

Welcome ATD!

***Accelerated Learning in
Health Care***

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GROUND RULES

1. HAVE FUN!
2. DO THE THING!
3. BELIEVE IT'S
Possible!
4. CLAIM YR **POWER!**





Infinite Riches!

Infinite Riches are all around you if you will open your mental eyes and behold the treasure house of infinity within you.

There is a gold mine within you from which you can extract everything you need to live life gloriously, and abundantly.

– *Joseph Murray*

Theory of Multiple Intelligences

- ◆ Linguistic
- ◆ Logical/Mathematical
- ◆ Visual/Spatial
- ◆ Bodily/Kinesthetic
- ◆ Musical
- ◆ Inter-personal
- ◆ Intra-personal
- ◆ Naturalist
- ◆ Existentialist
- ◆ Emotional



I AM THE
LEFT BRAIN

Decisive!
011001011 LOGIC

Accurate
ANALYTIC

REASON
1 2 3 4 5 6 7
8 9

PRACTICAL
Strategic

CONTROL

SCIENCE
Realistic
Blind



I AM the
Right BRAIN!

Intuition
& Love LOVE love
thou art
Poetry

FREEDOM

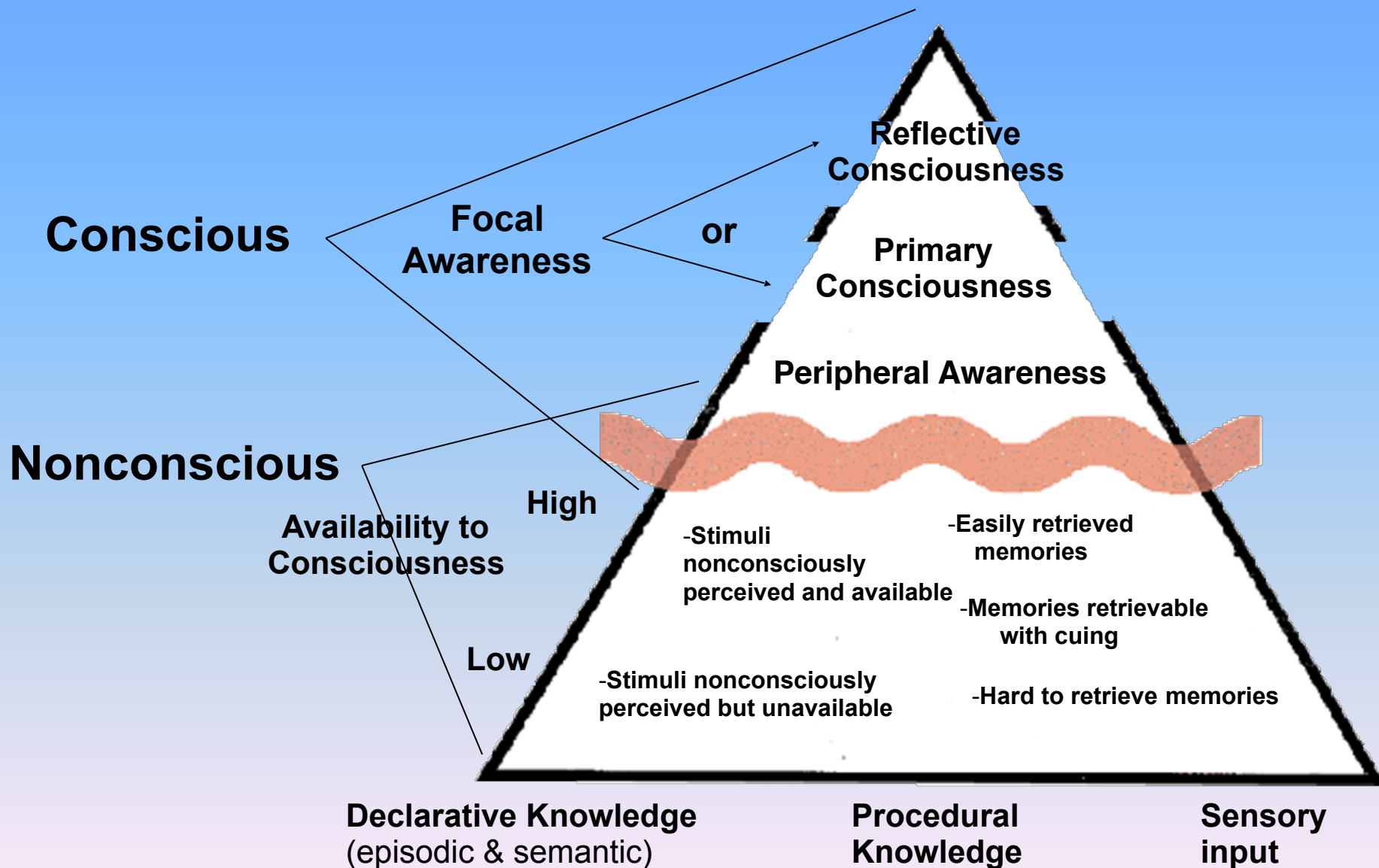
Passion
vivid

creative

YEARNING

PEACE

Levels of Consciousness



Expanded Brain States

5-7 Hz Creativity Channel

- Brings highest resources
- Home of super abilities
- Intuition, insight
- Inspiration, innovation
- Creativity, artistic talent
- Genius self
- Reverie
- PhotoReading State

