Applied Neuroscience: Unleashing Brain Power for You and Your People
Sample Schedule

Live Online via Zoom

Please note, all times listed are in Eastern US time zone

**Schedule subject to change**

**DAY 1**

15 minute breaks will be provided.

8:30 - 1:00 PM

- Introduction to Applied Neuroscience
- Attention and Perspectives Exercises
- Thin Slices Research
- How to Read a Neuroscience Paper
- Stress and Resilience

**DAY 2**

8:30 – 1:00 PM

- Managing Through Trust
- Brain Threats and Opportunities

- Debrief Day 1 & Trust and Hormone Articles
- Gender and Cultural Diversity - Confidence and Innovation at Work

**DAY 3**

8:30 – 1:00 PM

- The Future of Business – AI & OP at work
- Neurozone results
- Neural Tethering Model