



"Mind growing program for leaders! Be the master, not the victim of your brain."

"OUTSMART YOUR BRAIN"
A Presentation by
Marcia Reynolds, PsyD



Thursday, March 4, 2010

Rowan University

Eynon Ballroom

Chamberlain Student Center

8:30 AM-1:00 PM

To
Georgeanne M. Watt
Rowan University
CPCE, Education Hall
201 Mullica Hill Road
Glassboro, NJ 08028



Meet the Presenter

Marcia Reynolds loves to change people's minds. No matter how smart you are, your brain still seems to get the best of you when you are under pressure, irritated, surprised or just plain busy. Your brain has a mind of its own. Yet you can outsmart your brain and make more powerful choices if you know how your brain works. This presentation will help you understand and even laugh at how your brain works so you can consciously choose how to commit your time, your mind and your heart. During this presentation, you will learn:

- How your brain works and what's really driving your thoughts and behavior.
- How to shift into an "optimal productive state" where you can tell your brain what to do.
- How to manage your emotional triggers so they serve you instead of drain you.
- How to clear your mind so you can make better decisions and get the results you want.

Find out more about the speaker at <http://www.outsmartyourbrain.com/>

Agenda

8:30 am — 9:00 am

Registration and Continental Breakfast

9:00 am — 9:30 am - Ballroom A

Welcome

Kauser Jahan, RU Institutional Representative

Joanne Damming, Salem Community College

9:30 - 9:45

Networking Break

10:00 am — 11:45 am - Ballroom B

Keynote:

Outsmart Your Brain

Marcia Reynolds, PsycD

12:00 - 1:00

Lunch

1:00 pm — 1:15pm

Closing Remarks

Lunch Menu

*Grilled Corn and Arugula Salad
with Smokey Tomato Vinaigrette*

Chicken Breast Topped with Sautéed Spinach & Smoked Mozzarella

*Mozzarella Cheese and Roasted
Pepper Ravioli*

Seasonal Grilled Vegetables

Herb Roasted Potatoes

Assorted Dinner Rolls with Butter

Pound Cake with Lemon Cream

Seasonal Fruits

Mini Chocolate Mousse Cups

Coffee- Tea

Registration

Mail registration with \$35 payment to :

Georgianne M. Watt

CPCE, Education HALL

Rowan University

201 Mullica Hill Road, Glassboro, NJ 08028

Phone is 856-256-4719 Fax is 856-256-5638

email: watt@rowan.edu

Directions: www.rowan.edu/maps; [Parking-Lot A](#)

Questions: Contact Georgianne M. Watt

watt@rowan.edu

Name: _____

Job Title: _____

Institution: _____

Address: _____

Email: _____

Phone: _____

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