

Program Matrix

Brain Teasers

35 to 60 minutes

Ideal group size
15 to 20 people.

Maximum 25

Minimum 5

Operational and administrative staff

This is ideal for staff meetings or as an injection into a planning meeting.

➔ *"Debunking some of the common myths about how people use their brains at work and some simple tools to help your brain work better"*

🌻 There are multiple false beliefs about how our brain works that are simply wrong. Having a greater understanding of our brain enables us to not only think better but enjoy the ability to pay better attention and remember more.

Managers and CEOs

This program is designed for people responsible for a project team and or major decision making.

➔ *"Debunking some of the common myths about how people use their brains at work and some simple tools to help your brain work better"*

🌻 There are multiple false beliefs about how our brain works that are simply wrong. Having a greater understanding of our brain enables us to not only think better but enjoy the ability to pay better attention and remember more.

Brain Bytes

90 to 120 minutes

Ideal group size
15 to 20 people.

Maximum 25

Minimum 5

Operational and administrative staff

This is ideal as a component for team building, as part of a training day or if planning a retreat.

➔ *"An in depth exploration into two major brain concepts in relation to how the brain works and practical application to the workplace"*

🌻 This program is designed to enable participants to look for ways to increase productivity while minimising stress.

The choice of concepts to be made by the client, relevant to their own particular requirements e.g.

- Paying attention
- Distractions
- Multitasking
- Memory and retrieval
- Anxiety and Depression
- The fine line between emotion and intellect
- Interpersonal relationships

Managers and CEOs

This program can be provided for specific training, strategic planning or as part of a retreat.

➔ *"An in depth exploration of two concepts in relation to the brain. Looking at the relationship of culture and leadership, this program is designed to assist improved cooperation and productivity at all levels through optimising and maintaining brain health"*

🌻 A choice of two brain concepts to be selected according to the choice of the organisation that is most pertinent to requirements. These may include for example:

- Paying attention
- Distractions
- Multitasking
- Memory and retrieval
- Anxiety and Depression
- The fine line between emotion and intellect
- Interpersonal relationships

For larger audiences, a presentation can be tailored to be of any length for the specific requirements of that audience.

Brain Power

Half day

Ideal group size
25 people.

Maximum 30

Minimum 5

Managers and CEOs

This is ideal for managers and senior staff to fully develop the skills of brain fitness that can be integrated into the organisation or business.

➔ *“How to harness the power of your brain, to increase productivity and efficiency through better attention and thinking skills, improved interpersonal relationships. Understanding your own brain better so that you may understand better the brains of others.”*

🌻 There are multiple false beliefs about how our brain works that are simply wrong. Having a greater understanding of our brain enables us to not only think better but enjoy the ability to pay better attention and remember more.

A Brain Day

Full day

Ideal group size
25 people.

Maximum 40

Minimum 10

Operational and administrative staff

This program is ideal for developing the complete framework of brain fitness and is designed for those businesses seeking to produce positive changes of thinking skills in the workplace.

➔ *“How to harness the brain’s potential and increase productivity with minimised stress”*

🌻 The most useful tools you use at work are the ones inside your head.

This full day program shows you how to use the right tool at the right time and includes **nine tips** and **five strategies** to achieve this.

Managers and CEOs

This program is designed for business leaders to fully embrace and implement all aspects of brain fitness and better thinking skills to influence the thinking culture of the business or organisation.

➔ *“How to harness the brain’s potential and increase productivity with minimised stress”*

🌻 The most useful tools you use at work are the ones inside your head.

This full day program shows you how to use the right tool at the right time and includes **nine tips** and **five strategies** to demonstrate how to achieve this.

If required as an alternative, the full brain day can be delivered over a number of evenings or over a weekend as two half days.