THE EDU-K UPDATE

A Note From the Board of Directors ~

To Our Brain Gym® Community:

This year has been one of significant and positive changes. In January, at our annual Board of Directors meeting, legal counsel informed us of changes necessary to protect and strengthen our non-profit organization. One such change is the role of our Founders. To strengthen the organization and pave the way for our future they will no longer be on the board or committees. We are currently exploring possibilities for new roles for them in the organization.

Another change is that we are expanding the purposes of our organization to include other programs and have revised our purpose statement to reflect this decision. Throughout this development phase, the Edu-K curriculum remains the same. A ceremony was held at the annual conference in Fort Collins to celebrate the possibilities that lie ahead. Included below is the new statement which was recently published in a weekly email:

The Educational Kinesiology Foundation is dedicated to:

1. Celebrating each individual’s unique learning style.
2. Creating and promoting educational and wellness programs designed to increase human potential, reduce stress, and address learning differences.
3. Providing resources to the public via outreach and dissemination of information related to our programs.
4. Collaborating with other organizations whose missions are in alignment with and/or complementary to ours.

The Board of Directors is working diligently to examine how we may best serve as a public benefit/non-profit organization, and is enthusiastically meeting the challenges of this defining and transformational moment for the Educational Kinesiology Foundation. We will keep you posted as developments unfold, and appreciate your continued support during this transition.

The Edu-K Foundation
Board of Directors:
Phyllis Books
Moira Dempsey
Shelley Dicus
Bonnie Hershey
Lydia Knutson
Matthew Thie

Photograph by Jeff Joyer

OCTOBER 2012

Tele-Lecture Series
Earn 3 Easy Credits!

Connect the physical skills of learning to the 26 Brain Gym movements! Acquire language to support you in sharing this work with others, especially parents, educators, occupational and physical therapists, administrators, business professionals, and more!

Cindy Goldade, International Faculty and Operations Director, draws from her years of expertise and experience in education to facilitate this special end-of-the-year lecture series.

Attendees receive one credit towards initial licensure and re-licensure!

Midline Movements
Tuesday, October 30th, 2012
4:00-5:00 PM Pacific

How do we express the importance of the Midline Movements in building physical skills such as eye-hand coordination, eye-teaming, and more? Why are some of these movements in this category versus a different category? Gain language in talking about the midline along with left, right, and whole brain access.

Energy Exercises
Tuesday, November 20, 2012
4:00-5:00 PM Pacific

Connect the emotions to thought as we look at the Energy Exercises and Deepening Attitudes through the physical skills of learning lens. Do emotions impact learning? Can holding simple points on the body support spatial awareness, eye movement, and listening? What about test taking?
IN THIS ISSUE

Brain Gym® News & Events

Teleconference Lecture Series

The Q: What Makes Motivation? (Part 1)

Featured Faculty Members

Brain Gym News & Events

Events

2013 Annual Brain Gym® Conference
Balance in Abundance
2013 June 13-16
Hotel Aston Denpasar
Bali, Indonesia

Click the link above to read more about the 2013 conference. Scroll over "Annual Conference" on the site to read different links regarding the details. See you there!

Remember, you can hold a Brain Gym® Day in your own region. Licensed instructors receive re-licensure credit provided a roster and processing fee is submitted to the Foundation. A Brain Gym Day is designed to act as a mini-conference. Components might include balancing, guest speakers, networking and more. If you are interested in developing a Brain Gym Day, write to info@braingym.org.

NEW! Professional Members

Join us in congratulating our new professional members from around the world ~

ARGENTINA

Viviana Pistarelli Buenos Aires
Marcela Luisa Tareni Buenos Aires

CANADA

Marie C. Geoffroy Gatineau, QC

RUSSIA

Elena Kovaleva Moscow

The Q
Deborah Scott Studebaker

The Q – What Makes Motivation? (Part 1)

As I sit down to write this piece, I’m thinking about Fort Collins, Colorado, and our inspiring Brain Gym® Conference held this past August. What a pleasure to get to know people whose names I’ve heard for years—and to reconnect with friends and colleagues from all over the world! From the content-rich keynotes to the experiential breakout sessions, I left feeling highly motivated, and began contemplating the nature of motivation.

This month, The Q explores this fascinating subject, and finds that the origin of the word is a concept close to our hearts in the Edu-K community. In Latin, movere means to move... to move to action. What moves us to action—is it pressure, a deadline, or the thought of receiving some reward or praise? And why is it that some folks have a supercharged internal capacity for motivation, while others find themselves drifting and distracted?
My friend Adam designed and maintains a sophisticated website for a musician he deeply respects. Adam could (and should) be paid for his amazing creative and technical efforts. But he refuses any compensation because he says that if it were his "job" he might start to resent it. Maybe his passion motivates him; maybe it’s his sense of autonomy. Or maybe there’s another element: feedback. The website has generated lots of positive attention for him, and led to many exciting opportunities.

At the other end of the spectrum, there’s Milena. Naturally bright and creative, she has become so worn down by the academic demands of high school that her internal motivation is practically non-existent now. It’s possible to engage her for brief periods, and in small increments, but her helplessness frustrates her teachers and exhausts her family.

Author and career analyst Daniel Pink, in his TED talk on "The Puzzle of Motivation", discusses how "if/then" rewards often destroy creativity; and the secret to high performance is the drive to do things because they matter. Is the seed of motivation still inside Milena, waiting to burst open when she discovers what matters? And do the Milenas of this world simply require more physical movement to resolve their motivation issues?

Obviously, I have a lot of questions and not many answers right now! So I’d like to continue the discussion next issue. Will you share your thoughts with me? I’m especially interested in responses to the following queries:

1. Do external (extrinsic) rewards stunt the growth of intrinsic motivation?
2. Is motivation simply a natural quality that we’re born with in varying degrees?
3. Does goal or intention-setting impact motivation? How and why/why not?

Thanks for listening, and I hope you’ll contribute to the conversation. You can reach The Q via info@braingym.org. I always love to hear from you!
write/email letters of royalty payment receipt, and accurately and quickly enter roster information into the database. She also organized and filed rosters.

In a small office with only three part-time employees, some work may lag behind at times. It was gratifying to have Marisa's conscientious, reliable, and willing support.

### 2012 Annual Award Winners

#### ~ Outstanding Service Award ~

**Deborah Scott Studebaker, USA**

For her contributions to the Edu-K Update and Brain Gym Global Observer over the last several years. Thank you so much for your time, energy, and thoughtfulness, Deb!

#### ~ Outstanding Achievement Awards ~

**Annette Eisert, Germany**

Who exemplifies the spirit of the drawing out model while parenting under difficult circumstances.

**Karen (Freesia) Peterson, USA**

For her award-winning program that gets seniors moving and balancing better. Her *Giving Back* Mentoring program produces fantastic results for which she has been recognized by numerous organizations.

Get your **Brain Gym® Global Observer Subscription**!

For just $25 per year, you can receive three editions of our Brain Gym Global Observer. You can order one for a family member or friend too. Email info@braingym.org for more information.