

REGIONAL BRAIN RESETTING TOUR WITH ALLAN PARKER OAM EMERALD TUESDAY 8TH OCTOBER

LET THE RESET BEGIN



- ✓ Become mentally fitter, sharper, and calmer
- ✓ Learn how to listen to the brain and body you live in
- ✓ Learn what you can do now, to live longer with an intact and healthy brain
- ✓ Learn how to maintain composure when there are bumps and holes in the road of life

YOUR BRAIN IS YOUR MOST POWERFUL ASSET

THE NEED FOR A BRAIN RESET

Knowing how to improve our brain is crucial.

By resetting your brain, you're not just improving your mental well-being; you're enhancing your emotional and physical health too.

It's time to go beyond temporary fixes and initiate a lasting change.

Imagine a life free from overwhelm, stress, anxiety, and depression and increase peaceful sleep. It's a possibility that's waiting.

About Allan Parker OAM

Allan Parker OAM is a micro behavioural neuroscientist, whose first book, *Switch on your Brain* has been a best seller since its publication in 1986.

Allan is embarking on an extraordinary journey through the heart of regional Australia, bringing insights, skills, and compassionate guidance to communities and individuals. Allan's workshops delve into the neural pathways that govern our thoughts and behaviours, offering tools for a Calming Brain Reset (CBR).

WHAT YOU WILL LEARN

UNDERSTANDING THE BRAIN

A deep dive into how our brain works and how to have a healthier one throughout your life.

MANAGING PRESSURE & TENSION

How to talk about pressure and lower it with five techniques for handling tension and emerging calmer on the other side.

CALMING CONVERSATIONS

How to have calming conversations rather than reactive debates to produce a healthier brain and a better understanding of others.

FIVE STEPS TO A BRAIN RESET

Reset your brain to have clearer thoughts, less stress.

AND THE FACTS & MYTHS OF BRAIN FOOD & EXERCISE



Calvary Church

11 Gladstone Street, Emerald

Book Now

<https://www.trybooking.com/CRQPG>



PEAK

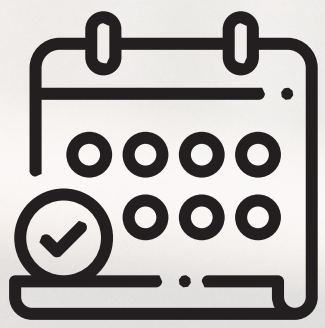
PERFORMANCE

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DATES AND LOCATIONS

3RD OCTOBER - ROCKHAMPTON

4TH OCTOBER - GLADSTONE

8TH OCTOBER - EMERALD

11TH OCTOBER - LONGREACH

14TH OCTOBER - WINTON

16TH OCTOBER - MT ISA

17TH OCTOBER - CLONCURRY

21ST OCTOBER - RICHMOND

28TH OCTOBER - HUGHENDEN

4TH NOVEMBER - CHARTERS TOWERS

6TH NOVEMBER - GEORGETOWN

8TH NOVEMBER - TOWNSVILLE

RBRT TESTIMONIALS & SHORT RBRT VIDEOS

Narromine RBRT

<https://vimeo.com/981807948>

Armidale RBRT

<https://vimeo.com/995603682>

Dubbo RBRT

<https://vimeo.com/981742009/c9956a1e55>

Anna & Jason Conn

<https://vimeo.com/981758812/be2c3e3745>

Calm
Conversations

<https://vimeo.com/953791095/5e8b673b45>

Kym-Lea Angas
& Allan Parker

<https://vimeo.com/953790781/ef4ad5cbfa>

Allan Parker
on the RBRT

<https://vimeo.com/984598922>



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