



Level 1: Get Yourself Together

How Do You Think? An Introduction to Whole Brain® Thinking

Whole Brain® Thinking is a powerful approach that can help individuals and teams tap into their full cognitive potential. This 30-minute session is designed to introduce participants to the concept of Whole Brain® Thinking, its significance in personal and professional development, and practical strategies to apply it in various aspects of their lives.

30-minutes
Timing

monthly
Frequency

free
Cost

Check Out
Our Calendar

DESCRIPTION

By the end of this session, participants will be able to:

- ✓ Understand the concept of Whole Brain® Thinking and its relevance in today's world.
- ✓ Identify their thinking preferences using the Herrmann Brain Dominance Instrument (HBDI).
- ✓ Recognize the value of diverse thinking styles in problem-solving and decision-making.
- ✓ Develop strategies to leverage Whole Brain® Thinking for personal and professional growth.

