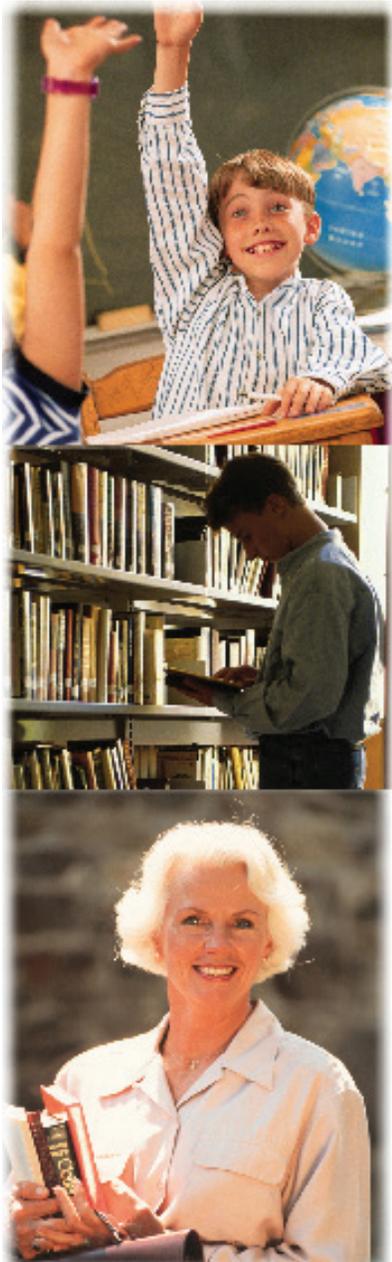


Enhanced Learning & Integration Inc.

Bringing learning and stress management technology to the classroom



Thank you for enquiring about Enhanced Learning & Integration Services. We offer programs to help make learning and teaching easier, more effective, exciting and rewarding. As president of Enhanced Learning, Sharon Promislow prides herself on bringing you the most current information in a practical, interactive and fun filled format.

Whether you and your organization are interested in certificate courses or teacher in-service workshops, Enhanced Learning is the company to book for professional development. Topics range from the sensory integration of Brain Gym®, modules on how to handle stress, unleash creativity, wellness, to fascinating new learning strategies based on current brain research.

Check out our Seminar Suggestions pages. Choose from these popular programs, or have us design a workshop that meets your organization's or school's specific needs. Learning was meant to be this much fun.

Browse through our Press Release, for fascinating information on how current stress and brain research can be applied to our everyday life with incredible results. Additional press releases, articles and programs are available upon request or visit us online at www.enhancedlearning.com. We enjoy bringing you all the best and latest information on stress/state management and learning research.

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 or completion certificates.

Enhanced Learning & Integration Incorporated
Suite 1401 1238 Seymour Street, Vancouver, BC, Canada, V6B 6J3
Phone: 604.682.8192 • Fax: 604.696.6276 • info@enhancedlearning.com



About Sharon Promislow



A popular speaker in the public and private sectors and a Specialized Kinesiologist of international reputation, Sharon leads professional seminars for school districts, teacher in-services, special education conferences and corporations throughout the world. She has a flair for translating research into fun-filled, hands-on techniques that everyone can use. Sharon combines her expertise in the fields of Brain Gym®, Specialized Kinesiology, Stress Management, Accelerated Learning and Study Skills, with an exciting and interactive presenting style. She models and delivers all the tools needed for effortless learning and state management in both the classroom and personal life..

She is the author of *Making The Brain/ Body Connection* (one of the 100 best selling books in Cognitive Psychology, translated so far into 12 languages), *Putting Out the Fire of Fear*, *The Top Ten Stress Releasers*, and co-authored the book *Screen Test—How to Screen for Sensitivities in Your Diet and Environment*, as well as many other professional materials and journal articles. Sharon has toured nationally with *Making the Brain Body Connection workshops*, and has appeared on all the major networks and many popular syndicated radio and TV shows, including Voice of America, Washington DC. Sharon teaches internationally and between speaking and teaching engagements is currently working on a project to support teachers in the classroom.

Beyond an earlier academic career in English Literature and Psychology, 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.

