

8 WEEKS SCHEDULE

1

Week 1: Neuroscience Fundamentals

- Expert References: Andrew Huberman, Ph.D.
- Learning Goals: Understand the brain's role in learning and behavior. Discover psychosomatic integration techniques to enhance mental well-being.

2

Week 2: Discover Your Saboteurs

- Expert Reference: Shirzad Chamine (CEO of Positive Intelligence)
- Learning Goals: Identify and challenge the negative voices within. Use the [Saboteur assessment](#) to uncover hidden patterns.

3

Week 3: Mastering the Inner Critic

- Expert Reference: Shirzad Chamine (CEO of Positive Intelligence)
- Learning Goals: Implement techniques to quiet mental chatter. Learn strategies to manage the inner critic and promote self-compassion.

4-6

Week 4-6: Tools for Thought Optimization

- Expert References: Andrew Huberman, Ph.D., and Shirzad Chamine (CEO of Positive Intelligence)
- Learning Goals: Use practical tools to enhance decision-making. Employ cognitive reappraisal techniques for emotional regulation.

7

Week 7: Navigating Change

- Expert References: James Clear (Author of Atomic Habits) and Elisabeth Kübler-Ross, M.D.
- Learning Goals: Embrace change with brain-based strategies. Understand habit formation's role in the change management process.

8

Week 8: Commitments and Celebrations

- Expert References: Carol S. Dweck, Ph.D. and Eduardo Briceño (Co-founder of Mindset Works)
- Learning Goals: Apply growth mindset principles to sustain development. Celebrate progress and set future intentions.