

Highly engaged employees are 87% less likely to leave their companies than their disengaged counterparts.

CORPORATE LEADERSHIP COUNCIL

LECTURES

EDUCATIONAL . PRACTICAL . ACCESSIBLE

Our lectures were born out of a demand for scientifically accurate information on how to produce your best work, in an accessible and bite-sized way. These dynamic lecture-style presentations are rich with information and practical brain-based tools. We optimize productivity in the workplace, by leverage the MIND + BODY + SPACE to teach you how to *do better by thinking better*.

DESIGNED FOR

Groups looking for **productivity-focused lectures**. Perfect for lunch and learns, breakfast series, talks, lectures, and/ or conferences.

LECTURE TOPICS

MIND

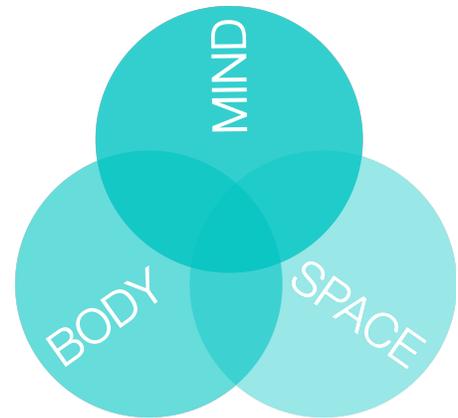
The Brain at Work
Mindfulness at Work

BODY

The Gut + The Brain
Movement + The Mind

SPACE

Productive Spaces
Detox Done Right



DELIVERABLES

LESSON

60 min. lecture-style presentation

EXTRA SUPPORT

Pre and Post Lecture Activities

INVESTMENT

Contact us at info@mindshift.ninja for more information.

3+ lectures receive 10% off, perfect for a lecture series.
Applicable taxes extra.

LECTURE TOPIC DESCRIPTIONS

MIND

THE BRAIN AT WORK

Are you as productive as you can be? Understand how your brain processes information and how to optimize your workday. Learn how to prioritize your priorities, when to take breaks, and how to set up meetings to have the most impact.

MINDFULNESS AT WORK

Are you aware of your thoughts, feelings, and actions? Optimize your productivity by learning how to manage stress and leverage your best thinking. Learn how a mindfulness practice can increase self-awareness and produce intentional results.

BODY

THE GUT + THE BRAIN

Are you eating with the brain and gut in mind? Learn how to harness the power of food to make you more alert, productive, and stress-resistant so you can handle your day's cognitive challenges.

MOVEMENT + THE MIND

Are you incorporating movement in your day? Leverage the knowledge of physical activity, biofeedback, and power postures to empower your thinking, increase your mental capabilities, and strengthen your resolve.

SPACE

PRODUCTIVE SPACES

Are your workspaces helping or hindering your work? Learn how productive spaces can empower your team's work with brain-friendly, collaborative, and inspiring strategies.

DETOX DONE RIGHT

Is your space in need of a detox? Effective decluttering and reorganizing is not just about cleaning up. Learn how to enhance productivity and increase calm by re-establishing order and purpose within your physical spaces.