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# Right Brain Aerobics™ At-A-Glance

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“The human brain, then, is the most complicated organization of matter that we know.”

-- Isaac Asimov

*(from the foreword to The Three-Pound Universe by J. Hooper and D. Teresi, 1986)*

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**Right Brain Aerobics™ At-a-Glance:**  
**The Creation of the Right Brain Aerobics™ Methodology**

The Right Brain Aerobics™ training was created by Sandra H. Rodman, CEO, author, playwright, composer, trainer, former Fortune 500 and non-profit senior executive with decades in creative arts, strategic training and technology innovation, meditation/intuitive arts practices, and now the creation of new training techniques in right brain personal development and consciousness/creativity studies in the context of practical business and career strategies.

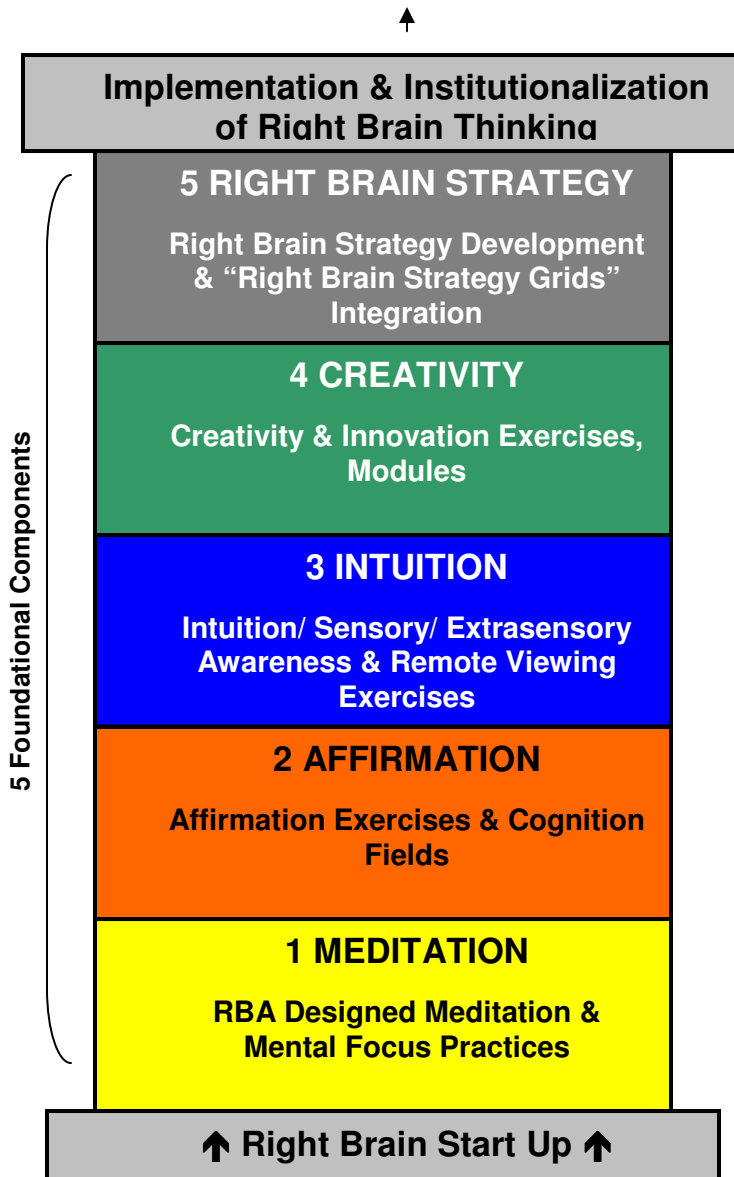
The chart on the following page summarizes the modules and progression of skills development which compose Right Brain Aerobics™, followed by definitions. A Training Schedule for your particular training and a one-page Table of Contents At-A-Glance for Book 1 and Book 2 of the Right Brain Aerobics™ Training Manuals may be attached or sent in a separate document. These provide more information about the structure, logistics, and instructions for training preparation for your session. If you have questions regarding training logistics, check with the liaison for your organization's Right Brain Aerobics™ training event.

Additional information:

Other descriptions, presentations, additional material and articles to this subject are provided at  
[www.rightbrainerobics.com](http://www.rightbrainerobics.com)

# Right Brain Aerobics™ Training at a Glance

Redefining Success and Culture Change in the 21<sup>st</sup> Century... Institutionalizing Right Brain Thinking...  
 Passionate Innovation, Better Thinking...  
 Integrating Left & Right Brain Problem Solving...



**Right Brain Aerobics™ Training Programs:**  
**Right Brain Start Up, 5 Foundational Right Brain Acceleration Practices, & Implementation**  
*Each skill builds on previous mental exercises for long-term Cumulative Effect.*

**Not just "creativity" brainstorming:**

*Developing accelerated mental skills, using brain differently.*

**Right Brain Aerobics™**--innovative new training methodology for career and organizations. Institutionalizing right brain thinking, right brain/whole brain problem-solving for managing, teaching and "right brainstorming" for any project, to generate 100's of creative ideas. Detailed step-by-step RBA manuals require no software or special platform. Long-term cumulative value with right brain skills development applicable throughout a career.

