



APPLIED NEUROSCIENCE FOR
COACHES & HEALTHCARE PRACTITIONERS:

Neuroplastician Certification Program



Neuroplastician

2022

Why must every Coach, Educator, and Therapist apply Tools from Neuroplasticity?

What could be more thrilling than understanding the fundamental mechanisms that underlie human experience? To understand, in essence, who we are, how we learn and grow? This is, I think, the greatest scientific question of all time. To be a Neuroplastician this your role.

What does neuroscience have to do with coaching, education, and therapy?

Short answer: Nothing ...or... Everything

- It's of no relevance if you want to 'grandstand' and share your amazing wisdom!
- It's everything if you are trying to be a Neuroplastician and want to facilitate neuroplasticity to ensure your client's brains grow.

Since the 1980's the fact that the brain can change has been well-established academically. This process is neuroplasticity. It is now time to build practical ways our brains can become flexible, and adaptable (or plastic) throughout our lifespan so we sustain new habits.

Dr. Justin James Kennedy & the ION Fellows



The Neuroplastician creates sustainable change with clients.

Effective coaching produces changes in gene expression that alter the strength of synaptic connections via the process of neuroplasticity.

To be a Neuroplastician your role is to facilitate change in your client's thoughts, beliefs, and emotion. This is toward their enhanced resilience, wellness, vitality, and better performance. This is by coaching new healthy behavior-based habits.

As a Neuroplastician, you want to build the skills needed to support lasting change.

With enhanced neuroplasticity, your clients will have enhanced

- self-awareness
- Motivation, optimism
- Resilience, stress management
- critical thinking, Memory skills
- Vitality, health and wellness
- initiate new habits and sustain change that enhances Performance.

“All emotional, physical and mental processes, come from operations in the brain.”

So how can the Neuroplastician ensure coaching, education, and therapy really work!?

Based on the most recent researchers' findings at the Harvard and Yale School of Medicine the research has proposed principles of brain-based protocols.

Join us and become a Neuroplastician and create sustainable change with your clients.

In this course, the principles are presented as practical applications we call Brain-Hacks that ensure behavior change and develop new habits for health, wellness, business, executive and life coaches as well as for educators and therapists.

The fundamental principles of neuroplasticity every coach should know:

Doing ensures neuroplasticity. There are neural networks associated with emotions and memories. Some of these can be found in the pre-frontal cortex, the amygdala, and hippocampi. But they are not hard-wired. Certain habits either prune and tune neural connections in response to experiences.

Your Brain is Social. We are social animals. It is key to our intelligence. Relationships in childhood and throughout adulthood change the brain through the process of neuroplasticity and neurogenesis (building new neurons). The Neuroplastician facilitates this process to ensure relationships at work and homework to improve neural connections and well-being.

Nature nor nurture: It is habit formation. Both genetics and the environment interact to shape our brains and influence behavior. But it's not until we form new habits does neuroplasticity offer benefit. The role of the Neuroplastician ensures this and can be thought of as a strategic and purposeful facilitator shaping new neural pathways.

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Memories are remembered. Memories are not perfect recall. They are rewritten every time we recall them. Depending on the emotional load, the context, and others, how we retrieve memory is different. Our memories show neuroplasticity. Memory has an imagination component to reinvent the past so that it fits, our present and future perceptions.

Memories are Emotional. Memories and emotions are interconnected neural processes. Emotion also changes memory, for good or bad. The Neuroplastician weeds out emotionally irrelevant content and ensures correct memories are laid down for recall. Emotional arousal activates the amygdala, which in turn influences the kind and quality of the memory stored.

Imagining Creativity. Did you know visualization activates the brain in the same way behavior does? fMRI scans show that what you think about, your brain reacts in the same way that you imagine. By having a vision of the future will change the brain so that experience it in the future.

The Brain is not the Mind. Our brain cannot feel what we are thinking. Only when we pay conscious attention to the brain's unconscious processes can we influence our thoughts, or feelings. Our mental attention allows us to take new actions and build more effective habits for our future behavior change.

These are a few of the invaluable Brain-Hacks the Neuroplastician can apply to speed up the learning of new habits or skills.

Why should I obtain the Neuroplastician Certification?

It demonstrates your expertise to apply neuroplasticity.

DO YOU HAVE ANY QUESTIONS?

FIND SOME ANSWERS BELOW OR
CONTACT ME FOR A FREE
CONSULTATION.

[HTTPS://WWW.PROFESSORKENNEDY.COM/NEUROPLASTICIAN](https://www.professorkennedy.com/neuroplastician)

Payment Options

The fees are to obtain the investment for starts at \$990 or \$99 for 10 months.

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