

MASTER YOUR BRAIN: NEUROSCIENCE FOR PERSONAL DEVELOPMENT



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Current Work Founder at Human Dimension 2014
Past Work frequent blogger
Specialising In Neurocognitive and Behavioral Approach



Category Self improvement

Learners 52

☆☆☆☆ (ratings)

Price £29

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Description & Highlights Course Preview Curriculum

Description

Discover the NeuroCognitive and Behavioral Approach. Learn how 4 brain structures run our lives and how to take control.

Master your brain with the NBA combines the fields of neurosciences, social psychology, behavioral sciences and many more to come up with one overlaying, comprehensive theory which gives unique insights in our complex human nature. It was originally developed by the French scientist J. Fradin.

The course has been founded upon Dr. Fradin's work and his groundbreaking approach which has been made accessible to all, regardless of background or prior knowledge. The course is run by the director of the institute of Neurocognitivism and is communicated in a way that is comprehensive and entertaining from the start.

This course is a work in progress and will continue to evolve over time. What to expect:

- High instructor availability to answer any questions you may have
- Content based on new scientific research and studies
- Tools and insights for personal development and authentic relationships

Expect to develop a revolutionary new framework, based on our active brain structure. Look at the world with new eyes and recognize the underlying patterns that govern our lives and that of those around us.

Highlights

- A groundbreaking model of human behavior that will help you gain well-being, improve your relationships, and ultimately take control of your own life.
- Understand the mechanism of stress
- Improve your self-Confidence
- Connect with your motivations
- Manage your obsessions. We all have them, and it's no big deal. However sometimes they take over. Learn how to recognize obsessive behavior, the mechanism behind it, and how to keep it under control.
- Unlock your full potential. You will be given the keys to the part of your brain that is responsible for self-control, adaptation, willpower, focus, but also creativity and spirituality. learn how to switch in just a couple of minutes and become the best version of yourself.

Who is this course for?

- Anyone with an interest in human behavior
- Individuals looking for personal development
- Professionals who want to improve on their people skills
- This course is not for people looking for ways to manipulate others. It's about empowering, not taking power away from others

Earn your certificate of completion!

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