



مركز الوقت للتدريب
Time Training Center

CHANGE YOUR BRAIN, CHANGE YOUR LIFE

COURSE

Introduction

This transformative course explores how improving brain health can unlock better habits, sharper focus, emotional resilience, and deeper personal satisfaction. Inspired by the principles of Dr. Daniel Amen's work, the course provides science-backed insights into how the brain drives thoughts, moods, and actions—and how intentional changes can rewire life outcomes. Participants will discover brain-based tools to enhance their wellbeing, productivity, and mindset. Ideal for professionals, leaders, and individuals seeking sustainable personal growth and peak performance.

Objectives

- Understand how brain health shapes behavior and mood
- Identify personal brain habits that support or sabotage success
- Apply strategies to boost energy, focus, and calm
- Design a brain-friendly action plan for lasting change

Course Details

Mode of Training	Classroom or Online
Duration	3 Days

Who Should Attend

- Professionals experiencing stress or burnout
- Individuals pursuing personal or emotional development
- Wellness, HR, or coaching professionals
- Leaders seeking peak focus and performance

Certificate(s)

Participants who complete a minimum of 80% of the total training hours will receive a **Certificate of Completion** issued by **Time Training Center**. This certificate reflects their active participation and commitment to professional development in the relevant field.



Course Outline

Module 1: The Brain-Behavior Connection

- How your brain shapes your thoughts, habits, and emotions
- Introduction to neuroplasticity: the brain's power to change
- Understanding brain systems (e.g., limbic system, prefrontal cortex)
- The mind-body connection

Module 2: Identifying Your Brain Patterns

- Personality and the brain: what's driving your behavior
- Recognizing negative thought loops and mental traps
- Brain types and how they influence decision-making
- Introduction to brain-based assessments (e.g., Dr. Amen's model)

Module 3: Healing and Rebalancing the Brain

- Nutrition and the brain: food for focus, mood, and memory
- Exercise and neurogenesis
- The power of sleep and circadian rhythm
- Managing stress, anxiety, and emotional overwhelm

Module 4: Mindset Rewiring & Thought Transformation

- Cognitive restructuring: changing negative thought patterns
- Using affirmations and visualization effectively
- Daily practices to reprogram the subconscious
- Reframing failure and cultivating resilience

Module 5: Focus, Productivity & Mental Clarity

- Techniques to boost focus and eliminate brain fog
- Digital detoxing and tech/life balance
- Habit stacking for mental performance
- Tools for enhancing working memory and creativity

Module 6: Emotional Mastery & Inner Calm

- Emotional regulation techniques (e.g., breathing, grounding, EFT)
- Building self-awareness and emotional intelligence
- Rewiring emotional triggers
- Creating mental space for peace and clarity



Module 7: Designing a Brain-Healthy Life

- Building a brain-supportive lifestyle
- Environment design for mental clarity
- Creating a powerful morning and evening routine
- Staying consistent: accountability and self-tracking

Methodology

We employ a comprehensive and applied learning strategy, integrating theory with real-world implementation:

- ❖ **Conceptual Learning:** Expert-led sessions on catalytic theory and engineering principles
- ❖ **Interactive Workshops:** Group exercises, presentations, and technical discussion forums
- ❖ **Case-Based Learning:** Industry-specific examples and troubleshooting scenarios
- ❖ **Technology Integration:** Digital tools, simulations, and catalyst modeling applications
- ❖ **Assessment:** Pre-tests, post-tests, and Competence Validation Exams for Certified courses to ensure knowledge transfer and skills validation

Note: Instructors may adjust the training approach to fit technical requirements or participant engagement levels.

Instructors

This course is led by facilitators with expertise in neuroscience-informed coaching, personal development, and mental wellness training. With over 10 years in wellness consulting and leadership coaching, they translate cutting-edge brain science into simple, practical tools. Each instructor is skilled in guiding transformative learning experiences in both corporate and individual settings. Detailed profiles will be shared upon course confirmation.

About Time Training Center

Time Training Center is a leading professional training institute in Abu Dhabi that provides students and professionals with quality education and skill development programs. Time Training Center is accredited by the Abu Dhabi Center for Technical Vocational Education & Training (ACTVET) with a specialization in Computer and Management Training programs and certified by QA QC with ISO 9001:2015.

Operating in Abu Dhabi for over 3 decades, Time Training Center has established brand value as a high-quality Management & Technical Training Center in Abu Dhabi. We have also secured strong loyalty from corporate companies and associations with our holistic and practical teaching approach.

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