Can Changing Your Brain Change Your Life?

Implications of Neuroplasticity for Success – A Personal and Universal Journey

Monday 31st August, 2015
6:00pm arrival, for 6:30pm-8:00pm

National Museum, 70 Molesworth St, Thorndon, Wellington, NZ.

To pre-purchase tickets: http://arrowsmithyoung.eventbrite.com.au?s=40193019
A Personal Journey Into the World of the Brain: Shaping The Mind/Function and Plasticity

Barbara Arrowsmith Young will discuss the social, educational, mental health and economic costs for students with specific learning disabilities and the implications of using a cognitive program that drives neuroplastic change to address these difficulties. Barbara will talk about her journey of discovery, the lines of research she combined to create a cognitive program to address her specific learning problems along with the outcomes achieved over her 35 years as an educator and researcher. She will describe how different cognitive functions impact learning and academic skill acquisition and discuss the outcomes/cognitive transformation related to a capacity based treatment approach to addressing specific learning disabilities.

$70 FOR A TICKET AND COPY OF BARBARA’S BOOK ‘THE WOMAN WHO CHANGED HER BRAIN’

Pre-purchase Barbara’s book and have her personally sign it for you on the evening!

TICKETS: $45 PER PERSON

In The Woman Who Changed Her Brain, Barbara Arrowsmith-Young tells the compelling story of how she tapped into neuroscience research and used neuroplasticity to transform her her brain and life, then went on to create the Arrowsmith Program.

Readers will learn of Barbara’s own story, as well as those of many others who have profoundly changed their lives through strengthening their learning capacities. As Barbara noted upon release of her book:

“In my book, The Woman Who Changed Her Brain, I combine my own personal journey with case histories from three decades as a researcher and educator, unraveling the mystery of how our brain mediates our functioning in the world. This book details the brain’s incredible ability to change and overcome learning problems, and deepens our understanding of the working of the brain and its profound impact on how we participate in the world.

My work has been and continues to be a labour of love, and I am honoured to share with you through this book my journey and life’s work. I sincerely hope you enjoy this book and that it will inspire you change the way you think about the mind.”

“Hers was a struggle between despair and determination. Determination won.”
- CNN Radio News

Barbara Arrowsmith-Young
is recognized as a pioneer, as the creator of one of the first treatment applications utilizing the principles of neuroplasticity.

As the founder of the Arrowsmith Program, she began using these principles in 1978 to develop cognitive programs to address learning disorders, first starting with her own debilitating set of brain deficits. She continues to develop programs for students with learning disabilities and her program of cognitive exercises is implemented in 55 schools in Canada, the U.S., Australia and New Zealand.

Barbara is the author of the international bestseller, The Woman Who Changed Her Brain. She holds a B.A.Sc. in Child Studies from the University of Guelph and a Master’s degree in School Psychology from the University of Toronto. Barbara is the Director of Arrowsmith Program and Arrowsmith School.

“Barbara Arrowsmith-Young is a pioneer, a bold and ingenious woman, deeply empathic and utterly determined. Rarely is the person who makes a discovery the one with the defect. Barbara is the exception.”
- Norman Doidge, M.D., author of The Brain That Changes Itself

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