

## Brain Bites



### March at your own PACE

Category – Your natural pace in life

April 2008

#### What is PACE?

PACE is being in relationship and resonance with one's own unique timing and rhythm. This engages the full capacity of [body, head and heart](#) in life and all learning situations, giving access to our potential.

There are crucial research findings on a simple 4 Step Brain Gym® process called PACE! Experimental research on PACE outlines the significant effect of this 6 minute, 4-step process taught in the [Brain Gym® course](#) on reducing self-reported anxiety and increasing the performance of adults in educational settings.

Doing these 4 simple Cognitive/Brain Fitness steps will allow an individual to achieve whole brain connectivity with ease and efficiency.

*PACE for Reducing Anxiety* - Of the three subject groups drawn from first-year nursing students, findings indicated that PACE used before a skill test was 70% effective in reducing self-reported anxiety.

*PACE for Improving Test Scores* – In the same study the PACE group also demonstrated a 19% increase in test scores.

The data is exciting and the results are dramatic, considering that such a quick and simple intervention was used. More recent research studies show that using PACE combined with specific targeted Brain Fitness - Brain Gym® movements will increase grade levels by 20 – 50%.

The world is our classroom of learning, our garden for growth, our canvas of self-expression! Whether you are in the workplace, at home or in day to day life, it is essential to *ENGAGE THE WORLD IN YOUR OWN TIMING, RYTHEMS AND BE IN YOUR INDIVIDUAL PACE.*

PACE provides the space where fulfillment can happen.

**Participants of Brain Fitness training become self-aware and are empowered to positively impact their own growth and fulfillment! [Read more on Cognitive/Brain Fitness](#)**

Jill Hewlett and Sharon Todd are both Licensed Brain Gym® Trainers and *Cognitive Fitness Experts!* Their company, Brain Works Global Inc., trains clients on how to maximize their learning potential while working in conjunction with their individual goals.

They provide [keynotes](#), [in house](#) and [community training](#) and personal and professional coaching services to a wide range of [organizations](#), [schools](#) and the [community](#). For more information go to <http://www.brainworksglobal.com> or call 905.830.6902.



Become The Sculptor Of Your Brain!