

# The Mind Athlete™ Program

Unleash the full power of your brain to experience peak performance at work and in life.



October 16: Dive in  
October 23: Explore  
October 30: Practice  
November 6: Synthesize

With the Mind Athlete Program you will learn to take charge of your brain. By understanding how your brain really works, you can change behaviors and outcomes. Improve your focus, process information more effectively and relate better to the people in your life. Become a Mind Athlete.

## Brain management

Mind Athletes manage their brains to control their actions. You'll learn how to do that and about the brain's defenses that can get in the way. More focus comes, for example, when you learn to energize the front of your brain, which knows best what to prioritize and do next.

It's exciting to see how the brain executes tactics you use to manage your life. And by learning more about how your brain works, you'll make more of those things happen too.

## Results

In the program you build out a plan that maximizes your brain power. Benefits to you include:

- Stop inside chatter, alter angry states and gain peace with mental conflict;
- Get greater emotional control in the work place;
- Increase the power of mental abilities like drive, attention and resolve;
- Use strategic thinking more efficiently and creatively.

## Buzz

"I think of my brain differently... I continue to use the brain exercises to provide clarity, relaxation."

- MD, Internal Medicine

"Every time someone asks me (1) how I finally quit smoking, (2) how I lost so much weight so fast, (3) how I finally convinced myself to publish my novel, I tell them about you and your classes."

- Project manager

"I am in control... I honestly believe that the program has allowed me to find an inner peace that I did not have previously."

- HR executive

"One of the coolest workshops I have taken."

- Business owner



Kevin Leahy is an adjunct professor of law at UT, Austin, owner of Knowledge Advocate, LLC, and a nationally known speaker and published author. He dedicates himself daily to passionately improve client performance in the workplace. For more about the program, visit: [www.KnowledgeAdvocate.com/blog](http://www.KnowledgeAdvocate.com/blog)

Questions? [info@KnowledgeAdvocate.com](mailto:info@KnowledgeAdvocate.com)

**Program details:**  
**\$350; early birds: \$250**  
**4407 Bee Caves Rd.**  
**6:00 pm to 8:00 pm**  
**10/16,23,30 & 11/6**  
**Info: 512-698-6524**