

Content catalogue 2019-2020

academy ✧ OF BRAIN



Who are we and what do we represent?

**Professional expertise and skills in psychology,
soft skills training and coaching.**

- Managerial work and Leadership
- Productivity
- Collaboration
- Mindset
- Recovery

Online learning videos:

- Science based substance
- Great script
- Natural and credible acting
- High-quality animations enhance learning





Managerial work & Leadership

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Soft skills are the basis of Managerial work and Leadership. Improve your ability to lead!

- Coaching Leadership
- Better Feedback
- Resolving Conflicts
- Manager's Academy of Brain – Develop Your Team!
- High Performing Team

Productivity

Productivity is the ability to get things that matter done. Practice makes perfect!

- Focusing skills
- Find Motivation for Routine Tasks
- Time Management
- Self Coaching
- Attention Deficit Trait
- Develop Your Resilience





Collaboration

Collaboration is how value is created. We need each other to make a difference together.

- Psychological Safety
- Digital Interaction and Virtual Teams
- Present in Interaction
- Understanding Personality Types at Work
- Virtual collaboration

Mindset

Mindset affects the way you automatically think and feel about yourself, the world and other people. It is a collection of attitudes and skills that you can learn to apply.

- Everyday Mind Skills
- Meaningful Work
- Emotions in Action
- Leaving the Role of the Victim
- Growth mindset
- View of Humanity
- Working with meaning
- Increase Positivity
- Show the Person Behind the Actions
- See the Person Behind the Actions





Recovery

Recovery is how you manage your energy. Learn to fuel your body and mind!

- Practical Mindfulness
- Manage Your Headaches
- Psychology of Weight Management
- Sleep Better in Five Weeks
- Improve Your Recovery Skills