Study Skills with an exciting and interactive presenting style. In a lively way, she models and delivers all the tools you need for effortless performance and state management in the office and classroom.

As well as her best seller *Making The Brain/ Body Connection*, Sharon is the author of *Putting Out the Fire of Fear; The Top Ten Stress Releasers* and many other professional materials and journal articles. She co-authored the book *Screen Test—How to Screen for Sensitivities in Your Diet and Environment*. Sharon has toured nationally with *Making the Brain Body Connection* and has appeared on all the major networks and many popular syndicated radio and TV shows including Voice of America, Washington DC. Her books has been translated into many foreign languages. She continues to create new classes and teaching aids to support her colleagues' outreach world wide.

Sharon is a certified consultant and instructor of Educational Kinesiology (Brain Gym®), Stress Release (Wellness Kinesiology), Touch for Health, Three In One Concepts and Brain Compatible Learning. She was one of the founders of the Touch For Health Kinesiology Associations of America (TFHKA) and Canada (now CanAsk). Her dedication to supporting these associations led her to be given a lifetime achievement award. She is President of Enhanced Learning & Integration Inc. in Vancouver, BC, Canada, where she resides with her family.



# Previous Engagements

## *Engagements and Keynotes Include:*

DGSL Congress, Germany  
Novartis Pharmaceuticals, Basel, Switzerland  
University of Calgary  
International Career Development & Counselling Conference  
Western Business Information Technology Educators conference  
California Business Information Technology Educators conference  
American Western Region Business Educators Conference Kwantlen University College  
Vancouver Center for Ability  
Florida State-Wide Conference on Literacy  
Boston Center for Adult Education  
Learning Skills Association of BC  
The Learning Annex  
Landmark College  
Texas, Region 16, Children At Risk Conference  
Wisconsin State Learning Disabilities Conference  
Gifted Children's Association of BC  
Vancouver & Toronto Wellness Shows  
BC Adult Special Education Conference  
International Alliance for Learning  
Educational Kinesiology Foundation  
BC Ministry of Social Services  
Shawnigan Lake School  
Touch for Health Associations of Canada, USA and Italy  
International Kinesiology College  
Numerous British Columbia Schools and School Districts.

## **TV and Radio Shows**

Features on NBC, ABC, CBS, CBC, CTV, Global, City TV  
Voice of America, Washington, D.C.  
National Public Radio  
Vicki Gabereau Show, CTV  
Studio 4, Vancouver B.C.  
AM Northwest TV, Portland, US  
WTN, Mind Body and Spirit, Toronto  
Ask the Paediatrician, American Health Network, Florida, USA  
Health Talk, with Dr. Bob Martin, California, USA  
Ask the Family Doctor, American Health Network, Florida, USA

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# What Other Are Saying About Us



Your session was very well attended - in fact, I believe it was the largest crowd we've ever had!.....come back, and do a longer session.  
MacMillan Bloedel Ltd., Vancouver, B.C.

Your presentation and materials are first-rate. They are clean, informative, interest-catching and professionally attractive.  
V. Walker, West Covina, California

Very energetic speaker. Keeps the pace of the workshop moving at a comfortable tempo. Great information about the movements and how they work in releasing stress in our bodies so we can realize our dreams.  
Ann Turnmire, Brain Gym Instructor

Most workshops I've attended never leave me feeling this good after learning this much.  
S. Pohl, Tomslake, B.C.

I appreciate that this material teaches self care and self-responsibility and is so "down to earth". It gives people some options besides reaching for a pill.  
A. Davis, Spirit Lake, Iowa

Very energetic and innovative speaker! Presents ideas and concepts with methods that enhance good integration of learned material.  
Susan Verscy, RN.

The workshop was great! I learned a lot and would like more of my co-workers to experience it. I can't wait to take it back to my class.  
Diane Barton, Phy. Ed. Teacher

The material is easy to master, fun to use, and I noticed an immediate positive effect.  
William F. Cook, Miami, Florida

Our secondary Special Education Assistants have been reassured...that the well-being of students, assistants and teachers alike can be enhanced through a simple, elegant awareness of the energy paths of the human body.  
Larry Johnson, North Vancouver School District, B.C.

