

# **Amanda (Mandy)**

## **Wintink**

**Instructor at Centre for Applied Neuroscience**

Toronto, Canada Area, ON, CA

Neuroscientist, Life Coach, Yoga Teacher

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### **Description**

PhD (Neuroscience & Psychology)

Yoga Teacher

Life Coach & Trainer

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### **Availability**

Keynote, Panelist, Workshop, Corporate Training

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### **Industry Expertise**

Education/Learning, Human Resources, Health Care - Services

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### **Topics**

Neuroscience, Psychology, Health & Wellness

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### **Affiliations**

University of Toronto, Centre for Applied Neuroscience

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### **Sample Talks**

#### **Brain Health & Wellness**

The purpose of this workshop is to providing participants with education, awareness, and tools on how the brain works with respect stress reduction and happiness enhancement as two forms of wellness.

**THIS WORKSHOP FOCUSES ON 4 TOPICS:**

An introduction to the Power of the Mind

Stress and Stress Reduction

Choosing A State of Mind for Happiness Enhancement

Developing a Brain Health & Wellness Plan

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### **Past Talks**

## **Creativity & The Brain**

Brain Power

## **The Sweet Smell of Failure (Neuroscience Focus)**

Treehouse Talks

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## **Education**

### **Dalhousie University**

PhD Neuroscience & Psychology

### **Brock University**

M.A. Psychology (Behavioural Neuroscience)

### **University of Winnipeg**

B.A. Honours Psychology

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