



Train Your Brain - Over Eat No More!™

ONE DAY WORKSHOP

Discover what happens to your brain when you eat certain foods, how this compels you to eat more than you want to, even when you don't want to, and how brain training, and not another diet, can help you break free of overeating and develop a happier, healthier relationship with food, eating and yourself.

Debunking the myth that overeating is a lack of willpower, this one-day workshop will guide you into a new brain-based understanding of your overeating and a new brain-based way out of the problem that does not involve another diet regime.

Join Tanya Power in this popular workshop based on neuroscientific evidence, research and personal experience. You'll learn about

- The role of the brain in directing your eating and how certain foods can override the normal hunger mechanism such that you crave and eat more food than you want to or need to.
- How your brain has become hardwired for overeating and triggered time and again into the same behaviour – even when you have decided and planned not to overeat.
- 4 key factors to watch out for that tip the balance and trigger overeating.
- The role of positive neuroplasticity in helping to create the brain changes needed to stop overeating.
- 7 brain-based strategies that can help to train your brain and break the overeating habit.

The workshop is open to anyone who finds themselves overeating, not feeling happy about it and wanting to make a change.

The approach is inclusive and friendly with a mixture of presentation, group and individual participation with lots of Aha! moments and personal insights.

Tanya Power is a Brain-Based Educator, Trainer, Facilitator and NeuroCoach with a special interest in the food, brain and overeating from both a professional and personal perspective. She has worked with individuals and groups on solution-focussed strategies for personal development and change in both the UK and Australia. She runs training programmes and workshops based on brain science and neuroplasticity.

The Train Your Brain – Overeat No More!™ workshop is not a therapy or 'cure' for overeating.

It is designed to provide overeaters with information, understanding, insight, and brain-based strategies and skills that can help with overeating.

If you would like to discuss how it can work for you before booking the event please contact Tanya for more information on **m** 0437965390 **e** powerbraintraining@hotmail.com or visit www.powerbraintraining.com.au



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ONE DAY WORKSHOP

SUNDAY 23rd OCTOBER 2011

REGISTRATION FORM

Please enrol me for Train Your Brain – Overeat No More! One Day Workshop

Sunday 23rd October 2011 10.30 am - 4.00pm

Cost

\$ 199.00 incl. refreshments.

Payment Details

Cheque

Made payable to: Power Brain Training

Send to: PO Box 2120, Wattletree Rd LPO Vic 3145

Attach registration form.

Internet Banking

Acc Name: Power Brain Training BSB: 013 350 Acc. No. 477030469

Ref: Your Name and Session Start Date

Send registration form to: PO Box 2120, Wattletree Rd LPO Vic 3145

or scan and email as attachment.

Terms and Conditions:

Full payment guarantees a place. Numbers are limited.

Cancellation 14 days before the event 80% fee refund. Cancellation within 14days of the event 50% refund.

Venue

Ross House 247 Flinders Lane Melbourne 3000

5 mins from Flinders St Station, next to CAE and City Library. Melways: 1BM9

Ross House (Mezzanine Floor)
247 Flinders Lane
Melbourne 3000
5 mins from Flinders St station and next to City Library Melways 1BM9

Sunday 23rd October 2011 10.30am – 4.00pm Refreshments provided. Bring your own lunch.

For more information or to book a place contact **Tanya Power on 0437965390**

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