



TKAT's-

Be A Neuro Ninja Programme

By learning about our amazing brains we can help our children become unstoppable in pursuit of their dreams.

10 Webinars to help you and them get more out of learning and life every day.

Thursdays, 7pm, each session lasts about 30 minutes

April 30th – Well-Being Is A Skill 12 daily activities that support a healthy, balanced brain.

May 7th – What Are We Like Living positively in a negatively biased brain

May 14th – Plastic Fantastic Using our brain's neuroplasticity to support new habits and learning .

May 21st – Getting On With And Over Ourselves Build positive habits

May 28th – Being Anxiety Aware How to manage anxiety and increase enjoyment & engagement in life & learning.

June 4th – Feeling It, Becoming Emotionally Aware Practicing emotional hygiene.

June 11th – I Will Power Will power is a skill. To succeed we need to manage our effort and learn to rest, not give up.

June 18th – The Learning Brain Learning is 3 processes, not 1. Daily practices and the habits that enhance and amplify learning.

June 25th – Under The Influence The Impacts of other people, chemicals, habits, and attitudes on our brains.

July 2nd – The Daily Plan Managing our brain every day, means building the best mind every day whilst planning to improve that mind in perpetuity.

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