

Training & Learning Brain Audit

(* * See Action Steps 1 & 2 below * *)

What do you need to impact your desired performance results?	High	Med	Low	Top3
<p>Group 1: <u>Your Brain and What It Can Do For You</u></p> <ol style="list-style-type: none"> 1. My brain determines the quality of my life – learn how my brain works; make better choices? 2. My brain shapes my workplace life – learn what brain systems help me to do what I do? 3. Build my working strengths – learn what aspects of my brain’s performance I can influence? 4. Make more informed workplace decisions – learn what’s important to me about my brain? 				
<p>Group 2: <u>(Lifelong) Brain Development and How To Manage Yours/Theirs</u></p> <ol style="list-style-type: none"> 5. A good beginning can provide lifelong opportunities – learn about pre-birth & baby brains? 6. Young brains benefit from hanging out with adults – learn why, & how childhood brains work? 7. Adolescent behaviours are about boundaries & feedback – learn about those teenage brains? 8. All of our brains are aging – learn about my risks and how I can best manage them? 9. Many of us have, or will have, brain health conditions (AD/HD, Autism, Addiction, Allergies, Anxiety, Depression, Asthma, Asperger’s, Dyslexia, Alzheimer’s and other forms of Dementia, Brain Injuries, more ...) – learn what we know and how it can help me and those around me? 				
<p>Group 3: <u>Increase/Enhance Your Capacity to the Level That Works For You</u></p> <ol style="list-style-type: none"> 10. Change can be good for my brain health and my work/life – learn to take charge of change? 11. Everything I eat and drink impacts my brain’s development, wellbeing and business/workplace performance – learn to make my best choices to help me produce better results? 12. Sleep is the most important driver of my long term brain health – learn to manage mine? 13. My physical exercise can nourish my brain, improve its work/life performance, and help me to accelerate the growth of new brain cells – learn what’s useful and how to manage mine? 14. My brain is naturally social – learn to manage my workplace and other social interactions? 15. My (physical, mental, emotional, and spiritual) environment will support or undermine my brain’s performance – learn what works best for my work/life brain and why? 16. My brain & time can be a thriving partnership or a frustrating challenge – learn to win-win? 17. I know there are differences between my brain and its gender opposite – learn how and why? 18. A Longevity Plan and managing my Biological Age – live longer & better – take charge of it? 				
<p>Group 4: <u>Put More of the Capacity You’re Already Paying For to Work For You</u></p> <ol style="list-style-type: none"> 19. My brain naturally works visually – learn to get more done, in less time, with better results? 20. My brain can read, learn and manage knowledge faster and better – would this be useful? 21. My brain can analyze and study more effectively – would this lead to better work/life results? 22. My brain can apply its training/learning and understanding more effectively – learn how? 23. My brain can produce more effective written & verbal reports, summaries, letters, speeches, presentations, and other workplace communications materials faster & better – useful now? 24. My recall enables my present; my memories help me to shape my future – would using more of my natural memory & recall capacity help me to produce better work/life results? 25. Creativity and innovation drive my future – should I take charge of building more of mine? 26. My brain looks after my thinking, intuition, attitudes, beliefs, perception, concentration and decision-making – would learning how these work lead to better work/life results? 				
<p>Group 5: <u>Manage Your Brain To Do Its Best Work For You & Your Learners</u></p> <ol style="list-style-type: none"> 27. My brain can help me to achieve my work/life goals – learn how to engage & guide my brain? 28. My state is the key to my work/life capacity – learn what states work best for me & my brain? 29. My brain can feed on, or be consumed by, stress – learn to put that stress to work for me? 30. My brain uses music to tune, feed, prime, exercise, and manage itself – learn to do it better? 31. The most important thing I do each day is to take great care of my brain – would it be useful to learn how to exercise my brain using neurobics, Brain Gym, and other methods and tools? 32. My brain is intelligent in various ways – would it be useful to learn to put my Emotional Intelligence (Self-Awareness, Self-Regulation, Motivation, Empathy, Social Skills, Self-Confidence, Self-Esteem, relating to myself and to others) to best use in my work/life? 33. Leading, managing and coaching with the brain in mind can help me to produce better work/life results when I work with, and through, others – would this be useful to me? 34. Training and learning with the brain in mind will help me/us to learn faster & better, and to increase my/our return on investment through better results sooner – would this be useful? 35. Living, learning & working with my brain in mind will change my life – learn now? Or later? 				

Action Steps: 1. For each Topic above, indicate the impact on improving your performance as **High, Medium** or **Low**.
 2. Then, in the ‘**Top3**’ column, **identify the three Topics** that would have the greatest impact on your performance.