

Elevate Your Brain Health to the Next Level

GoSkills online course syllabus

Skill level

Beginner

Lessons

11

Pre-requisites

No prior experience needed

Video duration

26m

Estimated study time

26m 7s

Instructor

Genein Letford

Introduction

- 1** **Cultivate creativity and resilience**
Brainpower isn't just about intelligence—it's your competitive edge in today's knowledge economy.

Break Cognitive Barriers to Unlock Creativity

- 2** **Overcome overthinking**
Overthinking can drain your cognitive resources.
- 3** **Break mental barriers**
Break free from the mental barriers that keep you from thinking big and embracing new possibilities.

Optimize Brainpower for Peak Mental Performance

- 4** **Enhance mental agility**
Your brain is built for thinking, but it needs fresh input to stay agile.
- 5** **Consume brain-healthy foods**
Your brain thrives on the fuel it receives, influencing everything from mental clarity to creative problem-solving.
- 6** **Manage stress to sharpen focus**
Your mind is your most powerful tool, but stress can dull its edge.
- 7** **Enhance creativity with movement**
Sitting for long periods can stifle not only your body but also your ability to think creatively.

8

Revitalize your creativity with sleep

When you step away from a challenge and give your mind time to rest, you unlock fresh ideas and renewed energy.

Sharpen Focus and Resilience for Lasting Success

9

Turn setbacks into success

Setbacks are inevitable, but your response to them shapes your success.

10

Boost brainpower with strategic breaks

When you step away from a challenge and give your mind time to rest, you unlock fresh ideas and renewed energy.

Conclusion

11

Build mental resilience

Thanks for watching! Now you're equipped to apply these strategies to stay sharp, innovative, and resilient in a fast-changing world.

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