

GUT- Brain Hygiene & Mental Wellness

Benefits of a Healthy Gut on Teaching & Learning

Understanding that GUT-BRAIN is the 2nd brain and very crucial for enhancing excellent learning and mental health.

The benefits of maintaining a healthy gut includes:

- Improved Memory and Concentration
- Brain Friendly Food for Enhanced Cognitive Function
- Mental Alertness and Wellness
- Improved Listening and Retention
- Better Assimilation and comprehension
- 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 Early Dementia
- Eliminate Examination Anxieties and Phobias.

BRAIN-BASED CREATIVITY TEACHING SKILLS IN DIGITAL BRAIN AGE for Outstanding Results



BRAIN-BASED CREATIVE TEACHING SKILLS IN THE DIGITAL BRAIN AGE

TEACHERS MENTAL WELLNESS EMPOWERMENT

A. THE OBJECTIVES OF BRAIN-BASED CREATIVE TEACHING SKILLS IN THE DIGITAL BRAIN AGE

STEM BRAIN-BASED TEACHING & LEARNING SKILLS - Teachers will be equipped with creative strategies of teaching STEM Subjects (Science, Technology, Engineering & Maths) and all other Subjects from Grade 1 to 12.

BRAIN PROFILING & TEACHING STYLES FOR TEACHERS - Teachers will be equipped with logical thinking skills to solve critical problems and teachers will discover how God wired their brain to unlock their creativity and transfer knowledge to learners effectively.

DIGITAL BRAIN HYGIENE - Teachers will be equipped with strategies and intentional habits to protect their MENTAL WELLBEING and reduce DIGITAL

RADIATION that strains the BRAIN.

DIGITAL DETOX - Teachers will be equipped with practical strategies to declutter their BRAIN from DIGITAL STRESS for excellent results.

DIGITAL BRAIN SAFETY & RADIATION ASSESSMENTS - Teachers will be well-informed of the consequences of high level radiation from 5G smartphones, microwaves, WiFi etc on mental wellbeing and remedies.

CREATIVE USE OF ARTIFICIAL INTELLIGENCE FOR TEACHING - Teachers will

unlock their creativity in the digital age with high intelligent use of AI.

EMERGING DIGITAL LEARNING

CHALLENGES - Teachers will be able to understand the current digital learning challenges such as DIGITAL DYSLEXIA, BRAIN FATIGUE, DAD(Digital Attention Deficit), BRAIN STRAIN, OXIDATIVE STRESS(Lack of Concentration), DIGITAL DISTRACTION(Memory Loss), EARLY DEMENTIA etc. And be able to help the learners to overcome these challenges with outstanding Results.

BRAIN-BASED TEACHERS EMOTIONAL INTELLIGENCE SKILLS - Creative interactive sessions to help teachers develop and build their

emotional well-being.

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**YOUR ATTITUDE DETERMINES
YOUR ALTITUDE IN LIFE**