



Right Brain Aerobics

Career-focused Right Brain Training – Creativity & Innovation, Reduced Stress -- Transforming How You Use the Brain: Sparks Whole Brain Thinking!

Contact: Bill Gallagher, President, Gallagher Management Co., Worldwide Exclusive Distributor for Organizational Training & Strategic Partnerships - 410-905-2055 or bill@gallaghercompany.com
Sandra Rodman, CEO and Creator, Right Brain Aerobics – 425-214-2926 or sandra@rightbrainerobics.com

The “how to” right brain/whole brain creativity-innovation training package! Institutionalize right brain thinking, new kinds of “Brain Power.” Activate right brain + left brain skills = higher/sharper mental skills:
Right Brain Aerobics™ – www.rightbrainerobics.com – 425-214-2926

Right Brain Express: Streamlined Right Brain Training. Creatively transform managing, teaching, and learning for success, sharper thinking, and stress management.

The comprehensive **Right Brain Aerobics™** training is now available in a new, fast, “**Right Brain Express**” format – easy to learn or teach using PowerPoint animation with **exercises focused on real career/business targets, bottom line results/idea generation during training.** Plus **potential revenue streams** for companies and educational institutions.

Career Certificate courses! Exercises from all of the powerful RBA right brain building components in **practical, easy techniques & business-career language -- in one program.** Better managing, teaching, learning at new levels – new techniques for classrooms. Applicable at any level, to any industry -- or for life skills and stress reduction. **For companies & educational institutions -- or personal career development:**

- **“Right Brain Express Showcase”** RBX Demo & Training Exercises
- **Level 1 RBX Basic Training:** 1-Day (or weekly TeleClass) Right Brain Start Up: Creative Idea Generation, Stress Reduction, Tap Inner Genius (Certificate)
- **Level 2 RBX Core Brain/Mind Building Skills:** 1-Day (or Weekly TeleClass) , Mind Building/Contemplative Concentration + Affirmation (Strategic Learning Systems) + Intuitive/ Supersensory Skills + Creativity/ Innovation Techniques (Certificate)
- **Level 3 Right Brain Express Strategy Training:** 1-Day (or Weekly TeleClass) Right Brain /Left Brain Strategy + Idea Factory + Institutionalizing Right Brain Thinking in Business or Education (Certificate)



Sandra H. Rodman, CEO, former Fortune 500 & non-profit senior executive, innovator in technology & training, decades in creative/meditative/intuitive arts; milieu-therapy program design; Strategic Learning Systems; Sound Healing Certification under auspices of Acoustic Brain Research Fo. Theater Arts/Psychology Studies, Univ. of Texas, Baylor University. Trainers Page: www.rightbrainerobics.com/Trainers.html

Right Brain Express!



New! Right Brain Express (RBX) Certificate Courses: Breakthrough Right Brain Training. Easy to learn/teach at any level. “Unique!”

Business or educational programs rarely train right brain development/creativity /intuition/mind building with business/career focus. RBX does this for any level – CEO, students, faculty, technologists, entrepreneurs, leaders, Executive Education Programs – new life skills & professional skills. Stand-Up & TeleClasses, Train-the-Trainer.

“Right Brain Aerobics training has taught me to access the powerfully creative right brain to generate new, exciting solutions to everyday business issues while providing an approach to make out-of-the-box ideas executable in today's business world.” -- *Marvin Balliet, Former Managing Director & COO, Merrill Lynch Banks*

“Right Brain Aerobics is a great course. I now literally feel that I am using my brain fully and wholly. I never woke up before with so many ideas as I do now. Thumbs Up!” -- *M.S., Software Developer, Fortune 500 Technology Company*

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Right Brain Aerobics™ & Right Brain Express

“Take a Tour”! www.rightbrainerobics.com – 425-214-2926

Sandra@rightbrainerobics.com - Sandra H. Rodman, CEO

Former Fortune 500 Company & Non-Profit Senior Executive with decades in technology innovation, creative/intuitive arts, educational/training design, executive management.

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Right Brain Aerobics™ & Right Brain Express at-a-Glance

Use the Brain Differently for Success!
Integrate Right Brain/Whole Brain Thinking for
Creativity & Innovation, Stress Reduction --
for Career, Business, Education, Life Skills



Right Brain Aerobics™ & Right Brain Express Are Based on
7 Key Foundational Right Brain Acceleration Components.

Each skill builds on previous for a Cumulative Effect. *New research indicates short periods of mental/meditative focus can result in increased gray matter.*

Developing accelerated mental skills, using the brain differently

Right Brain Aerobics™ comprehensive program streamlined into **Right Brain Express** -- a fast “express” PowerPoint edition of *Right Brain Aerobics™* -- innovative organizational training and personal development/career training. Institutionalizing right brain environments for managing, teaching, learning, “right brainstorming” any subject. Techniques and use of sound for idea generation; practical brain-building, honing sharper mental abilities previously untrained.

