

*I'm a member of an Emerald club and until I heard Sunnie speak I thought that I was being let down by the club. Now I am slim and happy (and my trainer and doctors want to know how I did it!) - Audience participant*

## Change Your Brain – Change Your Weight



Sunnie Brooks, Owner of Neuro Weight Loss Coaching, LLC, brings hope and healing to audiences, through dynamic presentations that **inspire others by teaching them how to easily and naturally get thin, energized, healthy and to stay that way.**

An advocate and living example of how a healthy, happy body provides the strength and confidence to live a life of passion and purpose, **Sunnie helps overweight people all over the world who feel discouraged and defeated to change their brain so they can change their life.** As she often says, "Weight loss begins in the brain but shows up on the body."

Sunnie understands from personal experience how life sometimes delivers circumstances that can seem unsurmountable. Her own journey of battling a defeatist mindset regarding weight loss and healthy living and her ultimate triumph of regaining control of her body and life, gives audiences a glimpse into what is possible when they have the right methods and messages to achieve long lasting health and fitness success.

### Clients & Trainers say it best:

*"...the change in myself was dramatic. I found myself thinking and acting like a thin person and I had been overweight my entire life. I will forever be indebted to Coach Sunnie for her ability, knowledge, patience and compassion."*

-Patti S.

*"Sunnie worked magic with my clients!"*

-John (U.S. top fitness trainer)

*"What I learned in her presentation was like a revelation. I had never really understood why I couldn't change before no matter how hard I tried..."*

-Kim J.

*"...If you are serious about losing weight permanently and feeling much better overall, you should run not walk to your first consultation"*

- a 67 lb lighter Allan C.

**A pioneer in the cutting edge, science based field of neuroplasticity, Sunnie shows others how a physiological change in the brain is possible and how this becomes a comprehensive mind body connection that makes weight loss simple and permanent.**

With her unique blend of passion, expertise and humor, Sunnie's presentations motivate, encourage and energize people who have nearly given up on achieving weight loss and giving them the tools they need to live the kind of life they truly want to have.

After graduating cum laude from Salve Regina University with double degrees and pursuing her Master's level studies in Counseling Psychology from Lesley University, Sunnie became certified in NLP (Neuro Linguistic Programming). In addition to neuroplasticity, her primary fields of study also include MBSR (Mindfulness Based Stress Reduction) and Cellular Memory Release. She was behaviorist at a medically supervised weight loss clinic for the morbidly obese. Her articles have been published in numerous trade and association magazines and appeared as a guest coach on the television show, The Art of Coaching. She is a member of and provides pro bono healing services to combat vets.

# Change Your Brain – Change Your Weight

## LIST OF SPEAKING TOPICS:

### ***“Change Your Brain - Change Your Weight”***

A powerful presentation that introduces the audience to the science of neuroplasticity and how physiological changes in the brain create the desired physical results. A new take on the concept of mind-body alignment, backed by proven scientific methods, this presentation is designed to inform and encourage overweight individuals that there's hope for the future and can get the body and life they've always wanted.

### ***“Change Your Brain - Change Your Weight” (presented to Fitness Staff, Club Owners, Physicians, and exclusive Wellness Spa Resorts )***

With a deep understanding of the frustration health and wellness professionals experience on behalf of their clients who struggle or won't commit and don't experience results, this message addresses the gap of the *thought=emotion=-behavior* component in most weight loss regimes and how to integrate it so clients and members rave about you and your facilities.

When you collaborate with Sunnie Brooks, your organization will retain the younger, body-conscious members who value the cutting edge offerings of your club and attract similar new members. Thus reducing the need for expensive marketing which can compromise a club's exclusive reputation, create concern among existing members that the facilities will get too crowded and reduce the need for promotional discounts.

### ***“Keeping The Momentum Going - Embracing the New You”***

These are deeper level workshops available for your members when your club or practice partners with Sunnie. If you wish to have Sunnie Brooks personally deliver the workshops, you are encouraged to act quickly as Sunnie's calendar is filling up for 2016-17.



**Sunnie Brooks, Founder, CEO  
Neuroplasticity Coach  
Neuro Weight Loss Coaching, LLC  
433 Plaza Real, Suite 275  
Boca Raton, FL 33432**

Audiences come alive, dare to dream and begin to believe in themselves again when Sunnie Brooks brings her speaking skills and heartfelt messages to the stage. For anyone who has ever wondered if it's too late to lose weight, too much trouble to try again or has given up on achieving long lasting, weight loss success, Sunnie expertly explains how the science of neuroplasticity or the ability to physiologically change one's brain, is a very real and very powerful way to create a fresh start.

Having coached clients domestically and internationally, Sunnie has helped others achieve sustainable weight loss results, whether the goal was losing fifteen, fifty or over a hundred pounds. Her clients constantly rave about the results and the ease they experienced in achieving their goals, when implementing Sunnie's brain changing methods.

*“Sunnie has incredible integrity and tenacity as a coach, speaker and business person. She is committed to her word, has in-depth knowledge and a burning desire to serve others. You will be better for hiring her.”*

-David Reardon, triathlete, age 58

[NEUROWEIGHTLOSS.NET](http://NEUROWEIGHTLOSS.NET) - **Weight Loss So Easy It Will Blow Your Mind**

**561-386-1990**

[Sunnie@NeuroWeightLoss.net](mailto:Sunnie@NeuroWeightLoss.net)