8-12 Hz Learning Channel

- Process new learning
- Home of real learner
- Calm
- Access inner senses
- Relaxed
- Effortless
- State for all Whole Mind Reading

12-15 Hz Relaxation Channel

- **Stress release gate**
- **Door to the Ideal State of Mind and the Accelerative Learning State**
- **Physically relaxed**
- **Mentally alert**
- *“Doors to the expanded brain swing inward”*

16-30 Hz Action Channel

- Stressed
- Home of appropriate action
- Outer five senses
- Critical judgment
- Reason

VAK Model

The VAK model is divided into **three** different learning styles depending on the way each one receives and processes the information.



VISUAL
SEE IT 

AUDITORY
HEAR IT 

KINESTHETIC
DO IT 

Paradigm Shifts

- ◆ **Paradigm: A set of rules that defines boundaries and success within those boundaries.**
- ◆ **That which you define as impossible today is only impossible within your current paradigm.**



4 Levels of Comprehension



- 1. Awareness**
- 2. Familiarity**
- 3. Knowledge**
- 4. Expertise**



What is
necessary to
change a person
is to change his
PERCEPTION
of himself.

- Abraham Maslow



**When we affirm
our purpose and
learn to use the
accelerative
learning state,
we develop
a strong
connection to
our inner mind.**

Learning Process

Emotions

Excellence

Automatic Integration

Mastery



Conscious Competence

Know but still learning to use

Developing confidence



Conscious Incompetence

Know what you don't know

Frustration vs. Confusion



Unconscious Incompetence

Don't know what you don't know

Fear vs. Excitement





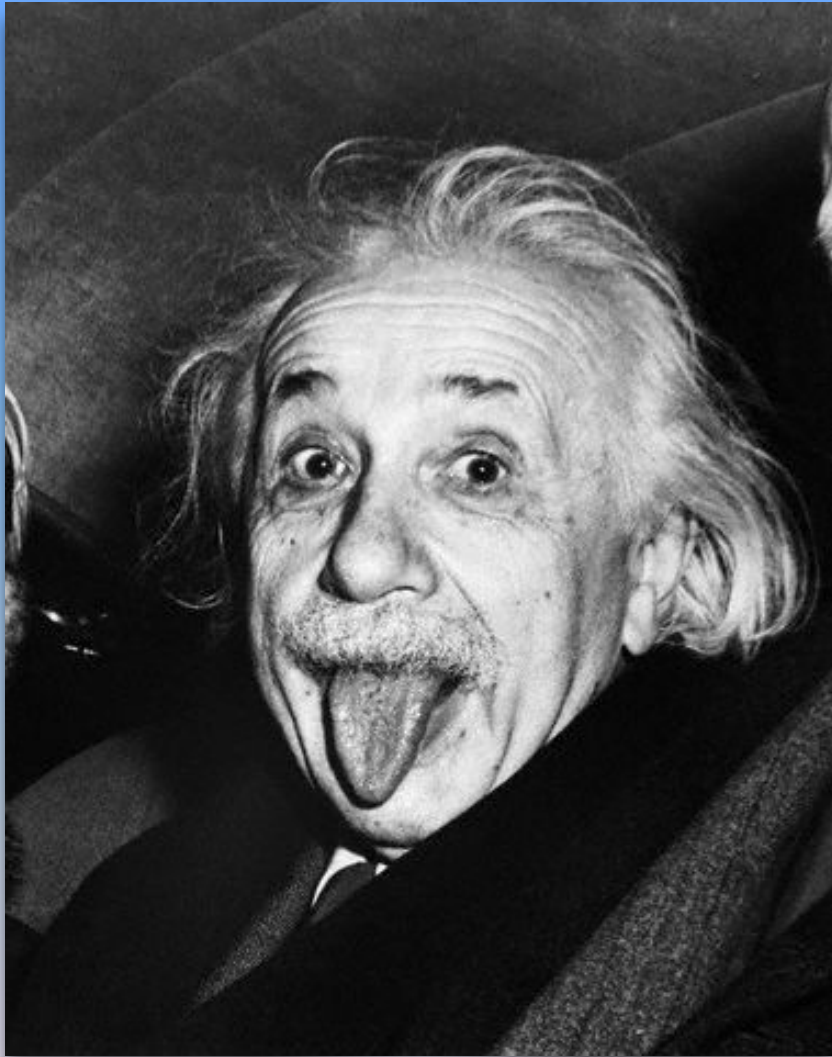
**She was
never
conscious
of my
limitations.**

