



About the Speaker

Guy Sutton's primary research interests are the genetics of brain development and the interactive nature of biological, behavioural and genetic factors in chronic disease and mental illness.

Dr Sutton is Honorary Special Lecturer at the University of Nottingham Medical School, where he lectures medical students and is involved in consultant training. He has held previous academic appointments at institutions which include Cambridge University School of Clinical Medicine. He is an experienced speaker and wears his enthusiasm and love of science and its applications on his sleeve!

Dr Sutton has been a visiting researcher to universities in the United States and has conducted research projects and data analysis for various organisations, including the Department of Health and the Medical Research Council. In addition to presenting research at various international conferences, he has written for academic publications and magazines and has talked about the theoretical and clinical aspects of his research on television and radio. In 2008, he delivered a successful Masterclass in applications of neuroscience to the workplace at the CIPD HRD World Conference, London.

About MBI

MBI (Medical Biology Interactive) delivers three-day, one-day and half-day courses, seminars and tutorials in epidemiology, occupational health and the human sciences to the health service, industry and education. All MBI seminars are written and run by academics and clinicians, each of whom has considerable experience in research and its practical applications. Seminars are delivered at the hospital, workplace or school, based on cutting-edge research and current practice benchmarks, and tailored to the needs and concerns of the client.

Please refer to the MBI website for testimonials regarding our seminars and tutorials.



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Lectures Lunchtime

Inspirational Lectures
For The Workplace

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M B I
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BrainWise

*How The Brain Works
& How To Maximise
Its Function*

Lectures Lunchtime

Inspirational Lectures
For The Workplace

Speaker:
Dr Guy Sutton

*Director, MBI &
Honorary Lecturer in Neuroscience,
University of Nottingham*

What are Lectures@Lunchtime?

MBI's Lectures@Lunchtime programmes provide the opportunity to experience inspirational lectures on developments and the current state of play in key scientific fields with applications to the workplace. Current programmes include *BrainWise* and *Stress & Its Management*. Each programme consists of five 50-minute lunchtime lectures, delivered by an experienced academic over the course of one week, beginning on a Monday and concluding on the Friday.

Each lecture programme is designed to be stimulating, informative and to provide an insight into how recent advances can be applied to the individual and the workplace. Superb PowerPoint presentations are employed with easy to understand graphics, animations, key learning points, together with anatomical models and a variety of other teaching aids.

Why Lectures on the Brain?

Over the past twenty years there have been astounding advances in our understanding of the workings of the human brain and nervous system. Current research attempts to understand brain function are collectively referred to as *neuroscience*. Along with genetics, neuroscience is currently one of the most exciting and rapidly developing areas of scientific study, providing a foundation upon which we can develop our understanding of how social and biological factors interact to influence individual experience.

This lecture series is intended to provide an introduction to the workings of the brain, incorporating the very latest theories and findings and cutting edge research technologies, and applying this knowledge to issues affecting individuals in the workplace. Topics include developments in learning and the neurobiology of leadership, how we react and adapt to change, the effects of ageing on mental processes, and maximising brain function.

Aims of BrainWise

There are two main aims to this lecture series:

- to overview our current understanding of brain function and mental processes, emphasising applications to the workplace and exploding common myths in the process.
- to explore the extent to which the brain is adaptable and how mental processes such as learning and memory are affected by age, change and stress.

What can modern brain research tell us about normal mental functions and the relationship between human capacity for learning and for change? This lecture series will take you on an exhilarating, whistle-stop tour of cutting-edge developments in our knowledge of the brain and explore how we can maximise its potential.

Brain Topics

Below are the topics that comprise the five lectures. Please note that lectures can be tailored to your particular workplace.

•Monday. Mind & Brain In The 21st Century

The relationship between mind and brain. Genes, brain and behaviour. Current brain research themes with relevance to the workplace. How we study the brain: brain scanning. The future.

•Tuesday. The Adaptable Brain

How the brain is structured. Nerve cells and how they work. The effect of drugs on the brain. The extent of brain adaptability. Learning and brain development; work, change and the brain. The neuroscience of leadership.

•Wednesday. How The Brain Works

Exploding some myths: the 10% myth & the hemispheric differences myth. Memory processes in the brain. Decision making, thinking and reasoning. Motivating the brain.

•Thursday. Stress & The Brain

Myths and facts - how stress affects the brain and body. Stress and performance. Stress, change and mental functioning. Sleep and sleep disorders. The relationship between diet, exercise, stress and the brain - effective prevention and management of stress.

•Friday. The Ageing Brain & Mental Function

Myths about ageing. Brain change and age. Learning and the adult brain. Components of successful ageing. Conclusions to the week.

Format of BrainWise

The five lectures are delivered in your workplace and start time is dictated by the organisation. Each lecture is 50 minutes long. Lectures@Lunchtime run from July to September. MBI also offers *BrainWise* as a half-day seminar, running from 0845-1245. Bookings can be made by contacting MBI by telephone or by email (please refer to the back of this pamphlet).

Each employee receives an interactive CD-ROM featuring specially written software with internet links, material relating to the lecture series and a comprehensive 20-page *BrainWise* PDF containing the text of each lecture with additional reading material.