

Brain Bites - Beat To Your Own Drum! April 2008
Category – Stress and PACE

Exciting News!!

Significant research findings on a simple 4 Step Brain Gym® process called PACE!

What is PACE?

Being in relationship and resonance with one's own unique timing and rhythm. This engages the full capacity of body, head and heart in life and all learning situations, giving access to our potential. Doing these 4 simple steps will allow an individual to achieve this connection with ease and efficiency.

Experimental research on PACE outlines the significant effect of this 6 minute, 4-step process (taught in the Brain Gym® course) on reducing self-reported anxiety and increasing the performance of adults in educational settings.

REDUCING ANXIETY - Of the three subject groups drawn from first-year nursing students, findings indicated that PACE used before a skill test was 70% effective in reducing self-reported anxiety.

IMPROVING TEST SCORES - The PACE group also demonstrated a 19% increase in test scores. The data is exciting and the results are dramatic, considering that such a quick and simple intervention was used. More recent research studies show that using PACE combined with specific targeted Brain Gym® movements will increase grade levels by 20 – 50%.

The world is our classroom of learning, our garden for growth, our canvas of self-expression!

Whether you are in the workplace, at home or in day to day life, it is essential to BEAT TO YOUR OWN RHYTHMS...and be in PACE!!

PACE provides the space where fulfillment can happen.

Jill Hewlett and Sharon Todd are both Educational Kinesiologists and Licensed Brain Gym Trainers. Their company, Brain Works Global Inc., trains clients on how to maximize their learning potential while working in conjunction with their individual goals.

They provide keynotes, in house training, and sponsored events to a wide range of organizations and the community. For more information go to www.brainworksglobal.com or call 905.830.6902.