***- Helen Keller
Tribute to Anne Sullivan***



**There is one quality
that one must
possess to win,
and that is
definiteness of
purpose, the
knowledge of what
one wants, and a
burning desire to
possess it.**

- Napoleon Hill



The important
thing is to
NOT
stop asking
questions!
å-Albert Einstein

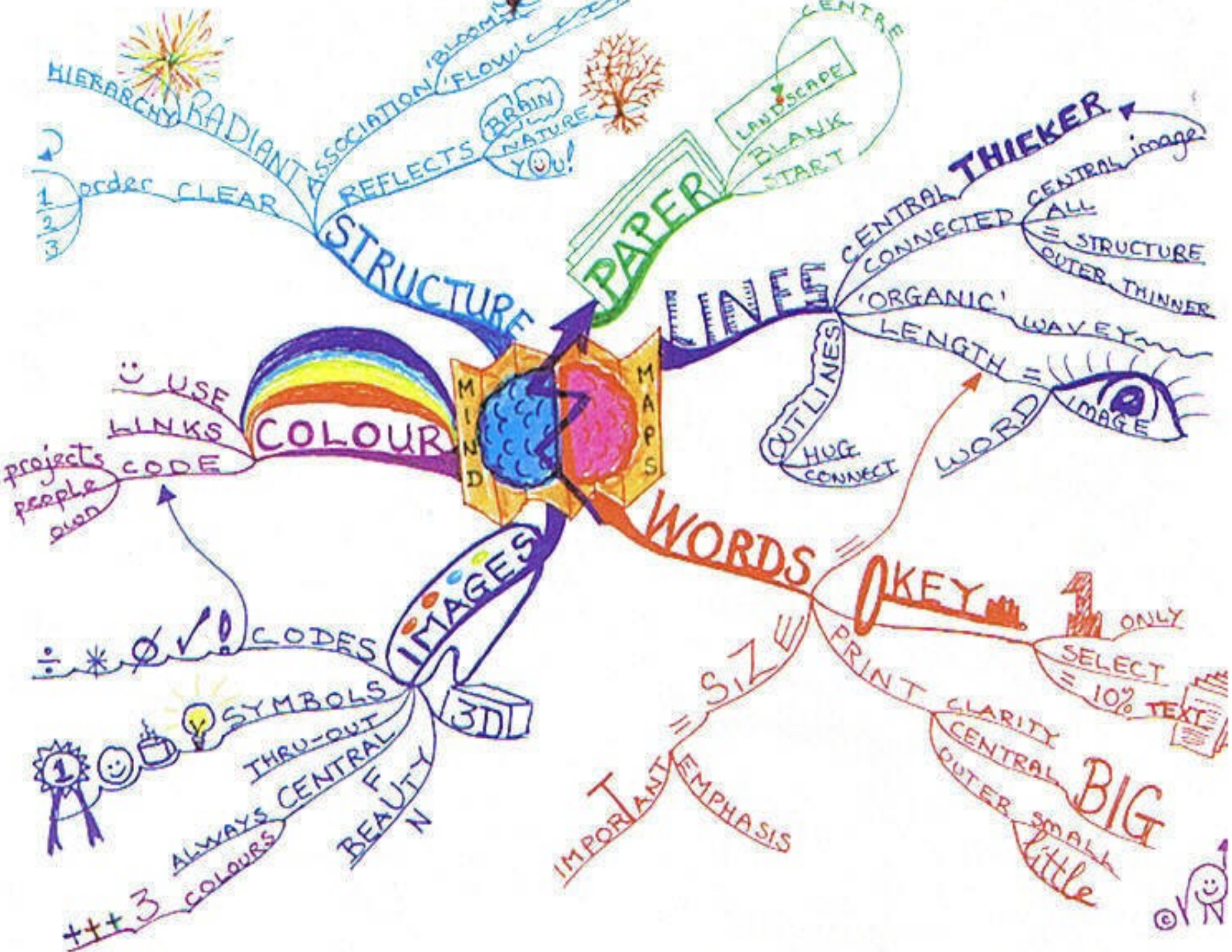
Mind Probing - Inquiry

- Become curious about the material
- Ask question, enter discussions, or make lists of ideas to explore
- Create mind probes during Preview, Postview, or Activation



