

MIND TRAINING SESSIONS

SUMMARY

How to give a speech without notes

Ten Keys to unlocking a Super Brain

- * A Good Brain Diet
- * Killing ANTs
- * Exercise
- * Brain Nutrients
- * A positive peer group
- * Clean Environment
- * Sleep
- * Brain Protection
- * New Learnings
- * Stress Management

Remember PIE

- * P - Place
- * I - Imagine
- * E - Entwine

Blend visual, auditory and kinesthetic actions.

Today's Action Step

- * Teach this Technique to one person
- * Share your before after results in your respective groups