



COURSE OBJECTIVES

This course will help you better understand how your brain works and explore simple ways of squeezing even more out of it.

COURSE OUTLINE

- Your Amazing Brain – The wonder between your ears
- Flying Start – Five quick tips to get more out of your brain
- Old Dogs, New Tricks – It's never too late to change
- Cyber Heads – Who's the boss, you or technology?
- Gone Fishing (for Great Ideas) – Are you receiving, over?
- Perception Is Everything – Mind the gap
- To Do or Not To Do – Making better decisions
- Food for Thought – Gastronomic impact for better or for worse
- All Aboard the Stress Express! – Making sure you're in the driving seat
- "Smart" Drugs – Understanding your chemical assistants
- Hold On To Your Marbles – Keeping senility at bay
- What Next? – Your brain, your call