Right Brain Express Training and Comprehensive RBA Training Manuals have Techniques to:

- Practice new skills to prompt right brain creative-intuitive “ah hah” insight, tap inner genius, expand thinking, views
- Reboot mentally, calm & focus the mind, handle stress more effectively
- Develop more creative, inspired leadership skills, sharper thinking
- Utilize the brain in new ways to heighten and integrate right & left brain genius for strategy, learning, innovation
- Improve mental focus, brain-building contemplative concentration, flexibility, adaptability to change
- Use new techniques to institutionalize innovative, focused thinking, bubbling up ideas from all organizational levels;
- Increase effective, creative meetings, achieve greater classroom success
- Learn multidimensional thinking, ability to synthesize disparate data with new mental skills, symbol interpretation
- Integrate left and right brain strategy with “Right Brain Strategy Grids” for whole brain, bottom-line solutions

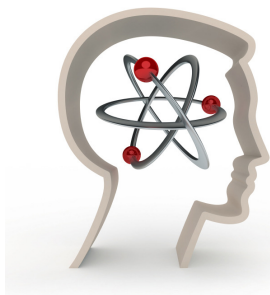
Right Brain Aerobics uses training, sound, exercises, developed for much higher level business, career, learning results by honing unsuspected, unused creative-intuitive mental skills.

80% decrease in creativity? “Among the groups studied, research concluded that artistic traits such as visual memory, perception and a critical eye for detail declined 80% as compared to research studies conducted in 1944.” “Creative performance: does the computer retard artistic development?” Institute of Electronics & Electrical Engineers (IEEE), Proceedings of 7th Int’l Conference on Information Visualization, 2003, T. Kipp

Right Brain Aerobics

Testimonials

Sandra H. Rodman, CEO, Right Brain Aerobics



“My Brain Is Working!” “Thumbs Up!”

"A brilliant, accessible, practical, and energizing set of practices that would serve any individual and/or team." --**Victoria Castle, Corporate Consultant**

"Right Brain Aerobics is a great course. I now literally feel that I am using my brain fully and wholly. I never woke up before with so many ideas as I do now. Thumbs Up!" -- **M.S., Fortune 500 Software Developer, Sunnyvale, CA**

"Right Brain Aerobics training has taught me to access the powerfully creative right brain to generate new, exciting solutions to everyday business issues while providing an approach to make these out-of-the-box ideas executable in today's business world." -- **Marvin Balliet, Former Managing Director & COO, Merrill Lynch Banks**

"Right Brain Aerobics has been designed to enable anyone to open the Right side of their brain, no matter how great a 'Lefty' they think they might be. The possibilities of this work are endless. The practices are both simple and powerful and can be used in any circumstance to create a deeper and more profound experience."--**Craig Weiner, D.C., Creator, Transformational Dialogues; Dir., The Chiropractic Zone.**

"My Brain Is Working!" - "Use your whole brain – the creative and the organized – to solve problems with confidence and guts." **B.J., Microsoft**

"With Right Brain Aerobics my conscious limitations dissolve into an expanded sense of freedom. Thought is effortless, boundless. I have access beyond my ordinary limits. I highly recommend it!" -- **Roy Ozanne, M.D., President, Whole Health Programs**

"Right Brain Aerobics may be a hidden goldmine for creative potential and the development of the process that is usually reserved for the rarely gifted." – **Thomas J. Rodman, C.A.D.C., M.A., Psychology of Creative Process; Therapist, Central DuPage Hospital**

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“I never woke up before with so many ideas.”
“I didn’t want it to end!”

"We are living in times where having the creative edge is paramount. Right Brain Aerobics is not 'old world' training. As a matter of fact, it will change your life, as it did mine and others. I didn't want it to end!" -- **Sherry Lynn, Business Consultant, Kirkland, WA**

"Nobody has ever provided both the insight into the human motivation psyche as you have -- and with a way of achieving self-actualization beyond what I would openly admit is what I am striving for."-- **Chris Corrado, Sr. VP, Asurion, formerly CTO eBay, CIO AT&T Wireless, Sr. VP Merrill Lynch**

"...the first time anyone has packaged all of this together for institutionalizing right brain thinking." -- **Senior IBM Executive**

"Out of the box thinking? The lady has no box..." – **J. Helm, Ph.D., JHelm Associates, formerly Prof., Applied Physics, Columbia Univ; Chief Tech Architect, Merrill Lynch**

"Sandra Rodman is a born creative and inspirational creature... She sees solutions where others cannot; goes 'places' where others don't dare." **Yong Ma, Ph.D., formerly Director, Global Risk Management, Merrill Lynch**

"It is remarkable to observe your out-of-the-box creative thought processes. You connect seemingly unrelated elements, then formulate wonderfully unconventional plans of action. You are always amazing! A synaptic wonder!" -- **Sharon Lee Ritchie President/CEO, Humanscapes, NYC**

"Sandra Rodman is a multidimensional thinker and a powerful force in the universe. She has made significant contributions to my development." -- **Andrea F., Professor, NJ**

"Your methods/ideas have taken me to places I'd not dreamed of, nor imagined. I'm very grateful for having had the opportunity to hear and experience so many new views and paths.." -- **Katherine M., Issaquah, WA**

"Sandra Rodman has helped me achieve professional and personal fulfillment, to become an invaluable resource within a major financial corporation. I have learned how to prevent stress from overwhelming me and let positive energy surround me. Within minutes, you will feel her energy which will inspire you to achieve your professional dreams." -- **Jennifer G., VP, Financial Services, NYC**