



Training Highlights... Ten Things Everyone with a Brain Needs to Know

- Quick tricks for memory
- Training increases attention and motivation
- Sex-differences that explain so much: interests, academics, fights, success
- "Specials" increase innovation
- Physical activities drive motivation and learning
- Music increases IQ
- Moving, math and reading
- Mental health and wellness secrets you'll want to know now!

[Reviews](#) / [Live Classes](#) / [Online Classes](#)

Spread the word that the training is coming!

Bring a colleague, the more of you who hear it the better the chances you can keep the positive changes!

Give me an entire day and I promise you'll forget it's PD and you'll be excited to boost your own brain, your family, and your work!

Anytime a group of educators have time to put their heads together, I know it better be worth their time.



I constantly hear people leave my training saying they feel "extraordinary", they have renewed energy and can't believe how many ideas they have.

Kim is an education consultant, international speaker, author (in press), and tenacious research-freak.

She currently teaches classes for Professional credits for license and CLD renewal and can't wait for Conferences to resume. All trainings come loaded with strategies anyone can use to engage a student and their own brain.

You will learn useful neuroscience fast, and instructional hints, with movement and games (that aren't insulting) that allow for all-day learning. They are free and you can use them immediately.

Click here to learn more:
[How to sleep](#)
[Missing pieces Mental health](#)
[Why it is a must move](#)

Use these to protect your quality of life

When I see you, I'll elaborate why you

1. **Listen to music: lower stress and increase energy**
2. **Find someone who is willing to "play" for 45 minutes three times a week (if you don't know what this means, you really need to start this mission)**
3. **Make, build, hammer, nail, paint or "bedazzle" something (it increases your endogenous opioids)**

...these increase your endogenous opioids, check my website for more ideas!



Subscribe and follow our tips on how to stay sane! Click here to visit us on YouTube.

First tip: text 5 positive things to someone really important to you ...by bedtime. The catch is they can't know I told you to!

Your district is committed to health

Every day a new worry like spreading disease, economic uncertainty, and rumors make anxiety worse. You have more power than you realize! Please remember these few things until I see you for a training.

You can do anything as long as...

1. **You sleep 8 hours and get 10-11 hours of darkness. Those two behaviors will protect you... a 7 to 12 minute video on YouTube to guide you in a meditation. If you don't already meditate this is the way I would start you.**
2. **You get many antioxidants: melatonin from being in dark is the most powerful to date, fruits and vegetables.**
3. **Assign at least 2 hours every evening for positive family/social interaction WITHOUT cellphone use (I'll explain later but it depletes our melatonin). Find something that makes everyone laugh, movie, YouTube animal videos, comedian, games etc.) Assign this sort of stuff as homework, and especially use it in your life.**

Relationship ratio:
Researchers can predict whether a marriage will succeed by the ratio of positive to negative interactions. For every 1 negative, it takes 5 positive to negate!

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