

UNDERSTAND THE BRAIN, TRANSFORM YOUR TEACHING

OVERVIEW

Our Science of Learning workshops teach staff and parents how to help students use their brain effectively. By better understanding how the young brain works and the challenges they face, you will be better able to support them. The workshops look at 5 key areas: Multi-tasking, Memory, Sleep, Organisation and Managing Stress.

KEY MESSAGES

Multi-Tasking

- Why multi-tasking is so hard
- How students can be efficient and effective with their time

Memory

- The brain's limitations with remembering lots of information
- How to improve memory: writing, simplifying, chunking, acronyms

Sleep

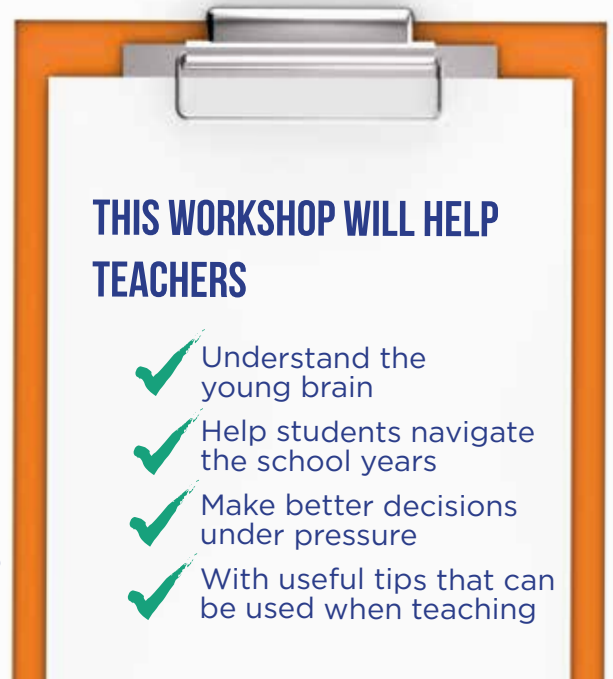
- Why people struggle to get enough sleep
- How to avoid the 9 common sleep mistakes
- The psychological consequences of not getting enough sleep

Organisation

- How students can avoid procrastinating
- How the conscious brain has a limited amount of mental energy

Managing Stress

- Why children struggle to read emotions effectively
- If in doubt, children often assume a worst case scenario
- How to manage and handle stressful situations



BOOK THIS WORKSHOP NOW

Our workshops are interactive and engaging. It's one of the reasons we get such great feedback from staff and students. Get in touch now to discuss booking this workshop on **020 8693 3191** or **info@innerdrive.co.uk**