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What Other Are Saying About Us



I strongly encourage educators to take this class. I feel I have a better understanding about where my children are coming from and how to help them focus.

Mikki Ward - Teacher, Atlanta, GA

Sharon is very knowledgeable and enthusiastic. She's a wonderful and inspiring teacher. I know I'll use her techniques in my life and classroom.

Heather Hawk- teacher

Powerful techniques for learning and growing that are fun and easy. A wonderful way to take care of self.

Caroline Lusky - Consultant

Most workshops I've attended never leave me feeling this good after learning this much.

S. Pohl, Tomslake, BC

Your presentation and materials are first-rate. They are clean, informative, interest-catching and professionally attractive.

V. Walker, West Covina, California

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

Mrs. Promislow's thoughtful and well-presented program, based in sound pedagogy and supported by scientific data, enhanced our students ability to more nearly approach their potential.

John C. Sarsfield, Shawnigan Lake School, BC

Sharon is an excellent presenter who involves the class in the learning of the material.

Candy Britton - Brain Gym Teacher

Improving how you feel and function has never been easier! Making the Brain/Body Connection is a fun and pragmatic primer to the fascinating new fields of brain/body research and human kinetics.

Yvette Eastman, author and teacher

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, BC



Previous Engagements

Engagements and Keynotes Include:

Texas, Region 16, Children At Risk Conference
Wisconsin State Learning Disabilities Conference
American Western Region Business Educators Conference
Gifted Children's Association of BC
BC Ministry of Social Services
The Learning Annex
University of Calgary
Kwantlen University College
Vancouver Neurological Centre
Boston Center for Adult Education
DGSL Congress, Germany
Shawnigan Lake School
BC Adult Special Education Conference
International Alliance for Learning
Florida State-Wide Conference on Literacy
Landmark College
Numerous British Columbia Schools & School Districts
Learning Skills Association of BC
Vancouver Department of Public Health
International Career Development & Counselling Conference
Educational Kinesiology Foundation
Touch for Health Associations of Canada, USA and Italy
International Association of Specialized Kinesiologists
Canadian Association of Specialized Kinesiologists

TV and Radio Shows Include:

Features on NBC, ABC, CBS, CBC, CTV, Global
Vicki Gabereau Show, Vancouver, BC
National Public Radio
Ask the Paediatrician, American Health Network, Florida, USA
The Big Breakfast, Calgary, AB
Health Talk, with Dr. Bob Martin, California, USA
AM Northwest TV, Portland, US
Ask the Family Doctor, American Health Network, Florida, USA
Call-In Talk Radio on stress and learning throughout North America
BCTV Noon News, Vancouver, BC
Breakfast TV, Toronto, Ontario
WTN, Mind Body and Spirit, Toronto
Voice of America, Washington, DC



Enhanced Learning Programs

Popular Topics

Making the Brain Body Connection
Unlocking Learning with Brain Gym®
Personal Performance Profile and Program
Lightning Learning™

Topic Categories: Course details upon request

Stress Management

- Making the Brain/Body Connection
- The Top 10 Stress Releasers
- Destressing Yourself and Your Workplace
- Putting Out the Fire of Fear

Learning and Performance Enhancement

- Making the Brain Body Connection
- The Top 10 Brain/Body Integrators
- Personal Performance Profile & Program
- Lightning Learning™
- Switched On Reading
- Think Smarter, not Harder
- Thanks for the Memory

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

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 group. We tailor programs to fit the changing needs of your staff, from introductory presentations to in-house ongoing in house development programs. Contact us for full information.

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Making the Brain/Body Connection

Learning is a whole brain/body experience, hinging on proprioception in muscle circuits of the hands, limbs, torso, neck, throat and sensory organs, as well as communication throughout the brain itself. In the absence of gross pathology, wonderful improvements in perception, performance and memory can be breathtakingly simple using Specialized Kinesiology. This technology of easy to do techniques and body motions re-educates the body and central nervous system to switch on the whole brain/body for higher energy plus increased coherence, and to release old compensatory patterns.

“Making the Brain Body Connection” provides a bridge between today’s cutting edge learning and brain research, and a powerful introduction to Specialized Kinesiology. This experiential course has been designed for brain friendly learning.

