

# #1 YOUR BRAIN, AN OWNERS MANUAL

## EDUCATOR

### Description

Tailored specifically for educators, you will explore the fascinating dynamics of your unique brain across different scenarios, unlocking valuable insights into the power of executive functioning skills. With a focus on enhancing overall well-being, this personalized approach serves as the cornerstone for all subsequent modules, empowering educators to thrive both inside and outside the classroom and support the unique brains of their students.



### Executive Function Skills

Focused Attention    Stress Management  
Self Awareness      Flexible Thinking

**Educator Topics:** Company Brain VIPs | Executive Function Skills | Brain Strengths | Brain Blockers | Developing Brains | Brain Blueprint | Learning Myths | Self Awareness

### Toolkit

- A toolkit for each educator to individualize and document their learning.
- Guided, self-paced professional development created by a teacher for teachers that aligns with your students' Brain Hub experience.
- Opportunity to complete Kaizen's online Adult Brain Blueprint Assessment (individualized cognitive profile) to learn how YOUR brain functions best.
- Printable posters for your classroom or office.
- Explore More Teacher Resource Sections to complement and extend your executive brain function adventure.
- Access to all student teaching videos.

### Time: 3-4 Hours

Earn your first Executive Function Coach badge and "Your Brain, An Owner's Manual" Certificate, complete with documented hours to add to your professional portfolio.

## STUDENT

### Description

In this module, students embark on a transformative journey of self-discovery and empowerment to unlock a world of potential. Utilizing their unique brain blueprint profile, students gain valuable insights, practical tips, and personalized strategies to overcome any learning obstacles, setting the stage for success in academics and in life. This module is the gateway for all learning experiences in the Brain Hub.



### Executive Function Skills

Focused Attention    Self Motivation  
Self Awareness

**Student Topics:** Company Brain VIPs | Executive Function Skills | Brain Strengths | Brain Blockers | Developing Brains | Brain Blueprint | Learning Myths | Self Awareness

### Toolkit

- A toolkit for each student to individualize and document their learning experience.
- Professionally recorded teaching videos for each topic featuring Samantha Woods, Kaizen's Founder.
- Opportunity to complete Kaizen's online Student Brain Blueprint Assessment
- Interactive & practical hands-on learning activities for students to build their executive skills toolkits.
- Printable posters for the home or classroom including Kaizen's Learning Manifesto.
- Short quizzes that "teach" the answers.
- Oodles of proven brain tools and strategies for your students to use right away.
- Extension opportunities to keep the executive brain function learning going!

### Time: 3-4 Hours

Earn your first Brain Hub Academy badge and "Your Brain, An Owner's Manual" Certificate.