

# Irena O'Brien - Neuroscientists - Self-Study Program

The Self-Study Plan includes unlimited access to our 16 premium Masterclasses, their updates and upgrades. As a self-study student, you'll also have access to new Masterclasses as and when they are added. The Masterclasses are in video and audio format, and include pdfs of the slides and transcripts, so you'll be able to access them when and where you like.

This Self-Study Plan is ideal for you if you're someone who likes to learn on your own or at your own pace.

## **As soon as you join, you have access to the following for one year:**

15 premium Masterclasses, together with their updates and upgrades.

New Masterclasses as and when they are added.

Digests of Emerging Research. These are summaries of brand new research of interest to you and your clients, and posted regularly.

Get Access to all of these Masterclasses when you enrol.

Meet Your Brain

Neuroplasticity: How to Make Change Stick

Focus and Decision-Making

Willpower and Motivation

The Neuroscience of Stress

Gut-Brain Connection

Exercise and Brain Health

Sleep and Brain Health

Science of Flow

New Neuroscience of Emotion

Creativity and Problem-Solving

Flow in Teams

Neuroscience of Relationships

Creating Strong Habits

Resilience