

About Dr. Jenny Brockis



Dr. Jenny Brockis' passion for the brain and human behaviour led her from being a nurse to a medical practitioner with over 30 years experience. She has undertaken further studies in nutritional medicine, the neuroscience of leadership and the practice and teaching of mindfulness. She is the founder of Brain Fit and has authored three books on brain fitness and mental performance.

Jenny was the Principal of her own group medical practice, has been a Fellow of the Royal Australian College of General Practitioners and is a Member of the Professional Speakers Association Australia. Her ability to turn the complexities of the brain science into practical strategies to improve brain performance for all ages, has made her award winning speaker

In her own words: (from <http://wiseotsolutions.com.au/jenny-brockis/>)

"I work in the wellness area promoting brain fitness at all ages. I see my role as a brain fitness expert a bit like a brain mechanic, fine tuning people's brains so they run better. As a former GP I became increasingly frustrated with the realisation we were always working upstream: dealing with the consequences of poor lifestyle choices or lack of coping strategies to deal with the fast paced, complex and challenging world we find ourselves in today.

I made a conscious decision to leave clinical practice to devote my time and energy to working downstream at the source. That led me to start up my Brain Fit practice in 2011. Today I work with business leaders, managers and educators to develop brain friendly cultures where all brains feel safe, respected and valued. That's because I believe that is what really motivates and empowers us to stay healthy and operate at our best. I have found many people are interested in finding out more about their own brain and how it works. Building brain awareness provides the foundation for improving other brain functions such as how to pay better attention, learn more effectively, manage change, collaborate more and develop leadership skills."

Find out more from Jenny's website drjennybrockis.com

<http://tedxtalks.ted.com/video/Our-Brains-Need-Attention-Jenny>