

## What people are saying

‘I am a GP working in a busy practice and I found this course to be absolutely excellent. They say ‘physician heal thyself’, well now I actually can. As a GP I help others, I make quick decisions, sometimes critical decisions, on the spot. Now, with *mBIT* I feel less stressed making decisions, *mBIT* helps me deal with stress, mine and my patients. I have thoroughly enjoyed this course and I would love to see my fellow colleagues attend it’.

**Anita M – GP**

‘I found the *mBIT* training course exceptionally well delivered by Dara. For me personally, I aligned with my heart and gut much more than I thought I would. I can see the practical uses in my coaching business, working in corporates, with entrepreneurs, to make an impact on their companies, their lives, and beyond. These techniques can change your life.’

**Steven Haggerty –  
Business Coach and Speaker**

For further information and additional testimonials visit [www.sciote.co.uk](http://www.sciote.co.uk)

Contact Dara for information about in-house trainings or the next Coach Certification training dates in London.



**Where:** London and Dublin

**When:** See website for details <http://sciote.co.uk/>

**Venues:** Regent’s University  
The Grand Hotel Malahide, Dublin, Ireland

**Investment:** £954 / □1,049 early bird price,  
£1,194 / □1,319 normal booking  
both prices exclusive of VAT.

**Book now to secure your place.**



**Dara Caryotis**

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for further information about *mBIT* and associated research.

# *mBIT* Coach Certification Course

**It is no secret that there is buzz  
around neuroscience.  
Discover what the latest findings  
in neuroscience mean for you  
personally and professionally.**



Evolve your Coaching

‘You have to master not only the art of listening to your head, you must also master listening to your heart and listening to your gut.’ **Carly Fiorina**



Our clients tell us this is the  
**most profound** and **transformational work**  
they have done

# Coaches | Consultants | Therapists Trainers | Managers NLP Practitioners

- Are you looking for new, current, **effective tools** to bring the best out in the people you work with?
- Do you want to learn about and benefit from the latest **neuroscientific research** and the impact this has on personal development?
- What if you had the science based tools to reveal what's going on inside us and could use this information to engage at a new level for **greater impact** for the people you work with?

## What is mBIT

**mBIT (Multiple Brain Integration Techniques)** is an amazing new field of applied neuroscience which relates to every aspect of being human; **health and wellbeing, personal development, success and motivation.**

It is interesting that the latest research is now demonstrating what many of us have known **intuitively** for centuries; that we have at least three separate **intelligences** operating in our bodies, our head, our heart and our gut.

Neuroscience research shows that the neurological make-up of the **heart** and **gut** is similar to that of the **brain**. These intelligences or additional 'brains', form connections, **retain memories** and influence our decisions and behaviours. **mBIT** informs how to listen to them, to take courageous action and make **effective decisions.**



Think about where some of your best decisions come from, is it your head, or do you **'go with your heart'** or have you **'followed your gut instinct'**? Could it have been all three?

When one or more of our intelligences are not 'listened to' or aligned, it can lead to internal conflict, stress, bad decision making and unhappiness. **mBIT** are a suite of tools and techniques used to bring about ecological goal-oriented outcomes.

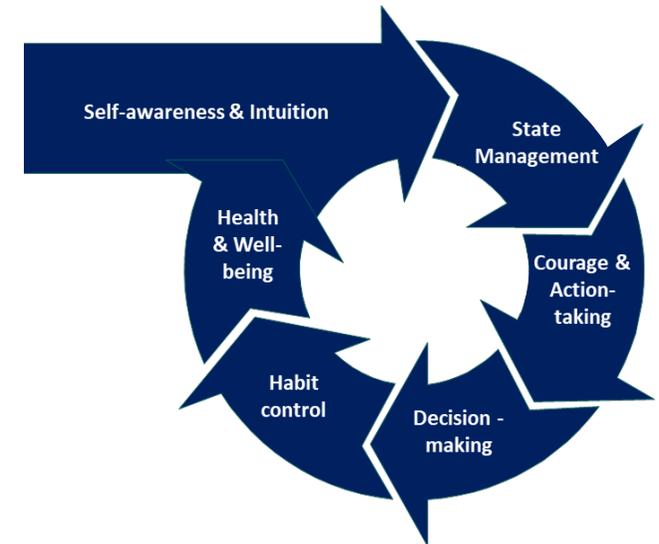
## Why mBIT?

- Offers additional **insight** into human behaviour
- Provides **tools** for lasting behavioural change for yourself and others
- Helps with **effective** decision making
- Builds simple **practical** ways to reduce stress and to create clarity and restore emotional balance
- Promotes communication, **connection**, success and happiness

## Discover

- How **neuroscience** research is indicating that you have intelligence not only in your **head**, but also in your **heart** and your **gut**
- How to recognise and interpret the different **languages** of your **three intelligences**
- How **mBIT** can streamline your coaching processes to gain **quicker**, deeper, **transformative** results
- How to balance your clients' autonomic nervous system for optimum **self-awareness**
- How you can actively **educate your gut and heart** for greater intuition and decision making

**Applying mBIT** to the following can make a fundamental difference to the everyday quality of life and the results you achieve.



**mBIT** expands **NLP models** by scientifically building upon what is already known about the cognitive brain, and addressing and integrating the emotional and somatic brains.

**mBIT** can be used on their own or as a complement to a variety of modalities.

**Join us** for this **4 day course** and avail of this unique opportunity to enhance your skills and become an active member of a **global network** (28 countries) and a collaborative community of coaches and professionals.

Intuition favours  
the prepared mind.

Antonio Damasio

Everyone has intuition.  
The more you acknowledge it, the stronger and  
more accurate it gets.

Marla Mitchell

Knowledge comes from but a single perspective;  
wisdom comes from multiple perspectives.

Gregory Bateson