

## Health & Wellness Department

Fall 04

### Mind Fitness Training: Personal & Professional Excellence

By Kate Garvin

In the past decade there has been extensive scientific research on people who have achieved excellence in their fields, including the leaders in business, medicine, sports and entertainment. This research has revealed a key factor that differentiates those who have achieved excellence and recognition in their chosen fields. It is their development of a **Resilient Mind**. This quality of mind is found in individuals who have met life's challenges with creativity and success. It is a key quality found in people who have won Olympic gold medals, Nobel Peace Prizes, and in those who have achieved brilliant success in the boardroom.

A **Resilient Mind** has both emotional and mental stamina and flexibility. This quality of resilience gives you the ability to focus, to concentrate and be attentive. The resulting clarity of thought provides a positive sense of control along with heightened awareness and increased self-confidence. A **Resilient Mind** increases your ability to make split second decisions and maintain focus. At any level of ability, and at all points in a career, these components play an integral role toward the achievement of your highest level of excellence, and optimum mental wellness.

#### Mind Fitness Training

The concept of mind training in the past was limited to exhaustive and time-consuming textbook methods. This has changed with the advent of the computer and with the latest scientific brain-imaging techniques. Medical science has discovered an effective and efficient method of mind fitness training, similar to

physical training for the body. This has opened the door for anyone to develop a resilient quality of mind that will enhance their lives, careers and their avocations.

How does it work? There are seven types of brainwaves that are produced from various locations in the brain. These brainwaves combine to create patterns that will arouse or relax the mind and the body. By training brainwave activities to interact in an ideal pattern, an individual can function in the optimal state for performing a desired task. For example, athletes need to have an aroused body and a relaxed mind, while students and executives find success when their minds are aroused and their bodies relaxed.

### *Athletic Achievement*

Athletes and performing artists condition their bodies in a variety of ways, but always with a common goal — to achieve Peak Performance. Athletes will physically train to condition their muscles and stamina, but they are sometimes unable to reach their highest goals. This is often because they have omitted mind training from their conditioning program.

**Mind Fitness Training** is one of the vital tools used by professional sports teams and Olympic champions to achieve Peak Performance. Along with traditional methods and disciplines, cutting edge technology is now available that will train your brain to it's optimal capacity and result in increased effectiveness and enhanced performance in all areas of your life.

Dr. Diane Stoler is a board certified Sports Psychologist who has worked with amateur, professional and Olympic athletes to help them achieve peak performance and regulate their ability to play in "The Zone".

### *Professional Success*

The qualities that give an athlete the edge on the field can do the same for the executive in the boardroom. Success in business often relies on the ability to

recognize and focus on the details, and on quick decision making. **Mind Fitness Training** is a vital component for teaching people to develop the Resilient **Mind** that will increase their effectiveness and enhance their decision-making. As a licensed psychologist, businesswoman and previous cost accountant, Dr. Diane has worked with CEOs, CFOs and many others to help them develop the **Resilient Mind** needed to achieve excellence in their careers.

#### *How Does It Work?*

As a neuropsychologist, Dr. Diane has undergone extensive training in neurophysiology and neurofeedback, also referred to as EEG Biofeedback or Neurotherapy.

During a series of relaxed forty-minute sessions, Dr. Diane provides the necessary instruction and interpretation to condition the brain to function within a more ideal pattern structure. This involves increasing or decreasing specific brainwave frequency activities at certain locations within the brain. Using non-intrusive sensors placed in various locations on the scalp, the electrical activity of the brain is measured at these locations and the information is “fed back” to the individual. Through this reinforcement of the learning process, the brain is conditioned to function with greater control, stability and self-regulation. The result is enhanced performance.

#### **Achieve Your Greatest Potential**

**Mind Fitness Training** is for anyone who desires to realize his or her potential and achieve optimal performance. This process can also enhance your ability to heal from injury and illness, and increase your stamina for physical and mental activity. Do you want to be in “The Zone”? Do you want to gain a competitive edge? A **Resilient Mind** provides an individual with focus, confidence, sharpness, stamina, and flexibility. Through Dr. Diane’s **Mind Fitness Training** you can develop a **Resilient Mind** and achieve your greatest potential.

Dr. Diane provides “Solutions and Resources”<sup>SM</sup>. to individuals who want to overcome life’s challenges and achieve their highest goals. For more information, please visit [www.drdiane.com](http://www.drdiane.com) or call 1-888-313-3095 today to set up a consultation.