

4 steps to explore your brain

Phase 1: Understand

The first phase, which is also the N°1 reason for people to join our Brain Academy, is to better understand our brain and its impact on our behaviour.

It comes down to understanding why we do the things we do, the way we do them.

Here we explore the different structures of our brain. We unmask some common brain myths and lay the foundations for things to come.

And in order to be able to absorb all this, we dive deep into how to focus as well as memory and learning techniques.

Phase 2: Apply

Once we have laid the foundations, we can move to our second phase, which is to apply our new found insights.

Our favourite test-subject ought to be ourselves. So we apply the insights we've gained so far to ourselves, with how to overcome procrastination and personal development.

But also we apply them in our communication to others. More specifically, we're talking parenting and leadership.

Phase 3: Adapt

In the third phase, things are becoming really juicy. We will be building a more lasting foundation for change. We will have to move out of our comfort zone, and adapt. This is where we start looking at how we can re-wire our brain. Yes, you read that right. Re-wire your brain. the secret to do so is to create what scientists call 'enriched environments'.

This is the realm of neuroplasticity, our brain's ability to change itself at any age. We show you how to set up the conditions for a higher brain output, by aligning your environment and your actions to your brain.

Phase 4: Expand

In the fourth and last phase, we dive deep on a micro-biology level. In order to expand your brain's capacities we show you how to naturally stimulate the creation of new neurones and put them to good use.

This is the exciting field of neurogenesis, which is key to mental sharpness and lust for life. By applying the insights we share here, you will be able to profoundly transform your life and reach further than you ever thought possible.

UNDERSTAND >> APPLY >> ADAPT >> EXPAND

4 phases to explore our brain.

It all starts by understanding. Knowledge is power.

Then we need to apply what we learn and adapt our behaviour.

By creating enriched environments, we will be able to mould our wiring up there and by stimulating the creation of new brain cells, we'll be able to enjoy life to its fullest.

This is a transformational journey.

It's about you, your life, and how you want to live it.

Ignorance is bliss, but knowledge is power...

Are you ready?

www.brainacademy.com