

2010 – a new beginning:

“The greatest of all human pleasures is to seek truth in conversation” [Albertus Magnus 1206-1280].

A Psychologist bares witness to the struggles and triumphs of living. I am invited on many courageous journeys, and have observed a few human truths. We refuse to stay stuck – we work toward what is right for us – we challenge our own boundaries – we often don’t celebrate our successes – we are dual beings that only see one side of reality – we are creative problem solvers - we need others – we often give our power away –we are playful ...and we don’t take time to reflect on our magnificance!

New products and services: Brain profiling in practice

Different people prefer different ways of thinking. Some prefer logical, organized and systematic ways of thinking; others prefer unorthodox, strategic and zigzag thinking. This is true for individuals and also for groups, organizations and even communities. A critical first step is to understand and appreciate your own thinking preferences and brain profile, and then to look around and realize that your family, your team, your company, have members with thinking preferences which differ from yours. Once you have gained this important whole-brain insight, you will also realize that for any family, relationship, classroom, sports team and organization to function meaningfully and effectively, whole-brain thinking needs to be taken into consideration. How do you measure this?

The NBI® instruments are designed to determine your thinking brain preferences, and form the basis of Whole-brain understanding. A good decision is a whole brain decision!

These instruments were developed after extensive international research since 1980 on left- and right-brain functioning. More than 200,000 adults and children from a number of countries have been profiled through the NBI®. The results of research on the NBI® have been significant and ongoing research at a number of universities and institutes remains an essential part of the whole-brain science. The NBI® is therefore a revolutionary set of instruments that strives to develop whole-brain thinking in individuals and groups. These assessment tools will help you develop strategies to sustain creativity and positive thinking in your personal and professional life. You will be able to identify the essence of your problems and apply creative solutions.

Discovering your unique brain profile is so easy, it’s an online assessment, reasonably priced, medical aid refundable and *extrememy* valuable in making a meaningful contribution to increased insight into your functioning in many area’s of your life [study, relationship, career, leadership, sport, parenting, friendship]. Specials offered until Feb 2010!

Interesting books to explore:

SPENT [End exhaustion] – Frank Lipman 2009: A wonderful reflective, informative commentary on some of The health basics we forget. Set in the context of a world that requires us to ‘spend’ more energy that we can necessarily ‘buy’. Potentially life changing if you take it on

THE TIME PARADOX – Phillip Zimbardo: Have you ever thought of the constant dance that you dance around time? Its construction, and the constant patterning around how you engage it. Riviting reading with practical excercises and quizzes that help you understand your patterns.

That’s it for now – keep reflecting, learning and growing! Aderyn

Creating new realities

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“I change or transform my life”

Symbol of life transformation.

Symbol combines two separate adinka symbols, the “Morning Star” which can mean a new start to the day, placed inside the wheel, representing rotation or inde-pendent movement.