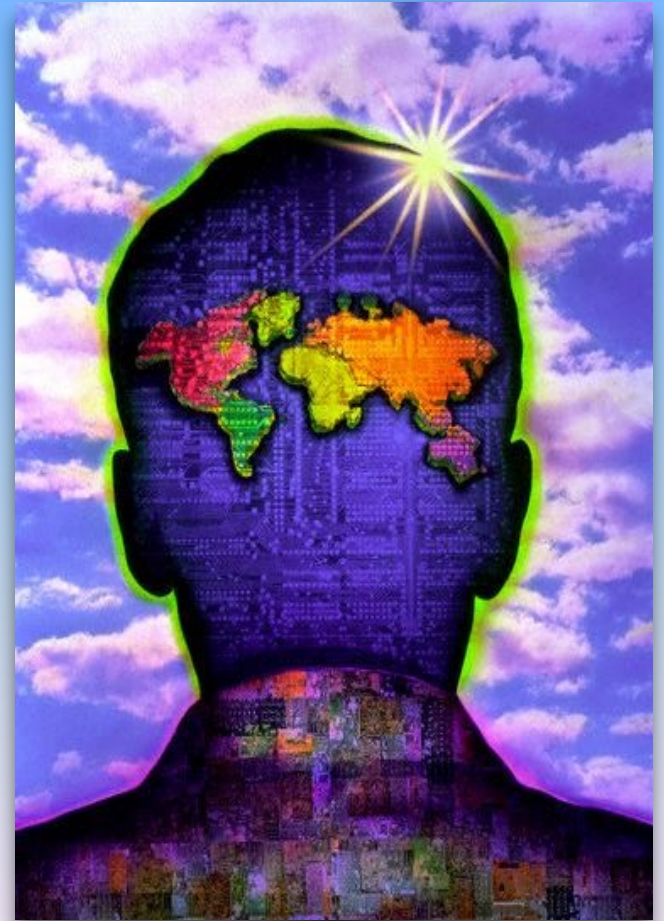
Changing a Paradigm

- **Anomalies discovered in current paradigm**
 - Ignore them
 - Explain it away
- **Suggest a new paradigm**
 - Ridicule new paradigm
- **Accept new one**
 - That incorporates the old one