Extensive training manuals to:

- Develop inspired leadership.
- Accelerate right brain creative-intuitive idea generation, e.g., for increased revenue, sales, marketing strategies, increased "creative connection points" for new clients.
- Utilize the brain in new ways integrating right/left brain ability for learning and problem solving.
- Improve mental focus, concentration, mental flexibility, adaptability
- Institutionalize and extrapolate from innovative leadership thinking pulling from all organization levels.
- Enhance productive/effective meeting and classroom techniques
- Expand multidimensional thinking, ability to synthesize data "on the fly," generate new strategies; developing *metamind*, the *know zone*...
- Habituate ability to expand strategic /collaborative thinking and better handle stress under pressure
- Integrate left and right brain using "Right Brain Strategy Grids" for bottom line problem-solving.

**Right Brain Aerobics** was developed for business and career results. Complete Trainer's Manuals allow for adaptation to multiple training structures to meet the needs of an organization or participants. Learn in organizational training, coaching sessions, or on your own with detailed manuals.

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## RBA-At-A-Glance Chart: Definitions of Key Components

**RIGHT BRAIN START UP:** Introduction, “The Power of Right Brain Development.” “Right Brain Start Up” and Creative Speed Writing/Drawing exercises that anyone can use right away for innovative “right brainstorming”; right brain reading to concentrate thinking, quick right brain activation tips; basic practices of “3 Rules and 6 Impossible Things”; right brain meeting techniques that can increase productivity and organizational focus.

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**1 MEDITATION: RBA Designed Meditation & Mental Focus Practices** for business and career problem-solving, practicing the “right” mental state to increase extrapolate strategies from innovative impulses and right brain “fields”; using the brain differently, better handling of stress; calmer, more focused response to crisis. Training creativity as a state of mind, as advanced consciousness / strategy studies. Specially created exercises/meditations with business/career focus. No experience required, appropriate for all disciplines, from entry level to executive education. Includes business/career application and bottom-line benefits for exercises; strong career preparation for students, career advancement techniques for staff/executives. A daily mind-enhancing career practice.

**2 AFFIRMATION: Confidence Building, Cognition Exercises.** Key practice to habituate creative, self-affirming mental states, open new ability to learn, to process new/complex information, handle change and leadership, resolve conflict; increase environmental/physical/cultural awareness, ability to “read” cross-cultural communication and challenging situations more accurately, for increased creative collaboration; increasing ability to affirm/inspire teams, clients; improving relationships at all levels; mapping multidimensional mental “fields,” recognizing and extrapolating new ideas from previously “hidden” vision and mental synthesis “cues”; the “know zone.”

**3 INTUITION and Sensory/Extrasensory Awareness Exercises** to increase multidimensional mental awareness, shift attention to intuitive levels, use the brain differently to “see” more options; practice individual and group intuitive-non-linear perception techniques; increase unaware, rarely used right brain intuitive mental *synthesis* skills, envisioning ability; discovery/recognition of “hidden” synergies, symbols, “quantum leaps” in thought; drawing on non-normal environmental and “creative connection” awareness; right brain “sensing” of ideas far outside the box and normal time-space sensory constructs; right brain remote viewing exercises uniquely applied to innovative individual/group solution sessions.

► **NOTE:** Right Brain Start Up and Components 1+2+3 in sequence provide a fundamentally different kind of mental preparation for creative “seeing” beyond a given situation a larger “unseen” context—concepts, ideas, solutions commonly processed mentally (or taken in environmentally) without awareness; focus is exercising, integrating, strengthening abilities to recognize multidimensional mental “cues” and extrapolate new ideas, synthesize alternative strategies.

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**4 CREATIVITY and Innovation Processes** to increase innovative ideas, “right brainstorming,” — jump start imagination in new creative projects, planning, design, research; break log jams or blocked thinking; construct new mental-visual “perspectives” of problems; increase environmental creativity “connection points” to expand personal networks (mental and social); becoming your own “creative director”; developing institutional “creative consciousness.” “Pulling for” new innovative, productive solutions at all levels; enhanced ability for strategic improvisational thinking, synthesizing left and right brain “cues”; applicable to any department or discipline. Encouraging *regular* creative contributions to organizational strategy, cultivating creative input from all staff/clients levels; increasing *perception* and creation of break-through thinking, “ah hah” moments that may originate from unlikely sources—and expanding those across the organization.

**5 RIGHT BRAIN STRATEGY:** Uniquely combining, integrating all elements of Right Brain Aerobics™ in actual practice, using real work/career/study agendas. Developing “Right Brain Strategy Grids” for career development, performance, management; establishing Innovative Thinking Groups, Entrepreneurial or Right Brain Strategy Teams, “right brainstorming” meeting and training practices; developing Right Brain Reports (work product ideas from each training to be submitted to senior management); training any topic/discipline directly through the RBA process, fostering more creative, independent, thinking, reflection, deeper understanding and exploration beyond data, finding new inspiration from physics to architecture to quantum mechanics...

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**IMPLEMENT, INSTITUTIONALIZE RIGHT BRAIN THINKING AND NEW SKILLS:**

How to institutionalize right brain thinking, right brain meeting techniques, and right brain problem-solving and “right brainstorming” throughout an organization maximizing personal and team development through Right Brain Aerobics™ techniques, training, coaching, and Manuals. How to set up Right Brain Strategy Teams or Innovative Thinking/Entrepreneurial Teams as well as creative new ways to “open source” innovation and creative problem-solving across an organization.

