

TRAININGS FOR CORPORATE SETTINGS

An agile training

When NEUROSCIENCES reinvent your LEARNING AND TRAINING!

Outcome :	Better self awareness, better connection to peers / environment and stronger ability to learn
Place :	Company or Training Center
Methods:	« Gestion mentale » and the 4Colors/Fun&fficient methods
Target audience :	Collaborators and trainers
Language:	French and English
Duration :	5 hours minimum



MENU

COLLABORATORS.....	2
TRAINERS.....	4



COLLABORATORS

NUMBERS:

A maximum of 25 employees per session.

SESSION LENGTH:

Pre-learning online (30 minutes

+

1 hour and 30 minutes

+

Follow-up (1 hour)

MINDGILITY SEMINAR :

Collaborators will discover the mindgility principles, a study guide of how to get involved mindfully and effectively

OPTON 1: MINDGILITY TRAINING

Collaborators will discover their child's learning preference or their own through an agile study plan and effective strategies for school as well as in their own everyday life:

- holistic and cognitive strategies that are aimed to facilitate self-reflection to their child.
- To find out more about their behavior and emotional state,
- To discover motivational tools,
- To understand how attention works,
- To become aware of how we understand and reflect as well as memorize.

As a follow up, collaborators will be sent a "Mindgility" booklet to reconnect with the content.



OPTION 2 : BRAINWISE TRAINING

A brain based program for building critical thinking and decision making skills. Learning how to control impulsive behavior, accurately identify choices, assess consequences and actions to take responsible decisions.

FEES:

Charged as a set fee per session (for one group of learners). Detailed quotation on request.

TRAINERS

NUMBERS:

A maximum of 25 trainers per session.

SESSION LENGTH:

Pre-learning on line (30 minutes)

+

Group session lasts one full day- or 5 hours minimum through workshops

+

Post-learning on line (30 minutes to 1 hour)

MINDGILITY TRAINING:

Trainers will discover their own learning preference and consequently their training style.

They will find out tools to enhance **curiosity** from trainees bringing more involvement and independence in the learning process. Combining with cognitive skills and social and emotional tools, they will be able to understand themselves. By adapting mindfully to their energy, learning and training will also be more **interactive** and **participative**, allowing each member of the group to experiment, share and project themselves in concrete actions.

1. Understanding my behavioural profile to adjust to my trainees' profile
2. Training through the lens of neuroscience and understanding my learning preference
3. Motivation at the heart of the project
4. Attention and memorisation
5. Reflection and comprehension
6. Academic Coaching techniques in a training
7. Creating Fun&fficient learning capsules for my trainees

Become a certified Fun&efficient trainer by joining the next train-the-trainer session. If interested, send a message in contact to get the session dates.

FEES:

Charged as a set fee per session (for one group). Detailed quotation on request.