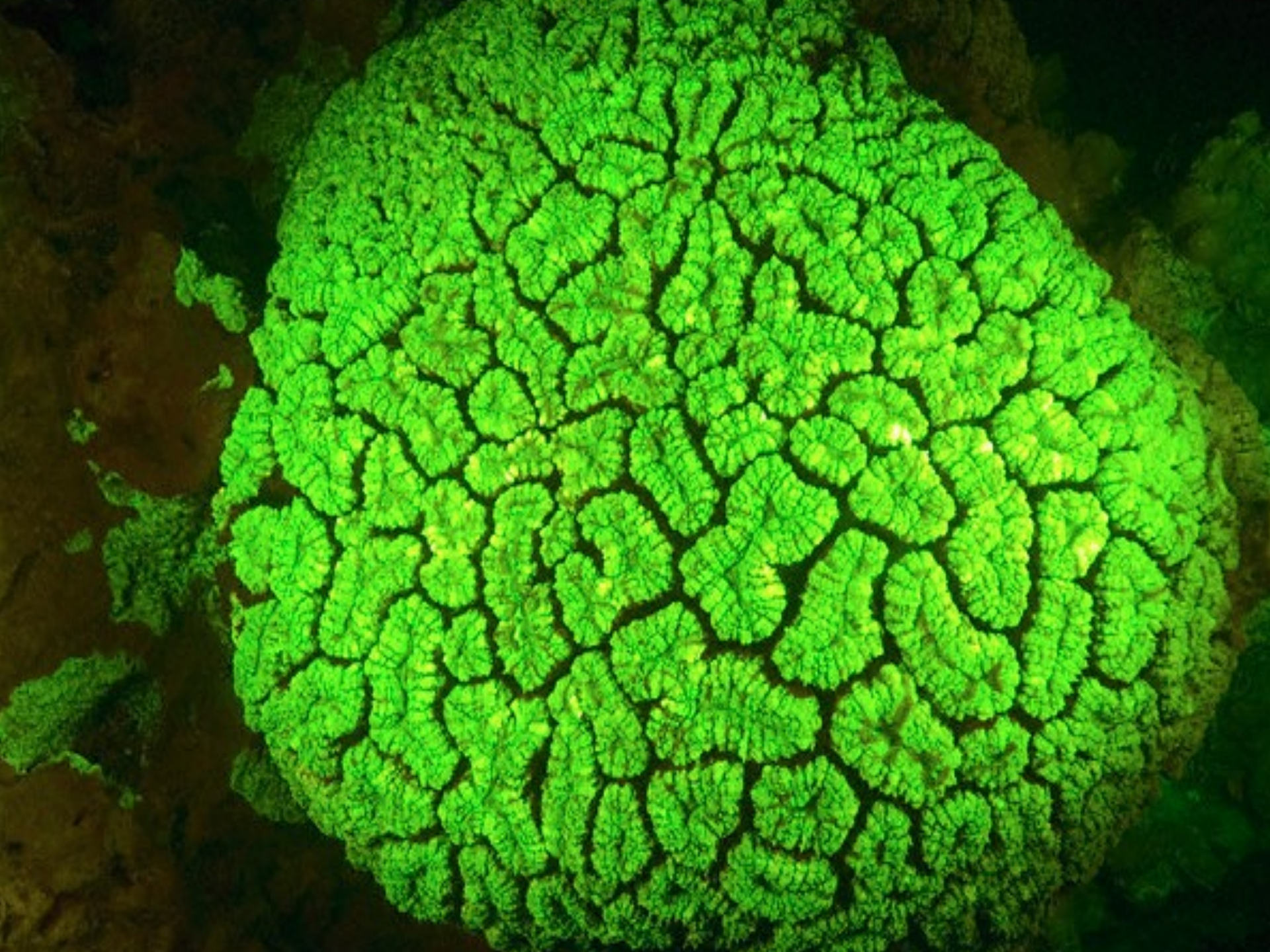


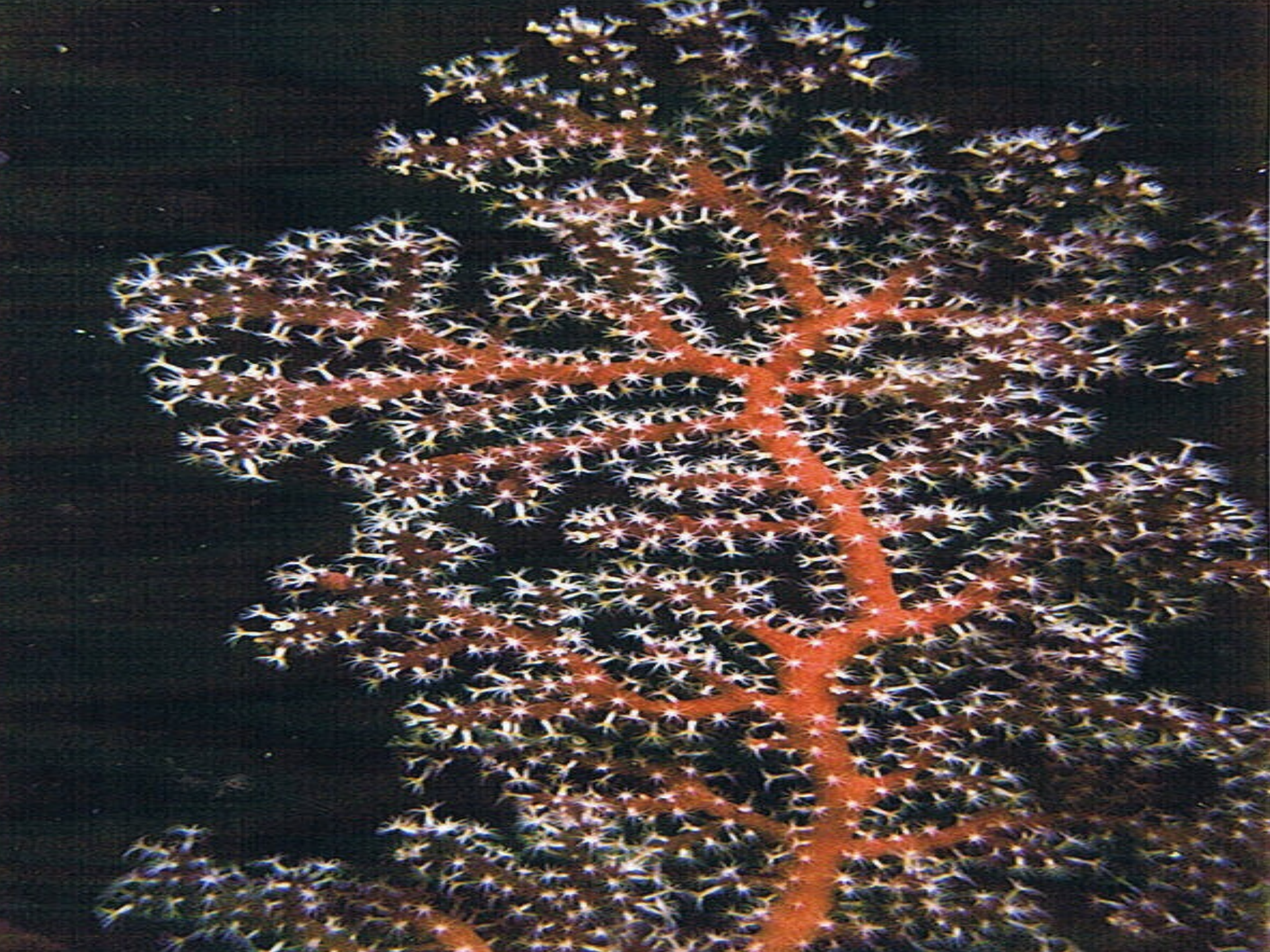
Why Mind Map?

