

The Positive Neuroplasticity Training will teach you how to:

*Meet your needs to feel safer, more satisfied, and more connected - and less stressed, hurt, and resentful

*Hardwire peace of mind, contentment, and self-compassion into your brain

*Identify your own challenges and pain points and grow specific inner strengths to overcome and heal them



Visit PositiveNeuroplasticity.com

For a training near you, contact:

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NEXT TRAINING BEGINS:



The Science of Changing Your Brain for the Better

A six-part course using methods developed by Rick Hanson, PhD

Taught by Kathy Washburn, Certified PNT Teacher



**POSITIVE
NEUROPLASTICITY**
TRAINING

Beat the Brain's Negativity Bias and Fill Yourself with Calm Strength, Confidence, and Joy

This Training Includes:

13+ Hours of Teachings

Presentations organized
into short pieces for
maximum learning

Experiential Activities

Deep, guided practices to
grow the strengths you
need most

PNT Handbook

A copy of the Positive
Neuroplasticity Handbook
for you to keep

An Engaged Community

Learn in the safe
environment of a
group of peers

Certificate of Participation

A certificate of
completion with your
name on it.

“This was a truly life-altering, life-affirming training. I feel peaceful, content, loved, and excited to bring HEAL into my everyday life. There is so much more available to offer others.”

- Susan A.

Course Outline

Class 1: The Essence of Positive Neuroplasticity

- Use your mind to change your brain
- Use mindfulness to let be, let go, let in
- Overcome the brain's negativity bias
- Use HEAL to turn experiences into inner resources

Class 2: Having, Enriching, and Absorbing Beneficial Experiences

- Create beneficial, useful experiences
- Intensify positive thoughts and feelings
- Have a sense of being on your own side
- See and believe in the good inside you

Class 3: Linking Positive and Negative Material

- Recognize and honor your deep needs
- Grow the inner resources you need most
- Stay in the “Green Zone”
- Use positive experiences to heal wounds and empty places inside

Class 4: Growing Strengths for Feeling Safer

- Get the benefits of self-compassion
- Manage threats with calm strength
- Be less anxious
- Rest in a peace, contentment, and love

Class 5: Growing Strengths for Feeling More Satisfied

- Feel authentically successful at things
- Stay motivated
- Pursue big goals without stress
- Feel more thankfulness and joy

Class 6: Growing Strengths for Feeling More Connected

- Increase a genuine sense of self-worth
- Release envy and resentment
- Heal deep levels of old pain
- Combine compassion and assertiveness

