

and children's brains from DIGITAL STRESS for excellent results.

Career Path Discovery - Parents will understand how to help their children choose the right career path early in life with outstanding results.

Brain-Based Emotional Intelligence Skills - Creative interactive sessions to help parents develop and build their emotional well-being.

Digital Brain Radiation Assessments

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

GUT- Brain Hygiene & Mental Wellness

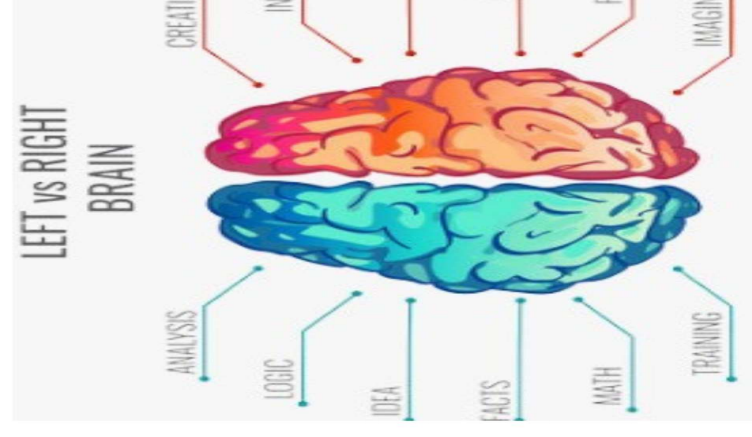
Benefits of a Healthy Gut on Learning

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 Phobias.

BRAIN-BASED CREATIVE PARENTING SKILLS & MENTAL WELLNESS for Outstanding Results



BRAIN-BASED PARENTING SKILLS & MENTAL WELLNESS IN THE DIGITAL BRAIN AGE PARENTS & TEACHERS MENTAL WELLNESS EMPOWERMENT

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

1. Parental Brain Hygiene - To support whole Brain wellness and to be mentally active.
2. Parental Brain Profiling and Thinking Preference Discovery
3. Parental Emotional Intelligence Skills
4. Parental Digital Safety Intelligence Skills
5. Parental Cultural Intelligence Skills
6. Parental Brain-based Teaching and Learning of STEM Subjects:
(Science, Technology, Engineering & Mathematics)
7. Parental Brain-Based Environmental Intelligence Skills

8. Digital Learning Challenges Remedy(Digital Distraction, Oxidative Stress, Brain Fog/Fatigue, Emotional Stress, Digital Dyslexia, Digital Attention Deficit - DAD etc.)
9. Parental Spiritual Intelligence Skills(Brain Prayers & Declarations)
10. Parental Learning Challenges Remedy (ADHD, Autism, Dyslexia, Mathematics Difficulty, Reading &Writing etc.)
11. Parental STRESS Management Skills

B. THE UNIQUE BENEFITS OF BMWLS:

Digital Safety and Security Awareness - Parents & Teachers, will be well informed of the emerging digital learning challenges emanating from high electromagnetic radiation, such as Smartphones devices, Microwaves and the consequences on learning and remedies for outstanding results.

Digital Brain Hygiene - Parents & Teachers will be equipped with strategies and intentional habits to protect their MENTAL WELLBEING and reduce DIGITAL RADIATION that strains the BRAIN of their children.

Digital Detox - Parents will be equipped with practical strategies to declutter their BRAIN

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**YOUR ATTITUDE DETERMINES
YOUR ALTITUDE IN LIFE**