

Amanda (Mandy)

Wintink

Instructor at Centre for Applied Neuroscience

Toronto, Canada Area, ON, CA

Neuroscientist, Life Coach, Yoga Teacher

Biography

PhD (Neuroscience & Psychology)

Yoga Teacher

Life Coach & Trainer

Availability

Keynote, Panelist, Workshop, Corporate Training

Industry Expertise

Education/Learning, Human Resources, Health Care - Services

Areas of Expertise

Neuroscience, Psychology, Health & Wellness

Affiliations

University of Toronto, Centre for Applied Neuroscience

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

Event Appearances

Creativity & The Brain

Brain Power

The Sweet Smell of Failure (Neuroscience Focus)

Treehouse Talks

Education

Dalhousie University

PhD Neuroscience & Psychology

Brock University

M.A. Psychology (Behavioural Neuroscience)

University of Winnipeg

B.A. Honours Psychology

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