



Title	Duration	Objectives	Content
-------	----------	------------	---------

Brain Performance Training by Prof. Dr. Fischer

1 Day

Learn to sharpen your perception, to increase concentration for topics that are important for you and to focus them when communicating.

Your thinking will be vitalised to make remembrance easier, to encourage learning and so acting becomes more efficiently and purposefully.

Problem solving can be accelerated actively by this.

- The brain
- Short- and long-term memory
- Information processing speed
- Margin of memory
- Cognition model
- Activation level
- Vitality concept
- Nutrition and mental ability

Target Group

People of every age who want to keep a lifelong mental ability and who are demanded within the job and everyday life by a constantly growing number of informations and technical innovations.

Comments

To be fast and successful in today's job and everyday's life a high mental ability is needed. Practicing the brain performance training can permanently provide this ability.