

# Mind Maps®

## for the 21st Century Woman

### SESSIONS

by  
Buzan Centre Pune

#### Introduction

The hand that rocks the cradle  
– rules the world....

The role of women has never been more multi-dimensional than as seen in the present era. She is a business person, a home maker, an educator... amongst other things. She needs to effectively manage the responsibilities that these multiple roles have thrust upon her.

Are there ways or techniques with which she can be helped to perform with greater efficiency and balance her multiple roles?



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Being 'Brain Smart' is the key to be able to juggle between the roles & responsibilities effortlessly.

Women also face difficult situations & challenges in the new age. These could be overcome if they know how to 'Unleash the potential of their Brain'.

Thus, if we could increase our mental literacy – to understand how the Brain works, learn how to manage it effectively & to harness our inherent brain skills, - we would be able to achieve infinite possibilities.

The Mind Map® is the most effective thinking tool of our time. It will dramatically improve every aspect of your performance.



## Course Outline

The session would cover :

- Parenting :
  - Myths
  - Strategies
- HOW to Learn :
  - Mind Maps®
  - Multiple Intelligences
- Work-Life Balance:
  - Planning
  - Negotiating
  - Conflict Resolution

*\*Course content is subject to changes.*

## Duration: 6 hours



**Tony Buzan**

Her life is complex. She needs to grapple daily with the challenges of tight schedules, deadlines, work pressures – without losing out on creativity, enthusiasm and love for her family. Any compromise has the capacity to impact not just herself – but her entire family.

The essence is to develop the 21st Century woman as an individual who, as a parent, leads her inquisitive children through an adventure called 'learning' while simultaneously building her own image as a person who is vibrant, evolving & learning with every moment of her life.

## Programme Leaders

### JAS JOHARI

Jas owns & spearheads 'Jungle Book' – the Library & Activity Centre exclusively for Children in Aundh, Pune, India.



Her experience in training & dealing with children & parents for over a decade – has given her a deep insight into the changing trends & challenges that parents have to encounter nowadays.

Jas is qualified as a 'Communication Professional' by the Trinity College, London.

She was the FIRST and is the ONLY Buzan Advanced Licensed Instructor in India.

She has been trained to conduct & interpret the results of the MIDAS assessment and is actively involved in guiding students scientifically to make appropriate career choices – based on their inherent intelligences – a system introduced by Prof. Howard Gardner – which has far greater insights than the (now outdated) I.Q. tests.

In her quest to bring Internationally acclaimed techniques – she is now also associated with the 'Habits of Mind' Institute founded by Art Costa – to impart skills to students to help them increase their chances of succeeding in facing the challenges presented to them by the uncertain future.

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