



Welcome

Welcome to the first newsletter from The Cognitive Fitness Consultancy. We will be sending you a bi-monthly newsletter full of news and information about new products, training events and offers with some of the latest research on leadership, thinking style and cognitive fitness. We hope you find it of interest and we would be delighted to receive feedback. The newsletter will also be available as a PDF on our web site: [please click here](#). If you do not want to remain on our newsletter mailing list, please let us know. If any of your colleagues would like to subscribe your colleagues to the newsletter, please ask them to visit the web site and follow the link.

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1. How cognitively fit are you?

We all know people who have been able to touch their toes or do the splits whilst the rest of us can hardly touch our knees; some of us are naturally more physically supple than others – those of you who saw the comedy sketch of Dawn French in a pink tutu dancing with Darcey Bussell will know exactly what I mean! <http://uk.youtube.com/watch?v=6Gph3xyeRbE>

The same applies to our thinking skills. Some people can naturally think easily in different ways depending on the situation they are in or the problem they need to solve; the rest of us find it harder to 'think outside the box'. Just as we need to exercise to develop physical suppleness so we need to learn to use our brain in different ways to achieve mental suppleness and cognitive fitness.

At times of crisis, versatility of thought offers benefits to businesses and organisations, encouraging us to think both Creatively and Logically, to master the Detail without losing sight of the Big Picture, to be able to move easily through Time, learning from the Past and imagining into the Future.

"Unless we learn to think differently, we are doomed to extinction" - Einstein

We're sure that Einstein would agree with us that the first step we need to take in order to help us to learn to think differently is to understand our own thinking styles preferences with their associated strengths and limitations, before subsequently equipping ourselves with different thinking strategies to help us tackle the new and challenging problems that face us all.

But what is Cognitive Fitness™? And how cognitively fit are you? People who are cognitively fit are:

- Highly effective problem solvers
- Flexible and versatile in their thinking
- Able to look at situations and problems from all angles
- Resilient in the face of challenges and adversity

Complete our FREE Cognitive Fitness Questionnaire and receive your own Cognitive Fitness profile and report. Learn what your preferences are in four critical areas of thinking. Develop your Cognitive Fitness from exercises in the report and explore how being cognitively fit links to Authentic Leadership. If you find the concept of Cognitive Fitness interesting and please feel free to forward this newsletter to your colleagues or to use it with your clients.

To complete the Cognitive Fitness Questionnaire NOW, [click here](#).

2. Are you ready for the 3 Peaks experience?

Are you looking for an outstanding leadership development programme?

Are your colleagues or clients looking for leaders with moral courage and integrity; who inspire trust and commitment in their followers?

The 3 Peaks Leadership Development Programme has been designed to meet the needs of today's leaders to equip them for success in a complex and challenging world.

We believe that most leadership development programmes are fundamentally flawed. The vast majority focus on Operational Fitness whilst ignoring the other significant areas of a leader's life. Leadership development programmes should enrich all areas, which is why we have developed a unique concept in leadership development. Underpinned by the principles of Authentic Leadership, the 3 Peaks Leadership Development Programme is a unique integration of the 3 factors that are critical to being an exceptional leader: Physical Fitness, Cognitive Fitness and Operational Fitness.

The 3 Peaks Leadership Development Programme is open to current and potential leaders at all levels. It is modular in format, running over a year from September 2009 – August 2010.





In May 2010 participants will be taking part in the 3 Peaks Challenge; over a 5 day period, teams will be climbing the 3 highest Peaks of the United Kingdom, undertaking specially designed challenges along the way.

If you would like to learn more about the 3 Peaks experience, either click on the link below to visit the web site or e-mail us at info@3peaksleadership.co.uk. [More](#).

3. Thinking Styles Conference - 6th March 2009, London

A unique opportunity for Accredited Users to network with other consultants and managers, and to:

- Experience some Thinking Styles inspired ice-breakers
- Hear how Thinking Styles has transformed performance and maximised results in Coutts Bank and within the BT Talent Management Group
- Learn about two new products designed to support your use of Thinking Styles: The Cognitive Gap Analysis™ and the Cognitive Fitness Survey™
- Understand the link between Thinking Styles and Authentic Leadership and how they form part of our new 3 Peaks Leadership Development Programme
- Explore the implications of 'Language as Reality' vs. the use of 'Language as Metaphor' in Executive Coaching using Thinking Styles

The Cognitive Fitness Consultancy and Consulting Tools are jointly running this one-day Conference, which will use a lively mixture of masterclasses, interactive sessions and presentations each designed to make the day enjoyable and useful.

Please note that this day is for Accredited Thinking Styles Users only, and materials designed for it will be available to attendees only and will not be posted subsequently on the web site.

For more details or to book your place, please contact [Dawn Easy, Consulting Tools](#).

4. Fiona's Blog

Fiona has finally joined the cyberspace community and with her inimitable sense of humour will be writing regular thoughts and comments on thinking, behaviour, developing our Cognitive Fitness and relationships. If you have a particular theme that you would like Fiona to explore, she would be delighted to hear from you – [see more here](#)

