



ALLAN PARKER OAM PRESENTS

THE REGIONAL QUEENSLAND BRAIN RESET TOUR

Allan Parker OAM is a micro behavioural neuroscientist, whose first book, *Switch on your Brain* has been a best seller since its publication in 1986. Allan is embarking on an extraordinary journey through the heart of regional Australia, bringing insights, skills, and compassionate guidance to communities and individuals. Allan's workshops delve into the neural pathways that govern our thoughts and behaviours, offering tools for a Calming Brain Reset (CBR).

YOUR BRAIN IS YOUR MOST POWERFUL ASSET

- ✔ Being mentally fitter, sharper, and calmer.
- ✔ Learn how to listen to the brain and body you live in
- ✔ Learn what you can do now, to live longer with an intact and healthy brain
- ✔ Maintain composure when there are bumps and holes in the road of life.

BOOK NOW

✉ frontdesk@peakpd.com

☎ 0419 918 598

APPLIED NEUROSCIENCE TESTIMONIALS

Jean Norris

<https://vimeo.com/713926262/0f43220c7d>

Tilli Crisp

<https://vimeo.com/733518351>

Peter Dale

<https://vimeo.com/713950824/c8310f354c>

Mandy Napier

<https://vimeo.com/804959161>

Jenny Fitzgerald

<https://vimeo.com/804959192>

WHAT YOU WILL LEARN

FIVE STEPS TO A BRAIN RESET:

Reset your brain to have clearer thoughts, less stress.

MANAGING PRESSURE & TENSION:

How to talk about pressure and lower it with five techniques for handling tension and emerging calmer on the other side.

UNDERSTANDING THE BRAIN:

A deep dive into how our brain works and how to have a healthier one throughout your life.

CALMING CONVERSATIONS:

How to have calming conversations rather than reactive debates to produce a healthier brain and better understanding of others.

THE FACTS & MYTHS OF BRAIN FOOD & EXERCISE:

Explore the impact of food and physical activities on brain health and memory.

SCAN THE
QR CODE



TO BOOK
NOW



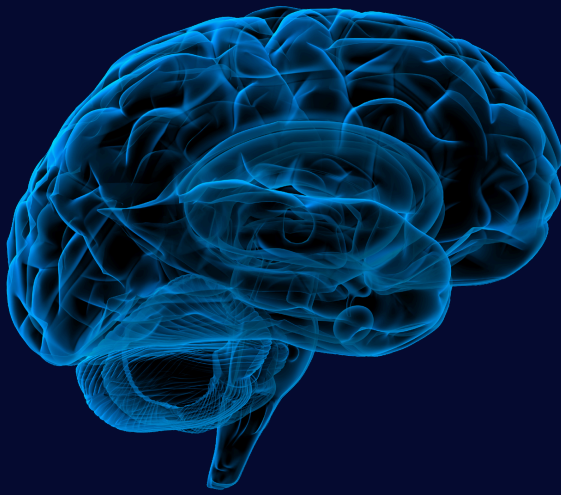
PEAK
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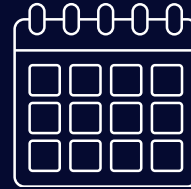
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UNLOCK THE POWER OF YOUR BRAIN



THE NEED FOR A BRAIN RESET

- Knowing how to improve our brain is crucial. It's time to go beyond temporary fixes and initiate a lasting change.
- By resetting your brain, you're not just improving your mental wellbeing; you're enhancing your emotional and physical health too.
- Imagine a life free from overwhelm, stress, anxiety and depression and increase peaceful sleep.

Thu 3rd Oct – Rockhampton

Mon 7th Oct – Dysart

Tue 8th Oct – Emerald

Thu 10th Oct – Longreach

Mon 14th Oct – Winton

Wed 16th Oct – Cloncurry

Thu 17th Oct – Mt Isa

Mon 21st Oct – Richmond

Mon 28th Oct – Hughenden

Mon 4th Nov – Charters Towers

Wed 6th Nov – Georgetown

Fri 8th Nov – Townsville



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