

# NEUROSCIENCE OF CREATIVITY

Hello! I am Sandra Dimitrovich, the Founder of a private neuro facilitation and aesthetic coaching practice specializing in mental fitness and emotional wellness taking an integrated mind-body approach rooted in science to maintain **clarity**, **vitality** and healthy **longevity** in a rapidly changing world.

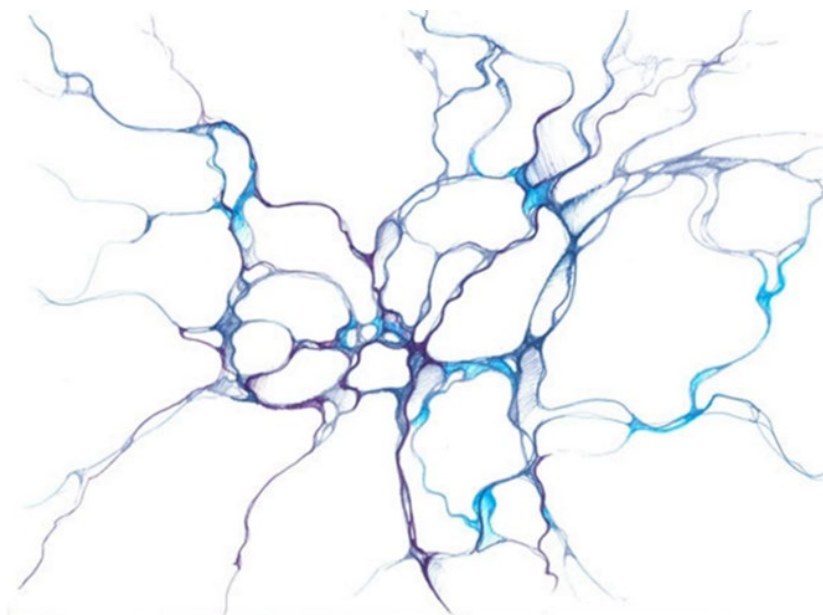
Let me help you to discover your unique strengths and the passion that fuels you, unleash your inner wisdom and personal power, find your winning strategy, and open the doors to new opportunities for **the next chapter in life**.



I bring 20 years of experience in business and wealth of knowledge in the creativity studies and communication sciences to collaborate as a Thinking Partner, Experience Designer, and Creative Facilitator for the leaders and teams.

I empower accomplished women to spark creative energy for the next chapter in life, so that they have clarity and confidence to gracefully navigate inevitable life transitions, and open the doors for new opportunities in life and business, through unique blend of design thinking, expressive arts and embodiment practices – a proven system for lasting change and transformation.

- Neuro Facilitator, Aesthetic Coach, Psychosomatic Coach, MSc Science Communication, cross-cultural communication expert, 20 years in business,
- Certified NeuroGraphica© Master Trainer, Psychology of Creativity Institute (Zurich)



## **NEURO BEAUTY©**

NEURO BEAUTY© is a collection of time-tested signature programs that combine mind-body approaches, psychology, and neurophysiology, to **enhance neuroplasticity of the brain, regain resources and emotional balance, improve mental agility, build resilience, develop positive, happy and enthusiastic mindset** to live the life you love.

NEURO BEAUTY – integrative anti-aging program that takes a holistic approach to healthy longevity: **slowing the negative effects of aging**, and **extending your health span for vibrant relationships** and joyful vitality to live far more satisfying lives.

*The art and science of looking great and feeling your happiest, healthiest self.*

**Mental fitness** is just as important as physical fitness, and shouldn't be neglected. Stress and anxiety have the potential to affect the physical structures of the brain. Information overload overwhelms the brain, it affects our mental health and decision-making ability. Self-doubt and cognitive bias shatter our beautiful dreams.

Maintaining youthful cognitive function becomes a crucial challenge in the new fast-changing world.

Deep, delicious embodiment is not only more pleasurable, it contributes to **better health, a longer life, stronger relationships** — and even more creativity!

You eat better, you laugh more and you have more satisfying sex.

You release your distractions and subtle addictions and experience more joy in each moment.

Science supports these conclusions, which also relates to our lived experience.

Open the doors to a level of **vitality** that cannot be achieved by following advice from a book.

# The Art of Wellness: Create Beauty & Reverse Aging

Creating artwork enhances the connectivity of the brain at rest, which can boost introspection, memory, attention, and focus, leading to better cognitive function overall.

NeuroGraphica® and NeuroDesign methods stimulate the creation of **new pathways** and strengthens existing connections in your brain that improves your overall **sense of well-being**, **prevents depression**, and **slows down aging**.

The collection of ART FOR BRAIN© programs combine benefits of unique graphic drawing, neurophysiology, and brain development in this enjoyable practice to **increase mental clarity**, **sense of peace** and **awareness**, **relax**, **de-stress**, **gain energy** and build **resilience** in the fast-changing world.

All tailor-made wellness programs are adapted to client's needs. More details: [www.artforbrain.com](http://www.artforbrain.com)

You will master mentally stimulating practices for maintaining your emotional, spiritual, cognitive, and physical **vibrancy**, discover the secrets of **healthy longevity** living your life with more **clarity**, and **vitality**.

*"The stories we tell about our life – our dreams, our desires, our challenges – shape the meaning we attribute to our experience. Change those stories, and you change that life."*

