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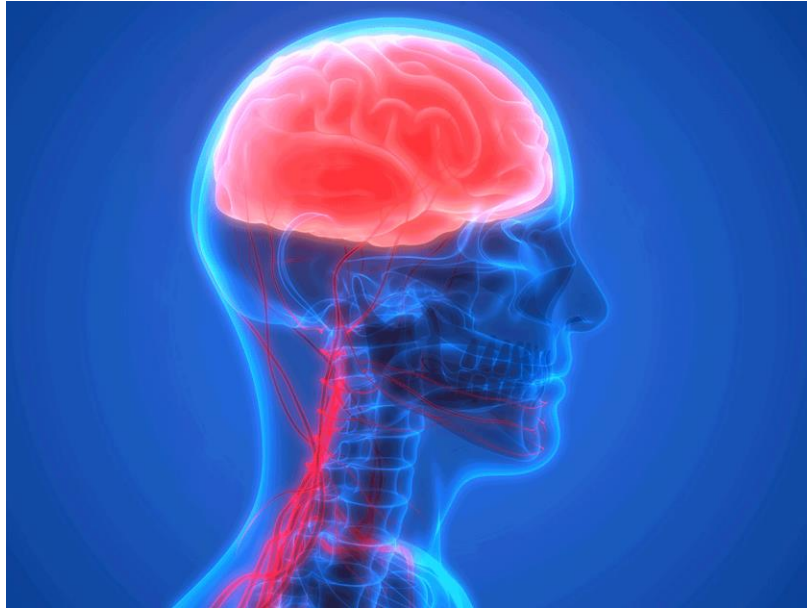
WEBINAR

*The Power of the Human Brain:  
Use the Power of Your Brain to Overcome  
the Crisis*

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*Webinar “The Power of the Human Brain: Use the Power of your Brain to Overcome the Crisis”*



- How are you coping in the new reality of the global pandemic?
- Have you developed new routines?
- Are your emotions enabling you, or stopping you?
- Do you allow your thinking patterns to drive you into mental dead-end or are you using your analytical skills for identifying the best solutions?
- How are you maintaining the quality of a working relation in a lockdown?

The **good news** is that our brains are factory-ready to deal effectively with crises like this one! The **bad news** is that most people do not know how to activate valuable brain processes like willpower, resilience, and empathy to navigate safely out of it. In this webinar, Dr Nikolaos Dimitriadis is using brain sciences and his decade-old experience in testing brains in more than 20 countries, practical examples, and the Brain Adaptive model from his ‘Neuroscience for Leaders’ book (now in its second edition) to showcase easy ways to better understand how the crisis affects your brain and what to do about it.

## Webinar Goals

Participants will learn:

- ✓ How the brain reacts to interruptive events like the pandemic.
- ✓ The true meaning and impact of fear, anxiety, and pain.
- ✓ Brain strategies for maximum neuro-adaptability.
- ✓ Practical tips for immediate relief and improvement.

## Webinar Contents

- Thinking Patterns and Decision Making on Crisis
- Emotions and Motivation
- Relations and Connectivity
- Old vs. New Habits

Webinar lasts **60'** and will be performed through the zoom platform.