

Your Personal, Team and Organizational Health & Productivity in the Brain-Based Economy involve learning, leading, managing, parenting, presenting, training, facilitating - generally living and working - with the brain in mind. You can use some or all of the brain-friendly strategies, methods, tools, skills, and competencies outlined below to increase your effectiveness by:

- Expanding and leveraging your capacity (e.g. learning to read faster or to use mapping to handle more information in less time with better results), improving your biological age, and generally changing some of your day-to-day decisions and how you use your time to produce more of your desired results.
- Attracting and retaining more talent, and leading and managing more productive teams - by increasing and leveraging their collective capacity.
- Differentiating your operations in competitive environments, and growing and maintaining healthier and more productive individuals, teams and organizations.

