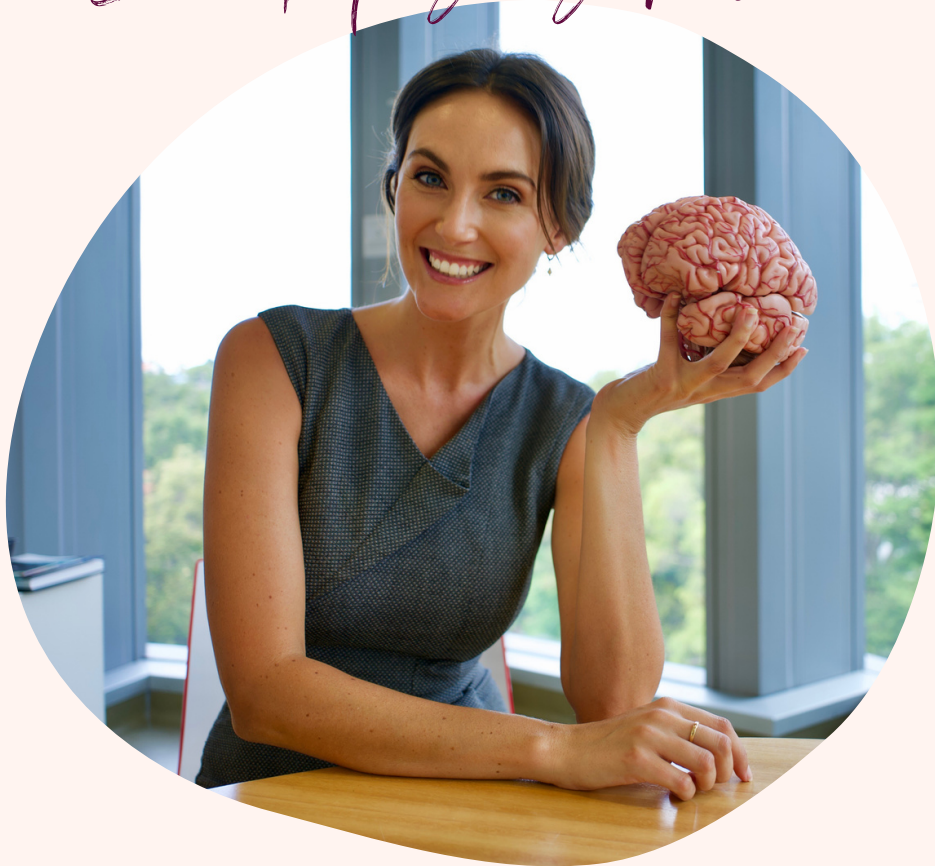


NEUROSCIENCE BASED MENTAL HEALTH & WELL-BEING PROGRAM

*with neuroscientist
Dr Hayley North*



Our 8-part program actively mitigates psychosocial hazards to ensure WHS law compliance, all while infusing every step with enjoyment and engagement!

THE 8 SESSIONS



Keynote: Understand Your Brain & How To Care For It

You'll be empowered with an understanding of neuroscience: how a complex network of electrical cells produce your emotions, stress, memory, motivation and happiness. You will learn 4 fundamental principles of brain function and discuss evidence-based strategies to work with your brain to improve mental health and well-being.



Understand and Manage Stress Workshop

You will learn the key causes of stress and how the brain and body facilitate and perpetuate it, which, if left unchecked can lead to burnout. You'll learn and practice evidence based strategies to reduce stress immediately to break its cycle & build long-term resilience against stressful periods in the future.



Neuroscience of Mindfulness Workshop

Mindfulness is a form of mental training, that alters brain structure and function and allows you to regain control over your attention: your most valuable asset! In this session, we practice different meditation styles and learn some brain-hacks for improving our practice to build resilience in changing environments.



Neuroscience of Happiness Workshop

You will learn how happiness originates in the brain and what the evidence suggests will and won't make you happy. You'll then develop strategies from these insights to implement in your day to day life. This will make you feel fulfilled in your profession and increase happiness at work and beyond.



Physical Health for Mental Health Workshop

As the brain is an interconnected part of the body, you'll learn how physical health, including diet, the microbiome, exercise and the immune system influence the brain and mental health. Develop daily routines and healthy habits that nourish your brain and boost your energy levels.



Brain Hacks for Productivity Workshop

Work smarter not longer! Learn to boost productivity, motivation and memory by understanding and enhancing neuroplasticity (the brain's ability to rewire) and the dopamine network. Hack your brain to increase your motivation and productivity in the hybrid workplace.



Optimise Sleep & the Circadian Rhythm

You wouldn't spend 1/3 of your life sleeping if it wasn't important. You'll learn about the body's 24 hour cycle (circadian rhythm) and the importance of sleep health to all aspects of well-being. We work together to implement evidence based strategies for improving your circadian rhythm & sleep quality.



Mental Health and Resilience Workshop

Learn how to identify different types of common mental illnesses and when to seek help. Learn implications of COVID and the hybrid work environment on the brain and mental health. Implement science based strategies to build resilience and emotional intelligence.

THE PROGRAM

Our evidence based program, designed and run by Dr North, will empower attendees with an understanding of their brain and practical strategies to improve mental health, well-being and productivity.

We designed our 8-part program in line with government WHS recommendations for reducing psychosocial hazards, for example:

- Encourage workers to manage stress and fatigue (in the **Stress, Physical Health & Sleep Workshops**)
- Provide workers with training on time management, organisation and decision-making skills (in the **Productivity Workshop**)
- Provide sufficient opportunities for workers to get to know each other and build positive relationships (in **all interactive workshops**)
- Where possible, allow workers greater control over their jobs and empower workers to make decisions that will reduce emotional demands (in the **Happiness Workshop**)



ABOUT DR HAYLEY NORTH

Dr North has dedicated her life to a scientific understanding of the brain and sharing that understanding with the wider community to improve well-being.

Her laboratory research and publications uncover molecular and genetic changes in psychiatric disease.

But it's Hayley's contagious enthusiasm and ability to explain complex topics to non-scientists that has engaged audiences around the world to implement positive and lasting change.

TESTIMONIALS

Hayley's passion for what she does is unmatched. From the first email, to seeing her capture and hold an audience of restless university students – Hayley's kindness, professionalism, and genuine care for our audience really is something special. Not only does she bring expert level knowledge to her workshops, but excitement and hope. Not often do you find a speaker who can help you to understand some pretty hectic science, while simultaneously leaving you with a feeling that "I can take on the world".

Steph, Head of Wellness –
Arc@UNSW

Dr. Hayley North's expertise in neuroscience and wellbeing is exceptional. Her workshops were well-structured, and the interactive exercises were informative and practical. Dr. North's Q&A session was a highlight of the program, providing a safe space for everyone to ask questions and share their experiences. Overall, Dr. North's program was an impactful and valuable experience, and I would highly recommend her to anyone looking to improve the wellbeing and productivity of their staff within any professional environment.

Darrell, Manager – PwC

Our team loved hearing about mental health and wellness from a literal neuroscientist! What sets Dr Hayley North apart from the rest is her ability to talk to the science behind why people might be feeling a certain way, and how to address it. She is an engaging and passionate speaker who clearly loves sharing her expertise. In today's world, her sessions exploring burnout, stress, motivation and happiness have never been more important

Hannah- Executive Director-
NSW Department of Premier and Cabinet

GET IN TOUCH

0439 161 690

info@understandyourbrain.com.au

www.UnderstandYourBrain.com.au

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