

Mind Your Diet, Feed Your Brain



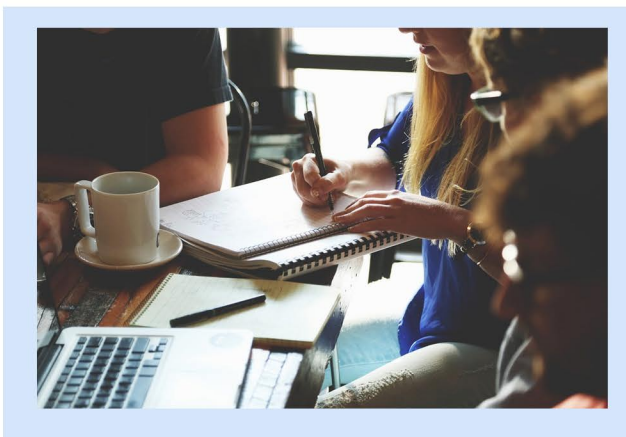
Leadership and performance enrichment workshops designed to improve the internal mindset, productivity and career development of all employees.



Neurons Away Methodology

The purpose of this workshop series is to foster thriving and wholesome mindsets by using integrative learning styles and unique interactive questions that encourage cognitive elasticity and creative adaptability.

Just like anything, building a flexible mindset takes practice. This is done by introducing stimuli and offering space that promotes neuroplasticity, the brain's ability to reorganize itself by forming new neural connections throughout life.



Importance of Mental Flexibility

- ➔ Reduces stress and improves emotional resiliency.
- ➔ Enhances cognitive agility and intellectual diversity.
- ➔ Boosts productivity and positive engagement.
- ➔ Improves collaboration and communication flow.

Session Prices:

(One) Enrichment Session: \$375

(Three) Enrichment Sessions: \$900

Elite 5 Class Series: \$1,250

*Up to 15 participants per session/series.

*\$20 per extra person

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