

BRAIN-BASED CREATIVITY LEARNING SKILLS & MENTAL WELLNESS for Outstanding Results

EMERGING DIGITAL LEARNING CHALLENGES

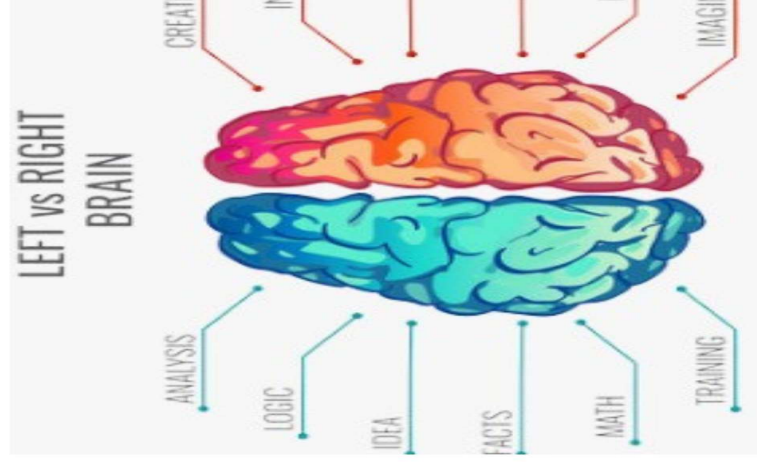
1. Digital Distractions - Lack of Concentration
2. Oxidative Stress - Lack of Assimilation and understanding
3. Brain Strain & Fatigue - Lack of listening, Migraine and disorganisation
4. Brain Fog & Fatigue - Deeply exhausted and frustrated
5. Emotional Stress - Depression and Confusion
6. Psychological Stress and Frustration
7. Memory loss/lapses - Forgetfulness, Information Overload
8. Digital Attention Deficit(DAD) - Lack of focus, Disorganisation
9. Early Dementia - Memory Loss
10. Digital Dystopia - Loss of personal freedom
11. Digital Dysmorphia - Low Self Esteem, Anxiety and Fear
12. Screen Fatigue - Cognitive overload and, lack of Comprehension
13. Auditory Processing Disorder

GUT- Brain Hygiene & Trauma Wellness

Benefits of a Healthy Gut on Learning

Understanding that GUT-BRAIN is the 2nd brain and crucial for enhancing excellent learning and mental health. The benefits of maintaining a healthy gut include:

- **Improved Memory and Concentration**
- **Brain Friendly Food for Enhanced Cognitive Function**
- **Mental Alertness and Wellness**
- **Improved Listening and Retention Skills**
- **Better Assimilation and Mental Alertness**
- **Reduced Classroom Distractions & Discomfort**
- **Fostering a conducive learning environment.**
- **Retention of information with Sharp memory**
- **Emotional Stability**
- **Reduced Psychological & Emotional Stress**
- **Eliminate Brain Fog/Fatigue**
- **Eliminate Dementia**
- **Eliminate Examination Anxieties and Phobia**



BRAIN-BASED CREATIVE & MENTAL WELLNESS LEARNING SKILLS FOR OUTSTANDING RESULTS

STUDENTS ,TEACHERS & PARENTS MENTAL WELLNESS EMPOWERMENT

A. THE OBJECTIVES OF BRAIN-BASED & MENTAL WELLNESS LEARNING SKILLS (BMWLS) IN THE DIGITAL AGE

- Digital Brain Hygiene and Mental Wellness - To support whole Brain wellness and to be mentally active.
- Brain Profiling and Thinking Preference Discovery
- Learning Styles and Learning Challenges Discovery for excellent result
- Digital Safety and Security Awareness
- Twenty One Creative Brain-Based Learning Skills
- Creative Teaching and Learning of STEM Subjects: (Science, Technology, Engineering & Mathematics)
- Brain-Based Emotional Intelligence Skills in the Digital Age

B. THE UNIQUE BENEFITS OF BMWLS:

Digital Safety and Security Awareness: Teachers, Students and Parents will be well informed of the consequences of high level screen radiation on Brain cells, Brain cells damager and learn the productive use of digital devices for outstanding results.

Digital Literacy Skills: The digital age is the Brain-Based age where teachers, learners & Parents need to be well-informed about the benefits and dangers of social media and the high radiation of 5G Smartphones and mobile devices on Brain cells and Mental Wellness.

Brain Profiling and Learning Styles Discovery: Creative programs to help Teachers, Learners and Parents understand their unique Brain wiring to teach, learn with ease, develop sharp memory, think logically, enhance cognitive abilities to solve problems with outstanding results.

Learning Styles Discovery: Interactive sessions with students to understand their best style of learning and concentration to strengthen their support system.

Brain Waves Examination Writing Skills: An exceptional skill to help learners activate their Brain Waves during examination writing and switch on their creative genius for excellent results.

Brain-Based Emotional Intelligence Skills: An exceptionally wide range of skills that help Learners, Teachers and Parents to develop and build their emotional well-being, self-esteem, trauma, stress management, and life-long soft skills for outstanding success.

Learning Difficulties & Trauma Remedy: An interactive session with learners to help discover their learning challenges such as memory loss Dysgraphia, Dyslexia, Dyscalculia - (high level of Mathematics anxiety), Attention Deficit Disorder (ADD), Attention Hyperactive Deficiency (ADHD), traumatized learners, Bipolar, Autism and Slow learners, etc. Getting lifelong solutions to enhance your child's outstanding academic success.

Career Path Discovery: Students will have the opportunity to understand how to choose the right career path early in life.

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**YOUR ATTITUDE DETERMINES
YOUR ALTITUDE IN LIFE**