

The Neuroscience School - Work With Your Brain, Not Against Your Brain - Self-Study Program

Work With Your Brain, Not Against Your Brain

Course:

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

The Science of Flow

The New Neuroscience of Emotion

Creativity and Problem-Solving

Flow in Teams

The Neuroscience of Relationships

Make Progress Every Day

Creating Resilience

Irena's course has taken groundbreaking research and turned it into an easy to grasp, interactive training. For anyone wanting to gain deeper understanding of people and their emotions and who want to up-skill in a practical way – this course cannot be missed!

Dr. Alan Fayter, DCH

optimum-mind.com

Dr. O'Brien's neuroplasticity course provided much more insight into how our brain machinery works. She pulled the covers back on many of the so called online brain enhancement tools and how they don't work because our brains do not work that way. They seem logical but they are not. Excellent information and great to have the backup research to explain your points. Another great course Irena! Thank you!

Steven Kiges

TheCoachTrainingAcademy.com

Thank you for your calm and clear approach to teaching. The sessions have resonated with me on a personal and professional level and I am already integrating

changes into daily life. In my opinion, this course was professionally delivered and immediately applicable to your or your clients lives.
Dr. Charlotte Tedds

Proof Content

	The Neuroscience School - Work with Your Brain, Not against Your Brain Part 2			2.8 GB
	The Neuroscience School - Work with Your Brain, Not against Your Brain Part 1			2.1 GB