



NEUROSCIENCE TIPS FOR PRODUCTIVITY

The brain is not productive by default, and it is especially challenged now.

The brain's main task is to ensure survival.

If we want to keep producing results in these changing times, we need to look after our brains and learn how to use them properly.

By taming the brain's survival mechanism, integrating its different areas, and reaching its "executive suit" consciously it is possible to activate productivity on demand.

Wherever and whenever we need it.



CONTENT

- Neuroplasticity
- Taming your amygdala for more brain energy
- Horizontal brain integration - a creatively structured brain is a more productive brain - tips
- Vertical brain integration - an aware brain is a more productive brain - tips
- The brain's "executive suite"
- Work smarter not harder - tips, tips and tips

