

effective speed reading™
 business mapping™
 mental agility
 accelerating information management
 think on your feet™
 writing dynamics™
 effective communication
 power up your memory
 creativity in business
 the illumination workshop
 six thinking hats™
 lateral thinking™
 direct attention thinking tools (DATT™)
 generating ideas
 managing pressure
 stress management
 the mind body connection
 work/life balance
 healthy nutrition
 energy and well-being
 exercise and physical activity
 emotional intelligence
 the power of positive thinking
 effective time management

