

## What is mBraining?

mBraining uses the latest neuroscience research to show that we have three brains. The implications are profound and powerful. With empowered awareness of how these brains process the world around them, we can learn how to make more aligned and congruent decisions in our lives. We can see true Leadership and wise decision making occur. Used to complement nearly any profession, we can see true emergence of authenticity in our lives, empowering our clients, our co-workers and team, our family and friends and finally, ourselves.

### SCHEDULE FOR THE WORKSHOP

**We will meet each of the four days from 9 am until 6 pm. There will be an hour out for lunch and mid-morning and mid-afternoon breaks.**

*There are many places to eat breakfast and dinner in easy walking distance of the Hotel.*

## OPTIONS LIFE COACHING

A Service of Carl R. Gillett, PLLC

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*Let's Put the Pieces Together!*



Learn all about mBraining at  
[www.mBraining.com](http://www.mBraining.com)



## YOU CAN BECOME A BETTER LIFE COACH

Life coaching and various forms of psychotherapy are finding common, transforming support by applying the insightful science of mBraining as articulated by Grant Soosalu and Marvin Oka. Careful, deliberate scientific research shows that we all have three brains in our body. In addition to the brain in our heads we also have brains in our hearts and our guts. The research clearly shows that when we live with these three brains in coherent communication with each other our living is more satisfying and productive. A variety of masterful techniques have been developed and are referred to as multiple Brain Integration Techniques or mBIT. Now we are offering you an opportunity to become a **Certified mBIT Coach**. Whatever you are doing with your life, mBIT will enhance your personal satisfaction and effectiveness.

## GREAT TRAINING CHANCE!

Options Life Coaching Service in Midland, MI and Fresh Aire Samaritan Counseling Center in the Midland-Bay City-Saginaw, MI area are combining resources to make this special and spectacular training available. This is a four-day training workshop to be held the H Hotel in Midland, MI October 3-6, 2016. The full cost of this training is \$1,595.00. However, a special Early Bird rate is available until August 6. We need at least six reservations by then to hold the workshop. This special price is \$995.00 which will save you nearly 40%! For this investment you will get four full days of first-class training, which **will certify you as an mBIT Coach**; a copy of Soosalu and Oka's book mBraining: Using your Multiple Brains to do Cool Stuff and a plethora of useful handouts, many of which you can use with your own clients. Lunch each day is included in the price.

## HERE IS HOW TO REGISTER

You can register online by going to the Fresh Aire website, [www.freshairesamaritan.org](http://www.freshairesamaritan.org).

You can get more information by contacting Carl Gillett at

[rgillett@optionslifecoaching.org](mailto:rgillett@optionslifecoaching.org)

Limited scholarship help will be available for those needing assistance with costs.

The training will be at the H Hotel in Midland, MI. The hotel has reserved a block of rooms for us. These rooms will be \$139 (plus tax) each. The hotel has a free airport shuttle. Be sure to advise them you are attending the mBIT Coach Training. More details will be available when we're closer to the dates.



The Rev. Dr. Lisa M. McIlvenna is Executive Director of Fresh Aire Samaritan Counseling Center. Fresh Aire is accredited through the Samaritan Institute and provides affordable, quality, short and long term counseling, life coaching, education, and consultation to promote wholeness of body, mind, and spirit. The entire clinical staff at Fresh Aire has completed the mBIT coach training.



YOUR INSTRUCTOR WILL BE:

**Dr. Carl R. Gillett**

Dr. Gillett is a professionally certified mBIT Trainer and a Master mBIT Coach. He has received his training from Grant Soosalu and maintains an active role in the international mBIT community.

Dr. Gillett holds degrees in philosophy, Biblical studies, counseling and hypnosis-spiritual direction.

