



## Change your Brain - Change your Life!

Nathan Wallis

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'Change Your Brain - Change Your Life!' takes a broader perspective than Nathan's previous talks. This new discussion explores the inherent ability in everyone's brain to be able to change the 'wiring' of their brain and thereby improve their level of happiness, well-being and overall quality of life.

Nathan's message is that we are not subject to the biology dictated by the brain, but rather, it's actually an interactive process – the biology of the brain is also dictated by our thoughts and actions. Or alternatively, our brains are voice activated and we are far more in control of our brains than we realise.

This talk will update you (in Nathan's usual plain, direct, 'southern-man style' kind of way!) on Neuroplasticity - or the brains ability to change itself - and how to do this.

This is the same information Nathan shares with trauma experts and all manner of professionals across New Zealand, Australia and China. This seminar will be of interest to anyone who is committed to self-development and improving the quality of their lives. It will also be of interest to anyone working with trauma, or in roles helping other people improve the quality of their lives.

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