

Nuggets of Neuroscience

Learning to live transformed lives through
the power of neuroplasticity



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SESSION 1

Nuggets of Neuroscience

Understand brain anatomy, the impact of trauma and the good news of neuroplasticity. Our brains can change!

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SESSION 2

Attention & Awareness

All change starts with awareness. Explore the impact of what we attend to on our ability to grow.

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SESSION 3

Nervous System Regulation

A regulated brain is energized, adaptive and creative. Explore fundamentals of the nervous system, and in turn, how to “work” the system in our favor.

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SESSION 4

Stress Responses

Everyone experiences overwhelm. Reflect on your unique brain chemistry and learn how to respond to stressors in a healthy way.

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SESSION 5

Habits of Positivity

Our habits shape how we think, behave and react. Get intentional about who you are becoming.