

MIND FIT

Exploring the Neuroscience of Resilience

Be immersed in the latest neuroscience research in Mind Health - learn about optimal brain states, the critical importance of neurotransmitters, brain activation sites, and how basic interventions can ameliorate symptoms of developing mental health problems.



TWO DAY RETREAT

Salutegenics Psychology will be delivering a two day retreat on Brain Fitness. We will partner with **Kieser Australia** and **DRIVEN** to build an overall functional approach to the development of strength and wellbeing.

Two days of dynamic fun and learning to bring forward the latest theories that underpin wellness lifestyles, and begin with the overall approach to living well.

There will be activities and wonderful food to assist in the learning experience.

Monday 18th and Tuesday 19th October

Retreat Cost: \$1,190.00 (GST incl.)

Venue: RACV Healesville

(Please book accommodation separately)

This includes:

- Two full day conference
- All day continuous selection of Nespresso coffee, tea and herbal infusions
- Arrival seasonal fruit bowl
- Morning tea
- Working lunch
- Afternoon tea
- Pre-dinner drinks at the lounge bar
- Corporate dining with 2 course dinner
- Recreation, spa and golf facilities



The Retreat will cover:

- Neural Resilience model which is evidenced-based and driven by neuroscience research
- The PR6 model overview, demonstrating the 6 domains of resilience
- Working with the biological, psychological, social and physical functions that leverage wellbeing under conditions of adversity and recovery
- Investigating the science of optimism, movement and sleep
- Applying highly effective and simple strategies that are in line with neuroscience research
- Pre and post workshop activities, a treasure hunt and dinner speakers

You will walk away with:

- An invitation to an online survey and your personal resilience feedback and report
- Mapping activation sites of resilience in the brain and rationale for the tools
- Practical activities and strategies to buffer against mental ill-health
- Lots of give-aways, complimentary gift bag with lots of surprises
- An incredible opportunity to connect, network and collaborate with those who are keen to learn how to **BECOME Mind Fit**

Training Resources Include:

- Full personal 6 domains Resilience Report
- Entry into the Resilience First Aid Certification
- AI-powered Driven Resilience App access for 12 months with a comprehensive suite of tools
- Resilience First Aid Kit to proactively build mental health
- Certificate of Attendance (if required)



We are truly excited to bring this learning into a wonderful and exploratory retreat where insight and questions can happen within a group of like-minded people who are invested in their wellbeing.

Every attendee will have access to an online survey into resilience, and then walk away with one year's worth of an online program, personalised to your resilience needs, through a mobile device App

MIND FIT Retreat Expression of Interest and Registration

Ring Annie on **(03) 93742949** to register over the phone or Email form below to admin@salutegenics.com.au

First Name: _____

Family Name: _____

Email: _____

Mobile: _____

Occupation: _____

- I agree to have my photo taken during the retreat for marketing purposes.
- I agree to be placed on a mailing list for future workshops/events.



Kieser is a unique fusion of Physiotherapy, and Strength and Conditioning training. **Kieser** is passionate about holistic wellbeing and their multidisciplinary approach of Physiotherapy, exercise physiology and exercise science allows them to provide results for their wide range of clients through active and exercise rehabilitation, and strength and conditioning training.



Venue: RACV Healesville

Accommodation is limited - **book early**

RACV Healesville

122 Healesville-Kinglake Rd,

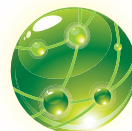
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www.racv.com.au/travel-leisure/racv-resorts/our-destinations/healesville-country-club-and-resort.html



home.hellodriven.com/resiliencefirstaid



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