



## NEETHLING BRAIN INSTRUMENTS® - NBI – WHOLE BRAIN THINKING

WHY WHOLE BRAIN THINKING?

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### Would you like to:

- o Gain insight into your own thinking preferences and identify what you really enjoy?
- o Better understand where your skills lie and what you are good at?
- o Identify any possible mismatches between these two, to better understand what might need to change to bring more happiness and satisfaction to your everyday life?

### Whole Brain Thinking profiles can help you to better understand how:

- o you communicate
- o you act towards other people
- o you do business
- o you learn
- o you teach
- o you solve problems
- o you make decisions
- o content you are likely to be in a certain career

In fact, there is hardly an area of our lives where the whole brain does not have a role to play!

### Two halves are better than one

In 1981 the neurosurgeon Roger Sperry was awarded the Nobel Prize for his research into split brain theory. This theory proved that a person's physical and intellectual abilities and ability to resolve problems is strongly influenced by the individual's preference to apply one part of the brain more than the other. This preference also determines our approach to people and things. This is why one person could be brilliant with figures, but could feel rather uncomfortable in group situations. Another person might prefer to play around with ideas, but find it difficult to structure the ideas and to execute them

## Learning to apply your whole brain

While reading this document your left brain is busy managing and interpreting the sentences and words. Conversely, when you look at images or become excited about some of the things that you read, you are busy applying the right brain. Through a process of becoming acquainted with the particular processes and abilities of the different hemispheres of the brain, it also becomes possible to use your whole brain much better

### The left brain:

- Understands words and sentences in their literal form.
- Generates information in a step-by-step manner (If, for example, information is presented in a haphazard fashion, it will confuse people who are strong left brain dominant.)
- Prefers logic, order, precision, accuracy, neatness and fixed patterns.
- Prefers to analyse and to evaluate.  
Remembers facts, names and knows how to spell.
- Controls movement of the right side of the body.

### The right brain:

- Prefers images instead of words.
- Prefers to process a lot of information simultaneously and does not like detail.
- Allows you to complete puzzles, to see the whole netball court at a glance and to find your way in a strange city although you do not have all the particulars (because spatial preferences are located here).
- Creates fantasies and images of dreams and asks questions such as; "What if...?"
- Is where processes of feeling, human interaction and preference for spirituality is located.
- Remembers faces, interrupts themselves sometimes in their own sentence to start talking about something different and prefer to make drawings when listening to a presentation.
- Controls movement of the left side of the body.

### Get to know your brain with NBI

The NBI (Neethling Brain Instruments®) suite of over 20 tests is the most comprehensive battery of whole brain profiling instruments available worldwide. They have been developed by Prof Kobus Neethling as a result of extensive international research since 1980 on left/right brain functions; indeed ongoing research at a number of universities and institutes remains an essential part of whole brain science. Visit [www.wholebrainthinking.com.au](http://www.wholebrainthinking.com.au) for FAQs and to download your own copy of "Understanding Your Whole Brain"

### Important information about taking an NBI profile:

In working with the instruments it is crucial to remember the following points:

- No brain profile is right or wrong, good or bad.
- Some of the NBI profiles measure preferences, some identify skills. It is important to note the distinction. You may have skills in a quadrant with a low preference score, or strong preferences in an area where you have not had the opportunity to develop skills.
- A high score in a particular quadrant does not necessarily indicate equal preferences for all the processes of that quadrant.
- Your brain profile may change, but only if there are strong reasons for this to occur. This may happen over a long period because of changing interests, hobbies, environments and mentors. In rare cases changes occur over a short period of time because of significant events or major lifestyle changes. These changes may be temporary.
- We are born with roughly 20-30% of preferences, while 70-80% develop through social and environmental interaction.
- It is possible to develop preferences and skills in any quadrant.

### To get started

To arrange for your profile, please contact Noel Posus [noel@askacoach.com](mailto:noel@askacoach.com).

### LICENSING

We are certified practitioners through the Australian Licensee, The Thinking Network at [www.thinkingnetwork.com.au](http://www.thinkingnetwork.com.au).

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