

# International Conference on Brain Disorders & Therapeutics

August 24-26, 2015 London, UK



## John Kennedy

Combat Brain Training, USA

### Understanding what we do and how to change it

#### Session 1

**Education:** We will examine the following aspects of Neuroplasticity:

- How zombie systems (unconscious mental processing) are created.
- The three primary levels of zombie systems.
- How we can recreate our environments to foster positive zombie systems at all levels.

**Training:** Practical application of what we've learned

- Experience the only Foundational Cognition Targeted Neuroplastic Training (TNT) program in the world, proven effective at improving performance of 100% of over 2500 people in military, business, education and brain trauma recovery.
- The only program of its kind in the world, vetted and approved by US Special Operations Command, used by Navy SEALs, Pilots, Snipers and Marines.
- Vetted and approved by Rush Hospital's Road Home program as an effective accelerator of brain trauma recovery.
- You will keep the neuroplastic training tools to use on your own after the workshop to continue to experience the benefits of improved focus and intuition and better, faster decision making especially under stress.

#### Session 2

**Training:** Additional robust mental stimulation training targeting specific Foundational Cognition sub processes including – analysis, synthesis, classification, pattern recognition, planning and execution.

- The original exercises will be used in new variations continuing to provide robust stimulation to continue to improve focus and mental acceleration.
- A new neuroplastic training tool will be introduced to emphasize the Foundational cognitive process of “Break it down, Think it though, Execute!
- Attendees will experience a new way to plan and execute as well as a more efficient way to communicate.
- You will keep the neuroplastic training tools to use on your own after the workshop to continue to experience the benefits of improved focus and intuition and better, faster decision making especially under stress.

#### Biography

John Kennedy is a pioneer in the field of Applied Neuroplasticity. He was contracted by the US Marines in 2006 to create a non-digital neuroplastic mental performance training program to reduce casualties in combat by improving attention, intuition and decision making under stress. He has since helped over 2500 people, in the areas of military, education, business, mental resiliency, improve their quality of life. He speaks regularly at corporate events and parent organizations on the topic of creating neuroplastically enriching environments. He is also the author of the forthcoming book *Zombie Thinking™- Why we do what we do and how to change it*.

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