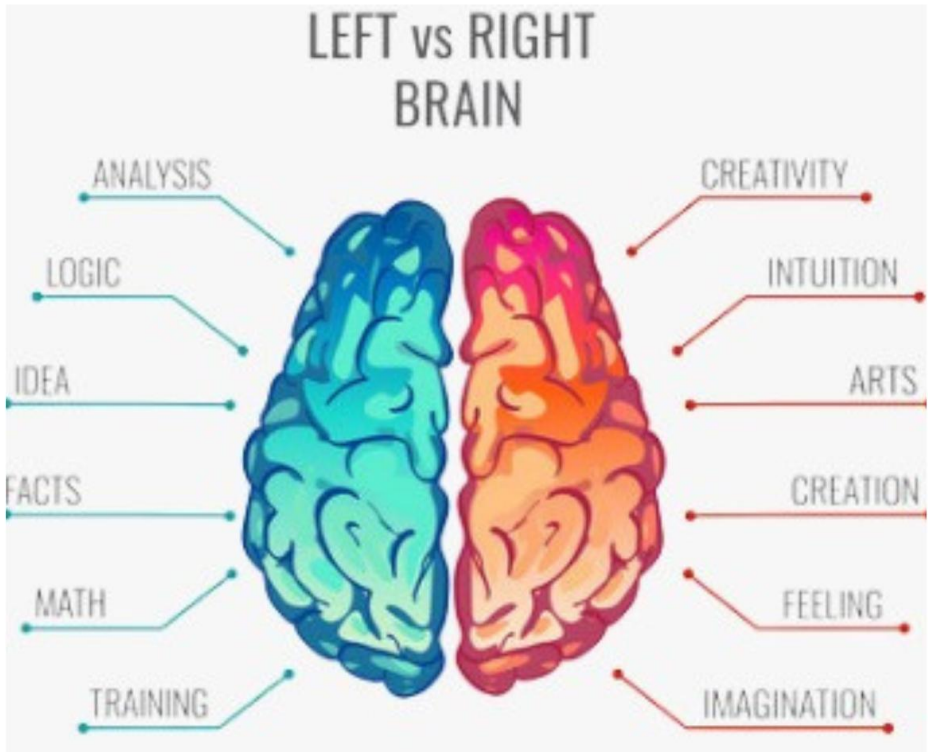


BRAIN-BASED **LEARNING SKILLS &** **MENTAL WELLNESS** *for Outstanding Results*



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BRAIN-BASED & MENTAL WELLNESS LEARNING SKILLS FOR OUTSTANDING RESULTS

TEACHERS, STUDENTS' & PARENTS MENTAL WELLNESS EMPOWERMENT

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

1. Digital Brain Hygiene and Mental Wellness - To support whole Brain wellness and to be mentally active.
2. Brain Profiling and Thinking Preference Discovery
3. Learning Styles and Learning Challenges Discovery for excellent results
4. Digital Safety and Security Awareness
5. Twenty One Creative Brain-Based Learning Skills
6. Creative Teaching and Learning of STEM Subjects: (Science, Technology, Engineering & Mathematics)

7. Brain-Based Emotional Intelligence Skills in the Digital Age

B. THE UNIQUE BENEFITS OF BMWLS:

- **Digital Safety and Security Awareness:** Teachers, Students and Parents will be well informed of the consequences of high level screen radiation on Brain cells, Brain cells damager and learn the productive use of digital devices for outstanding results.
- **Digital Literacy Skills:** The digital age is the Brain-Based age where teachers, learners & Parents need to be well-informed about the benefits and dangers of social media and the high radiation of 5G and Android mobile devices on Brain cells and Mental Wellness.
- **Brain Profiling and Learning Styles Discovery:** Creative programs to help Teachers, Learners and Parents understand their unique Brain wiring to teach, learn with ease, develop sharp memory, think logically, enhance cognitive abilities to solve problems, and have outstanding results.
- **Learning Styles Discovery:** Interactive sessions with teacher and parents to understand their children's best style of learning and concentration to strengthen the support system around students.
- **Brain Waves Examination Writing Skills:** An exceptional skill to help learners activate their Brain Waves during examination writing and switch on their creative genius for excellent results.
- **Brain-Based Emotional Intelligence Skills:** An exceptionally wide range of skills that help Teachers, Learners and Parents to develop and build their emotional well-being, self-esteem, trauma, stress management, and life-long soft skills for outstanding success.
- **Learning Difficulties & Trauma Remedy:** An interactive

session with learners to help discover their learning challenges such as memory loss Dysgraphia, Dyslexia, Dyscalculia - (high level of Mathematics anxiety), Attention Deficit Disorder ADD, Attention Hyperactive Deficiency (ADHD), traumatized learners, Bipolar, Autism and Slow learners, etc. Getting lifelong solutions to enhance your child's outstanding academic success.

- **Career Path Discovery:** Students will have the opportunity to understand how to choose the right career path early in life.

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YOUR ATTITUDE DETERMINE YOUR ALTITUDE

<http://altitudeskillsacademy.com>

GUT- Brain Hygiene & Trauma Wellness Benefits of a Healthy Gut on Learning

Understanding that GUT-BRAIN is crucial for enhancing excellent learning and mental health. The benefits of maintaining a healthy gut include:

- **Improved Memory and Concentration: Your GUT is your 2nd Brain:**
- **Brain Food & Supplements for Enhanced Cognitive Function:** Probiotics can improve cognitive functions and reduce symptoms of anxiety and depression.
- **Brain Neurobic Exercise:** Neurobic Brain exercise boosts better energy levels and helps your brain waves for optimal

performance.

- **Mental Wellness - Improved Listening and Retention Skills:** Students can better assimilate, be mentally alert and retain information.
- **Reduced Classroom Distractions & Discomfort:** Fostering a conducive learning environment.

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