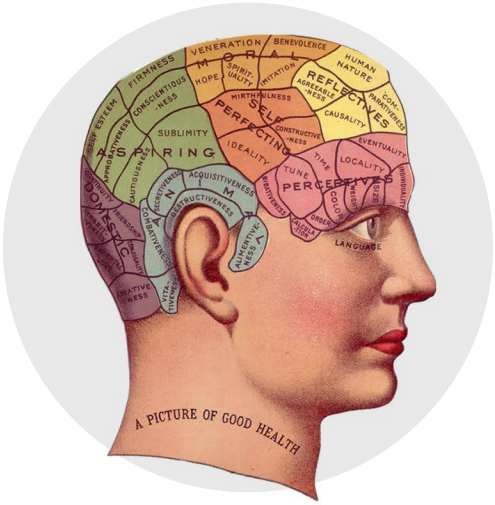
NEURONS AWAY

Teach the power of mental flexibility with our

Cognitive Enrichment Training Program

A novel enrichment series designed to improve and enhance healthy and growing mindsets by nurturing mental flexibility and understanding emotional awareness and its effects on health.



This enrichment series is offered to staff members and teachers as a supplemental recreational enrichment practice to facilitate with students and youth.



Details:

Training Course
Three one-hour sessions in-person or video chat. Staff will be introduced to a variety of curated methods, content and resources to facilitate high engagement interactive groups. Teacher Training Toolkit included.

Mental Flexibility Workbook - for participants.
E-File Licensing Fee is determined based on the estimated number of students/particpiants per year. Our licensing option offers flexibility and discounted prices compared to print orders. The licensed department can print on demand and has full-access to workbook cognitive enrichment activities.

Mental Flexibility BOX Bundle
Hand selected tools, activities, and games that can be used by the trainees to lead and conduct group. Includes: Sallies Game, Conversation Prompts, Story Cubes, Brain Spin, Table Topics, Infinity Cube etc.

Cognitive exercises can help:

- Motivate self-directed health and wellness
- Reduce stress and create a healing environment
- Enhance mental agility and emotional resilience
- Foster thriving and wholesome mindsets.

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