

RAISING YOUR INTELLIGENCE

One-day Course with Chris Thomson

DISCOVER FULL SPECTRUM INTELLIGENCE
DEVELOP THE WHOLE OF YOURSELF
BE MORE EFFECTIVE AND FULFILLED IN YOUR LIFE AND WORK

Experience new ways of being
intelligent

Learn practical skills and insights
that will help you feel better, think
better, work better and live better.

Enjoy learning something very new,
different and exciting.



Being intelligent goes far beyond your mental and emotional abilities. It is about *everything* you think, do, say and feel. Intelligence covers the *whole range* of your abilities, including physical, intuitive, social and spiritual aspects of your life. A truly intelligent person is intelligent in all these respects.

Contrary to widespread belief, intelligence does not remain fixed throughout your life. It can be trained and improved significantly.

On this unique course you will be given practical insights and skills that will allow you to start working on the whole spectrum of your intelligence. This will benefit all areas of your life and work.

20TH FEBRUARY 2010 | 9:30 AM– 6:00 PM

ARTCHIMBOLDI [Còrsega 286, 1st floor - Barcelona]

Register today by contacting dimitri@intelligencefoundation.org or (+34) 657 271 434

Intelligence Foundation

PROMOTING INTELLIGENCE IN ALL ITS FORMS

RAISING YOUR INTELLIGENCE

This one-day course offered by the Intelligence Foundation will introduce you to the idea of intelligence training, help you improve the whole spectrum of your abilities, and apply these practically in your life and work. You will learn about:

- ♦ FULL SPECTRUM INTELLIGENCE AND WHOLE PERSON DEVELOPMENT
- ♦ THE FOUR COMPONENTS OF INTELLIGENCE
- ♦ REMOVING IMPEDIMENTS AND BUILDING FOUNDATIONS FOR INTELLIGENCE
- ♦ INTELLIGENCE IN ACTION

By focusing on developing the full spectrum of your abilities, the course will allow you to:

THINK MORE CLEARLY
COMMUNICATE MORE EFFECTIVELY

FEEL BETTER
HAVE BETTER RELATIONSHIPS

BE HEALTHIER
NOTICE MUCH MORE

TRUST YOUR INSTINCTS
BE TRUE TO YOURSELF

WORK WELL WITH OTHERS
BE INFLUENTIAL

GO DEEPER IN YOUR UNDERSTANDING OF
YOURSELF AND THE WORLD
GO BEYOND YOUR NORMAL LIMITS

If you want to become more intelligent, in the full sense, and develop the whole of yourself, this course is for you.



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Venue: **ARTCHIMBOLDI** [Còrsega 286, 1st floor - Barcelona]

Price: **185 €** including lunch

Places are limited to 15. Register today by contacting Dimitri Uralov at dimitri@intelligencefoundation.org or (+34) 657 271 434.

Chris Thomson, the course leader, has had a fascinating life as a lawyer, economist, therapist, national advocate, and as a director of think-tanks in Scotland and the USA. He has run courses in consciousness and intelligence for the last 13 years. Chris believes that working on the whole range of our intelligence is probably the best form of personal development we could ever do.

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Course Programme

FULL SPECTRUM INTELLIGENCE

- Whole Person Development
- The Six Intelligences
- All the intelligences connect

FOUR COMPONENTS OF INTELLIGENCE

- Awareness – being more conscious
- Capacity – being more capable
- Understanding – better questions, better answers
- Competence – doing things better and doing better things

REMOVING IMPEDIMENTS

- Inner and outer noise
- Rush and stress
- Fears and anxiety
- Unnecessary expectations
- Restricting beliefs
- Sabotaging patterns

BUILDING FOUNDATIONS

- Full spectrum health
- Openness to the new and different
- Feet firmly on the ground

RAISING YOUR INTELLIGENCE

- The “zoom lens” mind
- Law of Reverse Effort
- Emotional Anatomy
- Seeing through the eyes of others
- Going deeper
- “Unzipping the files”

APPLIED INTELLIGENCE

- Intelligence Simplicity – including “Less is More”
- Deeper Causes
- The Importance of the “Little Things”
- The World as Mirror

ASSESSMENT

- A Progress in Intelligence
- Assessing your Total Intelligence Profile

FEEDBACK AND NEXT STEPS

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