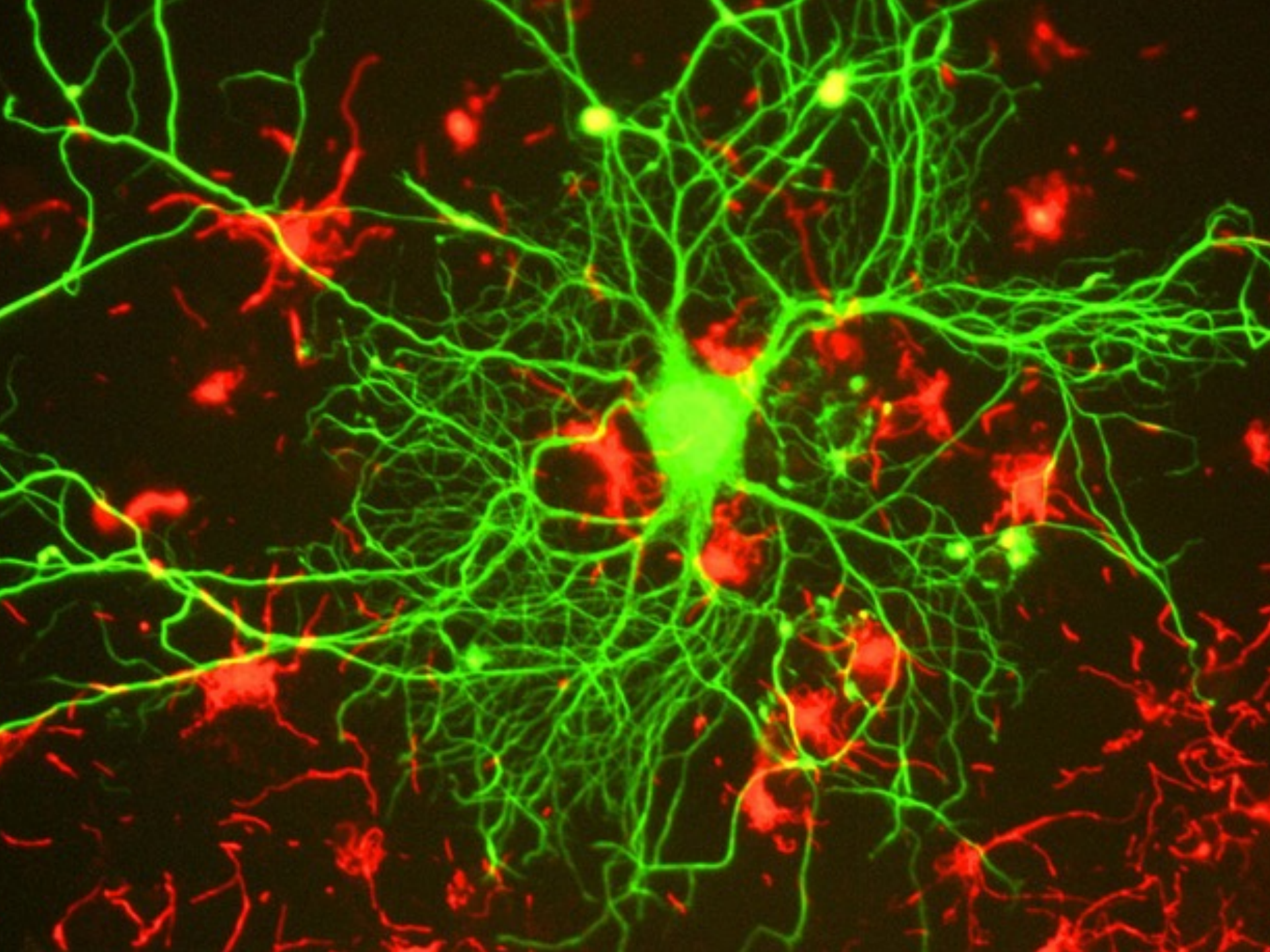
1. Activate visual/spatial intelligence
2. Bypass limits of short term memory
3. Create foundations for long term memory