Excellent! The instructor was fun and the techniques are ones I know I'll use everyday!  
Georgina Loucks, Winnipeg, MB



# Enhanced Learning Corporate Programs

## Popular Topics

Making the Brain Body Connection  
Switched on Selling  
Personal Performance Profile and Program  
Lightning Learning™

## Specialized Topics: Course details upon request

### Stress Management

- Making the Brain/Body Connection
- The Top 10 Stress Releasers
- Destressing Yourself and Your Workplace

### Learning and Performance Enhancement

- The Top 10 Brain/Body Integrators
- Switched on Selling
- Personal Performance Profile & Program
- Lightning Learning™

### Productivity

- Switched On Selling
- Goal Setting and Critical Path Management
- Time Management
- Team Building
- Conflict Resolution
- Surviving the Information Avalanche

### Work-Life Balance & Wellness

- 10 Steps to Lasting Change
- Touch For Health: 26 hour certificate course
- Brain Gym® - 24 hour certificate course
- Wellness Kinesiology - Available in 24 hour modules

### Organizational Management - with Maynard Consulting

- Change Management: Managing and Preparing an Organization for Systemic Change
- The Inside/Outside of Sustainable Corporate Relationships
  - Internally: Fostering Employee Engagement
  - Externally: Creating Sustainable Client Relationships
- Coaching: Developing People Capacity within the Organization

### Design Your Own Program

Choose from the above topics or give us an idea of where your challenges lie - the topics that would best serve your company. We tailor programs to fit the changing needs of your company and staff, from introductory presentations to in-house ongoing employee development programs. Contact us for full information.

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# Making the Brain/Body Connection

Is the constant barrage of stress taking its toll on your staff's energy and productivity? Based on Sharon Promislow's internationally best-selling book, this action packed course is a bridge between today's cutting edge learning and brain research, and a powerful introduction to Specialized Kinesiology. It demonstrates the effect of stress on our brain/body, and offers tools to release the mental, physical and emotional blocks that prevent us from performing at our best.

Self-management is not just an activity of mind; it's a whole brain/body experience. Emotions and beliefs lock in stress to create powerful "stress circuits" that impair our ability to function optimally, impact wellness, and decrease our ability to recall. Simply put, when stress is not handled effectively, our brain/body integration breaks down, leaving us learning and living 'disabled.' Shift your team back to being sharp, focused and energized by Making the Brain/Body Connection. In one energizing day, your staff will learn how to recognize the psychological and physiological symptoms of stress, and how to rewire these debilitating 'stress circuits.'

Whether the stress is from the working environment or pressures from home, *Making the Brain/Body Connection* will help them to easily bring their attention back to the job at hand. They will know how their brain and body works, and how it can work better for them. They will come away with powerful tools to improve attitude, memory, self-expression, creativity, focus and concentration and will experience simple targeted activities that stop stress in its tracks. The self-help techniques taught blend seamlessly into any working or living environment, and provide a simple model for positive change that they can take into both their professional and personal lives.

Your employees will be able to instantly:

- Recognize and reduce the stress response
- Sharpen their senses for improved vision & hearing, reading & writing
- Improve memory and concentration
- Perform their best at work and feel more alive!

Available as a full day or half day workshop.





# Drive Your Sales with **Switched On Selling**

**A revolutionary breakthrough sales training process, based on applied stress and brain research**

Available as a private Corporate Booking, or by registration in a public workshop

## Have you or anyone on your sales team ever:

- Lost your confidence because some one said “no” to you?
- Avoided making phone calls?
- Been unable to write an important letter or proposal?
- Felt “blocked” when it came time to close?
- Has your mind ever gone blank while you were handling objections?

If you answered ‘yes’ to any of those questions, ***Switched On Selling*** is for you and your company.

Switched-On Selling is a sales success seminar that works ‘switching on’ the lines of communication between the left and right brain hemispheres. It is based on the principle that you performance your optimum – mentally, physically, and emotionally – when the two sides of your brain are able to coordinate their functioning. To test the effectiveness of this approach the South Carolina Farm Bureau Insurance Company had one third of its sales force take the seminar. Then for 120 days, the company tracked their performance against a control group of agents who did not take the seminar. The result: those agents who took the seminar had a 39% higher closing rate... and 71% higher premiums!

