



E-Course: Rewire your Brain to Thrive

When I talk about being in a thriving state I mean being in a state where you are self-motivated, empowered, and inspired. No matter what happens to you and around you, you see possibilities and opportunities to live the life you want to. You are excited about what comes next. Your brain easily engages in ways to creatively solve problems in your current situation that leave you better off than before.

Unfortunately, when we are stressed, anxious, worried, fearful or panicky, such as often is the case when we experience challenges in life (such as job losses, pandemics, lockdowns, business closures, loss of loved ones) our brain tends to automatically send us into survival mode. The flight or fight response is triggered and our natural responses are to fight, flee, or freeze. We focus our attention on dangers and threats around us and tune out the possibilities and opportunities that exist. This is survival mode. It is great when you are faced with a short term immediate threat like a speeding car coming at you or a poisonous snake ahead of you. It doesn't work so well though if there is a pandemic, lockdowns, job losses, business closures, etc. Although our brain can detect them as threats and send us into survival mode, we need to stay in a thrive state to find solutions.

In this course I show you how to get into and stay in a thrive state no matter what happens around you (unless you have an immediate short term threat where the fight or flight response is appropriate). Neuroscience has shown us that we can change our brains. This course is based on the results of tons of neuroscience research and in the course I reference experts such as Eric Kandel (neural circuits), Norman Doidge, Michael Merzenich (neuroplasticity) among others.

What you will get out of this course:

- *An understanding of how the brain works when you are in surviving or thriving states. (You don't need biology, maths, a university degree to understand this. A matric is more than enough)*
- *Tools to calm the brain (amygdala) so you don't go into fight or flight when it won't help you.*

- *Many tools and techniques to train your brain to thrive (there are 8 categories of tools to strengthen the functions performed by the prefrontal cortex alone; there are 6 categories of tools for building neural circuits to help you thrive; and 4 categories of tools for strengthening the Corpus Callosum).*

Course Materials:

Workbook: I email this to you and its yours to keep.

Exercises, tools, and techniques: These are in the workbook.

Self-coaching Exercises: These are in the workbook

Videos: There are 8 videos of between 5 and 15 minutes each. I email you the links on the internet. You can download them if you want. They will remain up so you can refer to them again and again.

- It's an E-course and you can do it in your own time, in your own space, at your own pace. If you spend 2-3 hours a week it will take about 2 months to complete the course.
- The course has been designed that you can do it on your phone. You don't need to have a laptop or computer to go through it.
- If courses are not your thing then you are welcome to contact me for some one-on-one sessions on the course material.

If you are interested email me penny.holburn@live.co.za or WhatsApp me at 082 460 2610.