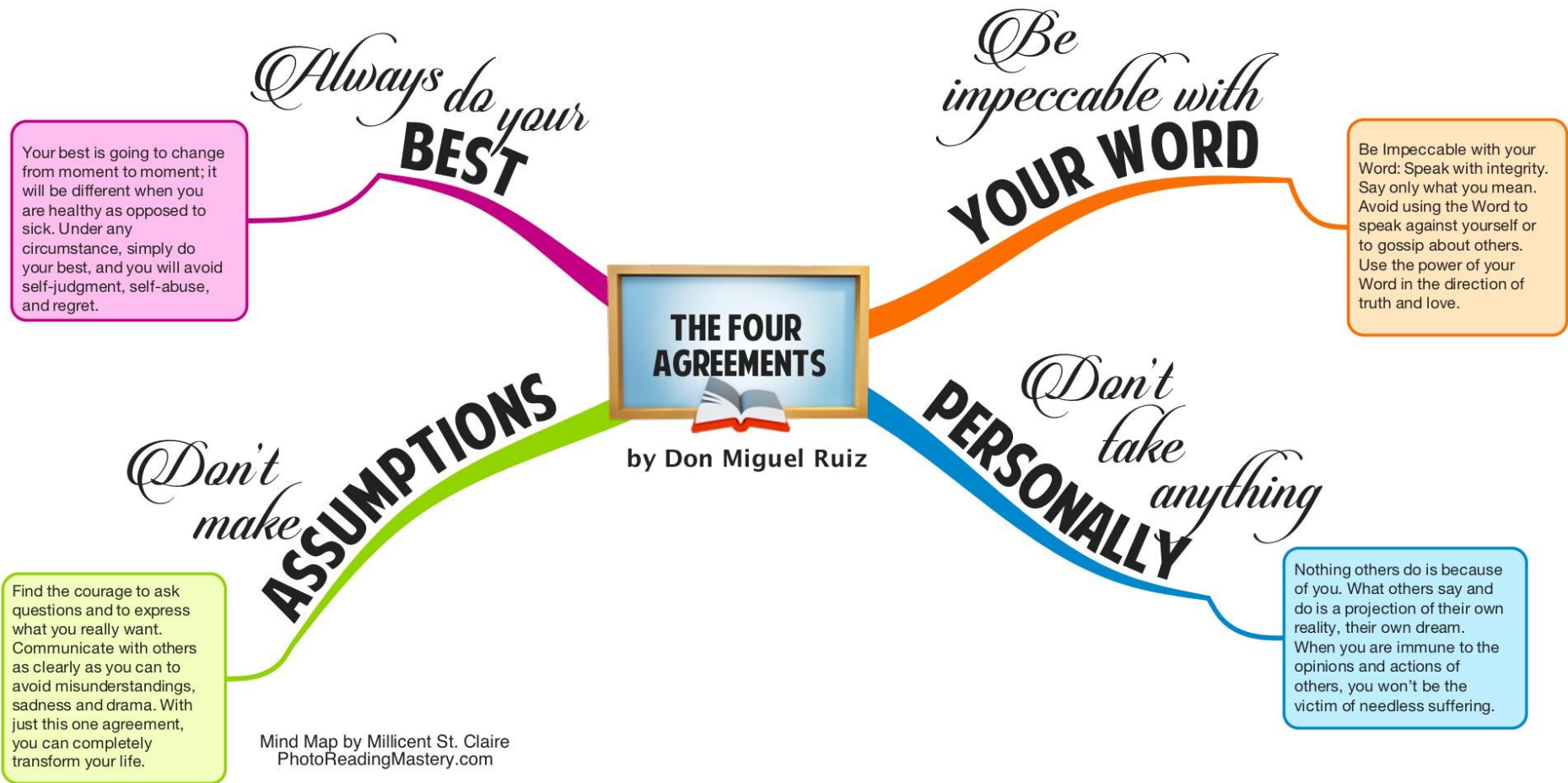












Chris Griffiths

**If you always do what
you've always done...**

Chris Griffiths

**If you always do what
you've always done...**

You'll get left behind!

BRAIN GYM



WATER



We have a sip of water before we begin brain gym.

Water gives us energy.

BRAIN BUTTONS



Place one hand across your belly button and rub your brain buttons with the other hand. Now move your eyes left and right.

Wakes up our body and brain.

UNLOCKING EARS



Place your hands at the top of both your ears. Gently unroll your ears from the top to the bottom.

Switches on our ears.

CROSS CRAWL



As you walk or march on the spot, touch your right knee with your left hand, then touch your left knee with your right hand.

Switches on both sides of our brain.

HOOK UPS



Cross your legs. Extend your arms, cross them over at your wrists, link up fingers and bring your hands upwards to your chest. Close your eyes, hold, and focus on your breathing.

Helps us to relax, focus and concentrate.

