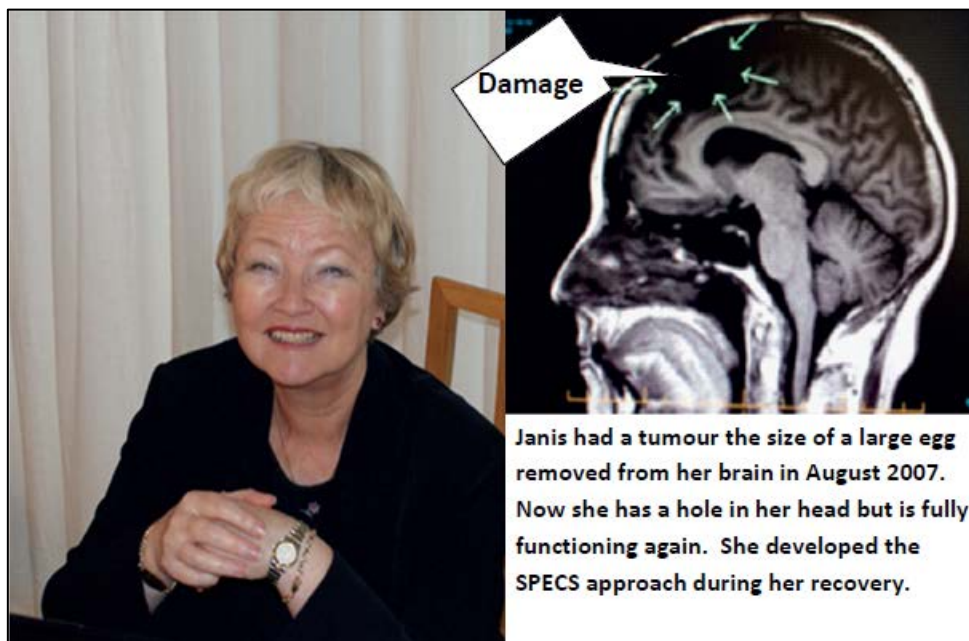


SPECS – Five ways to build a better brain

In 2007, Janis Grummitt was the GM of a NZ company which based its advice on brain research. She was not a neurospecialist, but had been interested in brain research for at least ten years. When a failed eyes test prompted an MRI which revealed a massive brain tumour she was able to put her knowledge to the ultimate test! Luckily it was a benign tumour and she had it removed by a brilliant neurosurgeon.

However, by 2008, after four operations and many complications, the damage to the rest of her brain was obvious from both MRIs and her state of mind. So she determined to use all of the research knowledge she had to build her brain back into a better state. As a result of this, she developed her own process for regular practice which she has categorised into five areas.

Today she works as a facilitator and mentor to leaders in businesses about collective wisdom. She also speaks regularly to groups and conferences about the need to build a better brain before, during and after brain damage of any kind. Janis believes that her brain is better than it was before the damage and that knowledge, practice and support for research are essential for the future. Grateful for the research of the Neurological Foundation, she is happy to share her method which is called SPECS.



Janis is writing a book about her story and approach and is available for keynote speeches and talks.

www.workplacewisdom.co.nz

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