

UNDERSTAND THE BRAIN, TRANSFORM YOUR TEACHING

OVERVIEW

Our Understanding the Teenage Brain CPD workshops teach staff and parents how to help students use their brain effectively. By better understanding how the teenage brain works and the challenges that students face, they will be better able to support them.

The workshops look at 5 key areas that make the teenage brain different from the adult brain: multi-tasking, memory, sleep, organisation and stress management.

KEY MESSAGES

Multi-tasking

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

Memory

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

Sleep

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

Organisation

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

Stress management

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



THIS WORKSHOP WILL HELP TEACHERS HELP STUDENTS:

- ✓ understand the brain's strengths & weaknesses
- ✓ stop procrastinating
- ✓ make better decisions under pressure
- ✓ study better
- ✓ realise the importance of sleep

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**



www.innerdrive.co.uk