Participants will come away with firm models to:

- Effortlessly improve seeing, hearing and writing
- Provide powerful tools for self management of stress
- Create and maintain the optimal learning state
- Widen the window of teaching opportunity with awakened multiple intelligences and learning styles
- Empower students and staff to notice improvements in maths, self-expression, spelling, reading, positive attitude, focus, comprehension and memory
- Seamlessly and transparently build these methods into their teaching and training plans

Drawn from Specialized Kinesiology, Brain Gym® and Brain Compatible Learning, these techniques are superb for classroom state management. Discover how state management is not just an activity of mind; it’s a whole brain/body experience.

Making the Brain/Body Connection is adaptable from a 4 hour mini course to a two day hands on workshop.



Unlock Learning With Brain Gym®

Make learning easy and stress-free with powerful tools to improve reading, attitude, self-expression, writing, focus, comprehension and memory. Brain Gym® movements consciously activate the whole mind/body system, stimulating nervous system activity equally in all parts of the brain, which reduces stress and allows for easier learning and better retention. These targeted activities are used by students to control their own learning style, enhance memory retrieval, and to be task oriented & self reinforcing.

Brain Gym® integrates the whole brain for optimal learning and performing, presented in a self-discovery, experiential format applicable to learners of all ages. Brain Gym® offers practical and natural solutions to stress, academic and behavioural issues. Discover the ease and joy of whole brain learning.

You will learn:

- The role of movement in whole brain learning and hemispherical integration.
- How movement improves attention and memory.
- How to use Brain Gym® in the classroom to facilitate readiness to learn and heighten the senses of seeing and hearing.
- To increase focus, organization and communication.
- To identify and eliminate learning blocks in math, writing, spelling and other fields such as music etc.
- The skills to put Brain Gym® to work for yourself and your students in the classroom.

Brain Gym began as a breakthrough for overcoming learning disabilities, but has expanded into a program for drawing out potential at every level of skill and achievement. It consists of 26 specific activities designed to enhance whole brain-body coordination. These simple and effective activities, used within the context of the Brain Gym model of "5 Steps to Easy Learning", give the teacher a transparent model to ease students through learning blocks, and to help them step into self management and self esteem. Brain Gym has been adopted by School Districts throughout the world.

Available as a full or half day Professional Development Workshop.



Lightning Learning

Electrify your brain and your teaching with dramatic new discoveries on how the human brain learns best. You will pick up ideas and strategies that you can implement immediately into your own learning process or in your classroom! Drawn from the latest brain and educational research, Sharon's synthesis will have you learning at lightning speed.

You will come away with ways to:

- ⇒ Create & maintain the optimal learning state
- ⇒ Use games for learning content
- ⇒ Increase learning using mind mapping, brain cycles, music, and patterns
- ⇒ Maintain your most productive state with 10 learning rituals
- ⇒ Find out how music boosts your intelligence and creativity
- ⇒ Create a brain compatible learning environment
- ⇒ Explore the Multiple Intelligences in a totally new way
- ⇒ Use Learning Styles to understand how to reach your students better
- ⇒ Have more fun!

You will be able to implement all these tools immediately & transparently into your class plans and work environment to unleash your classroom creativity and productivity.

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.



Press Release

FOR IMMEDIATE RELEASE

CONTACT: Cathrine Levan
PHONE: (604) 682-8192

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

Vancouver, BC—Recent brain research has uncovered a similarity between the symptoms of the classic stress response, and the symptoms of ADD and ADHD in children, including adrenal overwhelm, inability to concentrate and focus, tensing of the tendon guard reflex. Experts now believe that learning difficulties associated with ADD can be mitigated with simple targeted physical movement, designed to clear these stress responses, stimulate brain function and encourage 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 exercises that dramatically reduce stress and change how the brain and body react to it.

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 proven to result in better ability to self regulate, to support attention, comprehension and neural organization. These techniques 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 brain research into everyday language. Sharon has successfully toured Canada, USA, and major European centres with her books and training seminars, which include *Putting Out the Fire of Fear*, dealing with Post Traumatic Stress Disorder, *Lightning Learning™* and her international best seller, *Making the Brain/Body Connection*, now in 12 languages.

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