

### **6 weeks (excluding orientation)**

**Entirely online**

**Self-paced learning**

**6-8 hours/week\***

*\*The recommended weekly time commitment for core content is 4-5 hours, taking into account the busy lifestyles of working professionals, with an additional 2-3 hours recommended for non-compulsory weekly extension activities, should you have the time. Each module is released weekly, allowing a flexible but structured approach to learning. You'll be supported as you engage in individual activities and group discussions, ensuring you feel confident to submit your best work at each weekly deadline.*

Drawing on the importance of neuroscience principles like neuroplasticity, this program looks at promoting organizational and personal resilience, leadership development, and business performance.

- Orientation Module
- Module 1: Understanding and Optimizing Your Brain
- Module 2: Neuroplasticity: Rewiring Your Brain
- Module 3: Brain Agility and Cognitive Diversity
- Module 4: Maximize Your Brain: Building Mental Resilience
- Module 5: Leadership Visualization and Action
- Module 6: Leadership Influence and Neuroplasticity in Organizations

***Schedule subject to change***