

Maximum Brainpower: Challenging the Brain for Health and Wisdom

Did you know that experts are often less mentally agile than jacks-of-all-trades?
That crossword puzzles and sudoku are of minimal help in building brain power?
Does multitasking pose unique dangers to the brain?

Introduction

In the Maximum Brainpower workshop, we provide an in-depth look at how the brain works and proven methods to increase its capabilities. Armed with cutting-edge research results, they champion the stimulus of continual change over the deadening effects of a comfortable routine, show how to separate good mental stress from bad, and demonstrate how optimism and socialisation can help defend against forgetfulness, memory loss, even dementia. Filled with colourful real-life stories and fascinating psychological experiments, this revelatory work will benefit adults of any age to keep their minds sharp, healthy, and cognitively fit throughout life. It's a no-brainer! Since it is so important to maximise brain power usage, do you know how to leverage brain function?

Program Objectives

This program aims to:

- Maximise brain power to address issues in the real world
- Create sustainable change

Learning Outcomes

After completing this program, the participants should be able to:

- Understand the fundamental of neuroscience and how the brain works
- Apply techniques to train the brain to avoid deterioration and keep active
- Create to have communicated with the brain for the action as motivation and change management

Methodology

Gamification, case study, interview, case simulation, quiz, group discussion, lecture, videos.

Who Should Attend

From executive to CEO who would like to maximise the brainpower

Program Outline

Day One	
Time	Topics
9:00am – 10:30am	<p>Do you Know Your Brain?</p> <p>In this module, the participant would learn the anatomy of a brain, how the brain works, and the myth about our brain. The participants would have basic knowledge of neuroscience in this module.</p>
10:30am – 11:00am	Tea Break and Networking
11:00am – 1:00pm	<p>Why Experts Know Nothing and The False Lesson of False Alarms</p> <p>This module enables participants to understand why experts cannot explain what they do, how humans learn, the differences between computers and the human brain. The participants would learn the technique of unlearning, the concept of false alarm and the impact on our daily life.</p>
1:00pm – 2:00pm	Lunch and Networking
2:00pm – 3:30pm	<p>The Nature of Brain</p> <p>This module explains how we make sense of the world. The participants would learn why the brain has the tendency to "Close is good enough" and reveal the secret of how bias is our conscious mind that seeks to seek control or mask "forbidden ideas".</p>
3:30pm – 4:00pm	Tea Break and Networking
4:00pm- 5:00pm	<p>The Uniqueness of Brain and How We Leverage it</p> <p>This module examines how to handle the behaviours learned by partial and reinforcement resist change and exceedingly difficult extinguish. The participants would realise how they react and how they shall control during a conversation with others. Hence, the participants would have practical sessions to break mental habits.</p>
Day Two	
Time	Topics
9:00am – 10:30am	<p>Building Font of Cognitive Fitness and Cognitive Reserves</p> <p>This module focuses on techniques for how we boost our cognitive fitness. Various mental health exercises would be shared in this module. The participants would be more alert to the lost mental abilities when the ages grow. So, the participants would apply techniques to reduce the impact of the deterioration of the brain.</p>

10:30am – 11:00am	Tea Break and Networking
11:00am – 1:00pm	<p>Don't Let Your Neuron Die.</p> <p>In this module, the participants would learn how to do sensory input exercise, biological neuron lead and mental training that increases brain weight, blood supply, and the number of branches we have. Hence, continuous practices are important to ensure the brain is active!</p>
1:00pm – 2:00pm	Lunch and Networking
2:00pm – 3:30pm	<p>Neurogenesis and Brain Training</p> <p>In this module, the participants would learn how our brain changes from birth till adulthood. Besides, the participants would learn how the brain changes at a special event such as stroke, dementia and other psychopathology conditions. Then, the participants would learn how to perform learning to enable the brain to remain active!</p>
3:30pm – 4:00pm	Tea Break and Networking
4:00pm- 5:00pm	<p>Change Management, Motivation and Adaptation in Brain</p> <p>In this module, the participants would understand why change is so significant yet challenging in humans. The participants would learn the techniques to communicate and talk to the brain so that they would be able to be flexible and stay alert all the time. Besides, this module provides the most important tools for having a compassionate conversation with your brain to conduct inner motivation.</p>