



Brain Detox

Declutter your mind and step into summer feeling like a new person!

A half day workshop which introduces you to a new way to live and work in a clearer, healthier state of mind.

Do you find yourself overthinking things? Mulling over conversations, cogitating about problems and situations again and again and again? It is exhausting!

You are not alone. A Harvard Medical research study found that the average person has;

- 60,000 – 70,000K thoughts/day
- spends 47% of waking hours lost in thought
- 65% of our thoughts are negative or redundant
- 90% of today's thoughts today will be the same thoughts you had yesterday.

This obsessive and repetitive activity creates a mental gridlock and overload which causes us to feel anxious and overwhelmed. We find it hard to concentrate, to take decisions, we become inefficient and it zaps our confidence.

There are no tools, techniques or affirmations in this workshop to bog you down, but rather an explanation of the predictable logic of how the human mind works in relation to how we function and how it is set up for success. When you see the logic of something, that knowledge updates your existing understanding and this automatically changes how you perceive life and you think, feel and behave differently. It removes the effort of having to consciously 'think' your way to a positive state of mind or having to remember to apply someone else's theories.

Benefits: As you start to understand the logic and recognise the potential of the mind you find yourself naturally accessing a state of clarity more and more often. You feel better, lighter and more engaged in your life and work. You'll notice you are more confident, resourceful and feel fulfilled and alive!

When: Friday 31st May, 2024

Duration: 9:30am – 1:00pm

Where: Alloa Business Centre, Alloa Business Park, Whins Road, ALLOA FK10 3SA.

Investment: £40 per person

Next Steps: To register and get more details text or call me on 07713 189 515. Or, if you prefer email me at karen@karenauldassociates.com