

Unlock Brain Capital to Shape Your Future

GoSkills online course syllabus

Skill level

Beginner

Lessons

12

Pre-requisites

No prior experience needed

Video duration

29m

Estimated study time

29m 16s

Instructor

Genein Letford

Introduction

- 1 Elevate brain capital for success**
Traditional skills alone are no longer enough to succeed in a world driven by innovation and diversity.

Build Brain Capital to Drive Professional Success

- 2 Define brain capital and its impact**
Success depends on your ability to think critically, adapt quickly, and connect meaningfully.
- 3 Adopt a growth mindset**
Fixed mindsets can limit personal growth and problem-solving abilities.

Enhance Problem-Solving With Creative Thinking

- 4 Reframe challenges to unlock solutions**
Rigid thinking leads to missed opportunities for innovation.
- 5 Spark creativity with divergent thinking**
Creativity thrives when unrelated ideas collide.
- 6 Shift perspectives to overcome obstacles**
Static thinking blocks growth and innovation.
- 7 Train your brain for greater agility**
Adaptability is a competitive advantage.

Apply Metaphorical Thinking to Innovate

8 Simplify complex ideas with metaphors
Complex ideas often need simpler explanations to be understood.

9 Apply metaphors to drive creativity
Metaphors fuel creative breakthroughs by linking unrelated ideas.

Boost Mental Clarity With Cognitive Health

10 Train for neuroplasticity to stay sharp
Your brain is designed to adapt and grow.

11 Build an optimal environment
Healthy brains need a brain healthy environment to sustain peak performance.

Conclusion

12 Strengthen brain for long-term success
Thanks for watching this course!

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