

Speaking Topics

The following titles have been used as keynote presentations, half day or full day workshops, or in combination with other *SYNERGY* programs for wellness retreats. We can also customize content for specific audiences or to work with other content as part of a larger program. Please contact us for more information on customized programs.

The SHARP Solution – Simple Strategies to Boost Your Brainpower

Research suggests that age-related cognitive decline, characterized by a decrease in the ability of the brain to perform regular functions like judgment, reasoning, memory, learning, and language, begins in healthy, educated adults when they are in their 20s and 30s. In *SHARP*, participants will learn the critical components of brain health that provide a foundation for improved cognitive functioning, understand the power of brain training to stimulate mental energy, and create an actionable plan for implementing a sustainable brain fitness program that can be applied to their everyday life.

Participants will:

- Understand the impact of busyness, stress, and aging on brain functioning
- Identify the 5 key factors for building a healthy brain foundation
- Utilize brain training techniques for mental strength, flexibility, and endurance
- Create a training plan for improved brain health and cognitive fitness

RECHARGE! – Five Simple Steps to Energize Your Life Now

In this dynamic and interactive session participants will learn how to use simple brain-training techniques to become more balanced, engaged, focused, energized, and connected in their life - at work and at home. Upon completing the session, participants will have created a customized action plan for recharging their personal energy, while optimizing and protecting their most critical resource - their human capital.

Participants will:

- Understand how brain-based training works to create sustainable behavior change
- Utilize simple techniques to help balance the brain to restore energy and health
- Develop a unique engagement strategy to enhance motivation and sustainability
- Create a personal action plan to boost innovation, creativity, and resilience