MORE HOOK UPS



Join your finger tips together to make a tent. One at a time, tap each finger pair together.

Helps us to relax, focus and concentrate.

FIGURE EIGHTS



Point your finger and draw huge figure eights sideways in the air. Make sure you cross over both sides of your body and take turns with both hands.

Makes sure the left side of our brain is connecting with the right side of our body and vice versa.

SYMMETRICAL AIR DRAWING



Pointing with both fingers, draw in the air, making sure right and left fingers are in symmetry with each other.

Helps our co-ordination and multi-tasking.



Music

- ◆ Classical Baroque -
- ◆ World Music
- ◆ New Age Music
- ◆ Jazz - Pat Methney Group
- ◆ Instrumentals
- ◆ Culturally Appropriate Music

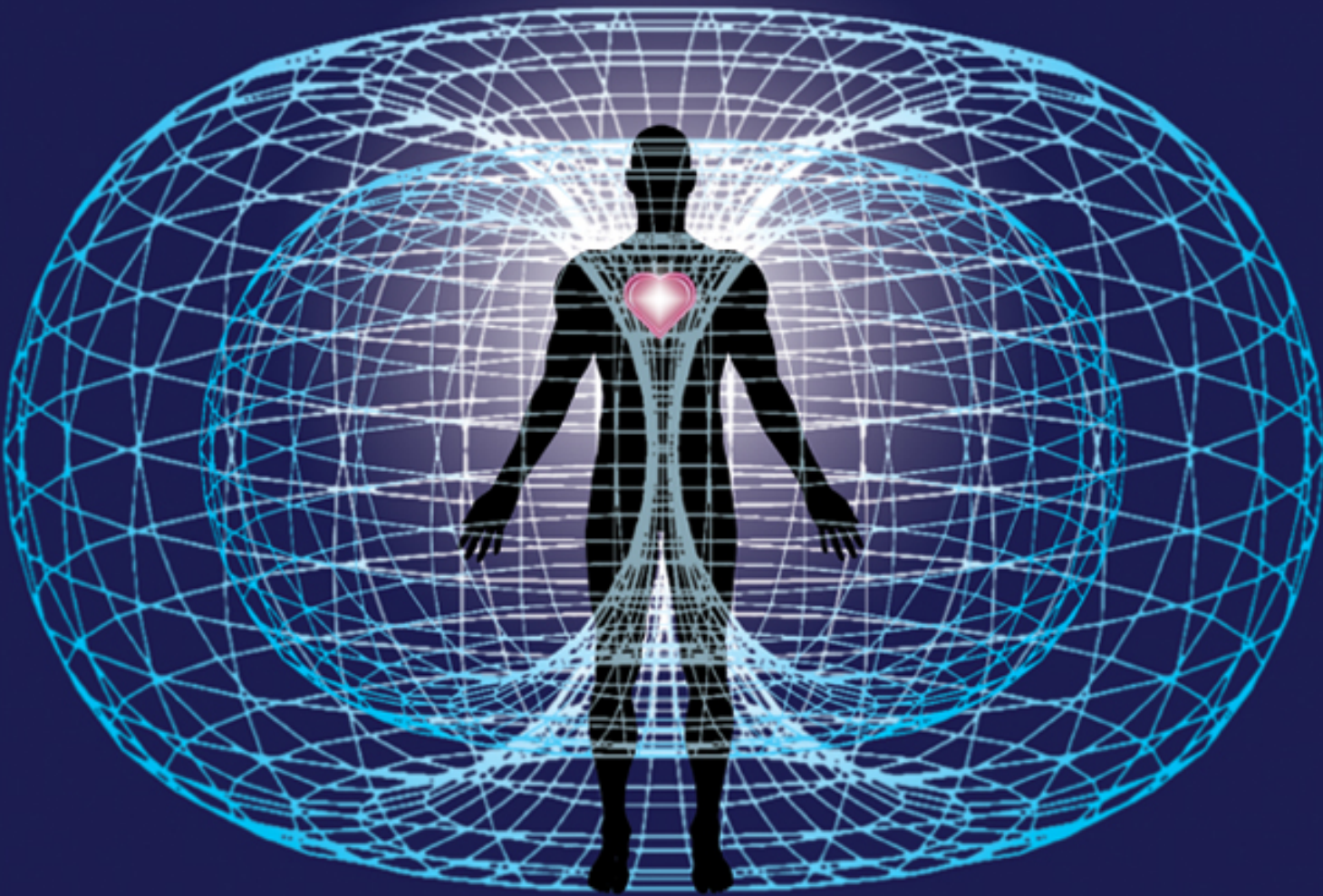
Heart

Heart

Heart

Heart

The Electromagnetic Field of the Heart



**Accelerated
Learning
is all about
unlocking your
Genius Potential!**