



NEUROSCIENTIFIC APPROACH TO MENTAL HEALTH

DIRECTED
POTENTIAL

*“Creative Approach to
Building Resilience”.*

RAPID TRANSFORMATIONAL THERAPY

6 PILLARS OF EMOTIONAL INTELLIGENCE AND RESILIENCE

- Exploring Mental Health
- Foundation of Holistic Health
- The Psychology of Self
- Mindfulness
- Emotional Agility and Boundaries
- Rapid Transformational Therapy



The creative approach to building resilience is a unique workshop that delves into numerous aspects of mental health. This workshop can be for children, students, parents, teachers as well as for corporate companies that want to delve into corporate wellness to embrace and explore what it means to enhance emotional intelligence and build resilience within a holistic and effective environment.



The mind is a fascinating space in which ideas, thoughts and realities are built and destroyed.



Marisa Peer is the pioneer that created Rapid Transformational Therapy. This is a phenomenal tool that is used to empower individuals as well as companies in reaching their full potential. Combining Cognitive Behaviour Therapy, Neurolinguistics and guided visualisation is what makes this kind of therapy “rapid” and effective. “Everything begins and ends in the mind”. Directed Potential has qualified RTT therapists that are ready to assist you with any mental health issues you may be suffering from.

www.directedpotential.com

**LIVE THE LIFE YOU
ALWAYS WANTED**



DIRECTED
POTENTIAL

*Directed Potential is an
Ideas World Cup Finalists*

**DR KOBUS NEETHLING IS THE PIONEER
WHO DEVELOPED THIS INCREDIBLE TOOL.**

**BRAIN PROFILING IS A
NEUROSCIENTIFIC
APPROACH TO
UNDERSTANDING
YOURSELF AND OTHERS**

CONTACT US NOW



079 613 5054
or
072 633 6014



Chelaine@directedp
otential.com
Louisa@directedpot
ential.com



www.directedpot
ential.com



There is always a debate about which part of the brain is more dominant left (analytical and organised) or the right (Out the box and emotional). Directed Potential have qualified brain profile practitioners that assist you in firstly finding out which quadrant you are dominant in and then use that information to assist you in finding out how you communicate, lead, learn, teach, parent, engage and numerous other aspects of what it means to be human.



Our products and expertise can be used from as young as 5 years old with a dynamic approach to learning styles that assists children with memory, understanding and a unique whole brain approach to engagement. The tool can be used for teachers to embrace whole brain teaching styles and parents with whole brain parenting styles to give every child the best opportunities mentally, emotionally, academically and physically.



Corporate companies also benefit from brain profiling because it grants an opportunity for teams to firstly understand themselves, secondly their peers and lastly their customers. "Learning to speak the language of the listener." The dynamics of a team can be largely impacted if team players are not aware of their peers and customer needs, therefore we assist teams in finding their flow to enhance a holistic approach to corporate wellness.

When you are ready to start living the life you have always wanted, please contact our team at Directed Potential.

**DIRECTING YOU TOWARDS
POSITIVE CHANGE**