

## **Cultivating a brain healthy work culture can:**

- Reduce absenteeism
- Increase productivity
- Improve teamwork and morale
- Enhance creativity and innovation
- Reduce employee turnover
- Enhance recruitment potential

## **What You'll Learn**

- Brain Basics
- Four Circles of Brain Health
- How to Kill the ANTs (Automatic Negative Thoughts)
- Nutrition for the Brain
- Tools and strategies you can use everyday

## **Brainfit for Work and Life**

You can take this course to improve your own career, utilize it for your organization's wellness program, or become a facilitator.

By optimizing brain health, BrainFit for Work & Life, provides organizations with a detailed roadmap for building and sustaining a mentally energized, successful workforce.

Based on neuroscience, this scientifically engineered course can help your employees and team become mentally stronger, sharper, faster— and become more productive by enhancing their brain and your business.

