



BRAIN FIT FOR WORK & LIFE

Improve individual and team performance by creating a brain-healthy environment where everyone can succeed.

Overview

Unhealthy employees cost companies billions of dollars each year due to high medical costs, low productivity, sick days, and turnover. Based on *Dr. Amen's Brain Fit For Work & Life* course, your team will learn how to have a more positive workplace, foster innovation, and creativity, and decrease sick days, leading to healthier and happier employees.

This program provides a detailed roadmap for building and sustaining a mentally energized, thriving workforce. This scientifically engineered course can help your employees and team become mentally stronger, sharper, faster— and more productive by enhancing their brains and your organization.

Goals

- Reduce employee turnover and boost team cohesion.
- Strengthen team creativity and problem solving.
- Building a roadmap to support your team's mental health.
- Reduce absenteeism, increase productivity, teamwork and morale.

Details

Length

3-4 hours

Venue

Indoors or virtual

Group size

5-500 people

Includes

- ✓ Professional facilitation.
- ✓ Impactful discussions.
- ✓ Application exercises.
- ✓ Research based materials.
- ✓ Digital review materials.
- ✓ Pre and post strategy sessions with leader.
- ✓ 30-Day follow up with group.

Rates

Venue	Base	11-200	200+
In-person	\$2,950	\$35	call
Virtual	\$2,450	\$15	call

*First 10 people included in base rate.
Add profiles: \$145 per person.
Add 3-month mastermind: \$2,325*

"On behalf of the entire management team, thank you for providing us with an informative but fun day." ~ PPG Industries





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Agenda & Activities

Brain Fit Assessment (10 minutes) Participants take a short assessment that identifies their unique brain type, given them deeper insights into the best way to support their brain health for a lifetime.

Pre-event Consult (30 minutes) The team leader and the facilitator will review the group information, align on outcomes for the event, and review details to ensure a successful program.

Welcome & Warm-Ups (5-10 minutes) Our licensed brain health coach will welcome the group and set expectations for the event. We then lead some fun warm-up activities that get the group moving and ready to learn.

Brain Systems (30-45 minutes) In this section, we will share four important brain systems, what they do, what happens when things go wrong, and some suggestions for helping each system. Knowing this information can boost your success.

Brain Fit Essentials (3 hours) Through a series of 4 modules, slides, discussion, and workbook exercises, the group explores the essentials of brain health, improved thinking, and the prevention of age-related degeneration.

1: Biological Your brain is the most expensive real estate in your body. This section covers the essential guidelines for brain-healthy living. We review the core essentials of brain-healthy nutrition, exercise, relaxation, and well-being. This helps to decrease the risk of Alzheimer's disease and other age-related illnesses.

2: Psychological One of the most important traits of a healthy brain is honest, rational thinking. Thoughts lie, they lie a lot, and it is often our uninvestigated negative thoughts that steal our happiness. Automatic Negative Thoughts (ANTs) invade your mind like ants at a picnic. In this powerful exercise, the group will learn effective tools for retraining their brain to be more positive.

3: Social Long-term studies have shown that the quantity and quality of our relationships significantly affect our health and longevity. This section explores ways to build and maintain brain-healthy connections and create a plan for improving core relationships.

4: Aspirational To consistently make the right decisions for your brain, you know *why* you care about it. In this section, participants identify their own reasons for getting healthy. Also, research clearly shows that people who have a stronger *why* in life are happier and healthier.

Healthy Habits at Work and Life (30-45 minutes) In small groups, participants present their action plans. Their peers provide feedback and offer suggestions for improving their strategy. These insights are extremely valuable and establish accountability to ensure follow-through.

Closing Debrief & Wrap-up Activity (10-15 minutes) The group acknowledges the day's accomplishments and discusses how to incorporate the lessons into their work and life. We end with a fun closing activity and team picture.

Post-event Leader Consult (20-30 minutes) The program facilitator will talk with the team leader to share insights and suggestions for maintaining momentum afterward.

Virtual Group Follow-up (45-60 minutes) Approximately one month after the event, your facilitator will host a virtual follow-up session to review key concepts, answer questions, discuss best practices, and assist with creating action plans.