If you’re a sales person with some experience, Switched-On Selling can help you to:

- **BREAK** through sales blocks
- **PREVENT** sales burnout
- **TAKE** the chill out of cold calling
- **TURN OFF** stress and negative emotions
- **TURN ON** feelings of well-being
- **MANAGE** your time and **DO** your paper work
- **ENERGIZE** your day with this 7-minute tune-up
- **COMMUNICATE** with ease and power

*The Switched-On Selling experience had the greatest impact in the shortest period of time of any program I have seen in my many years in sales management.* - Robert E. Donovan, Director of Life Sales, IOF Forresters

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# Lightning Learning™

Is your staff struggling to keep up due to information overload? The constant needed in today's corporate culture for upgrading and change can cause an enormous amount of pressure on employees. Many of them avoid new challenges simply because they don't want to face the learning curve, or are unwilling to move ahead in their job out of fear that they won't be able to keep up.

We can help them electrify their learning using the newest brain-friendly Accelerative Learning techniques. In one fun-filled day, they will discover quick boosters for everything from memory strategies to rapid reading, note taking and intelligence boosters that will have them functioning and learning at Lightning Speed.

Lightning Learning™ is an exciting program designed to let your staff capitalize on the new and dramatic discoveries on how the human brain learns best.

Participants will come away with simple yet powerful ways to:

- Maximize their productivity using brain-friendly techniques
- Understand and use Multiple Intelligences for efficient problem solving
- Find out how music boosts intelligence and creativity
- Reduce downtime by designing a brain friendly work environment
- Use 10 new learning rituals that maintain an alert and productive state
- Use brain friendly techniques to learn faster, retain information longer and increase motivation.

Your staff will be able to implement all these tools into their work environment and boost their brain power immediately.

Lightning Learning™ is adaptable from a 4 hour mini course to a two day complete workshop. Modules are available on State Management, Brain Scan Note Taking, Memory Strategies, Rapid Reading, and Test Taking.



FOR IMMEDIATE RELEASE

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**A New Piece in the Attention Deficit Disorder Puzzle!  
Physical Techniques Help ADHD/ADD Children Learn**

Vancouver, BC—Current brain research has revealed a similarity between the symptoms of severe stress and the symptoms of ADD and ADHD in children. Experts now believe that learning difficulties associated with ADD can be mitigated with simple physical techniques that clear stress circuits, thereby stimulating brain function and balanced brain chemistry. This new piece of the ADD/ADHD puzzle may be the one to help get millions of children across the nation off Ritalin.

An expert in Specialized Kinesiology, author Sharon Promislow simplifies this cutting edge brain and learning research in her book, *Making the Brain/Body Connection: A Playful Guide to Releasing Mental, Physical and Emotional Blocks to Success*. Honouring the findings of modern neuroscience, Promislow lays out easy-to-do, fun activities that dramatically reduce stress and change how the brain and body react to stress.

Attempting to learn while in an over-stressed state causes ADD children to have problems with focus, concentration and memory. Simple targeted body movement can reactivate faulty neurological communication within the brain. These specific activities have been proven to re-establish these important links, resulting in better comprehension and neural organization. Drawn from Specialized (Energy) Kinesiology and Brain Gym, they have no negative side effects and can be used at any time, in any environment.

A Specialized Kinesiologist of international reputation, and President of Enhanced Learning and Integration, Inc., Promislow translates clinical results into everyday language. Through humorous cartoon characters and a light-hearted approach in *Making the Brain/Body Connection*, she shows how certain physical movements can:

- Relieve ADD and ADHD
- Improve Learning and Focus
- Switch on Creativity
- Stimulate Body Brain Communication
- Defuse the negative impact of stress

Sharon has successfully touring Canada, USA, Israel and major European centres with her books and training seminars, which include *Putting Out the Fire of Fear*, dealing with Post Traumatic Stress Disorder, *10 Steps to Lasting Change*, *Lightning Learning™* and her international best seller, *Making the Brain/Body Connection*.

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