

## BIOSTACKING SUMMARY

### THE PROGRAM

To discover true competitive advantage for your students in the classroom, start with the brain. The neuroscience of peak performance has been widely researched with state-of-the-art tools leading to multiple discoveries. Humans are innately designed to do their best and now your students can benefit from these breakthroughs with the BioStacking program.

BioStacking is a formula that consists of “stacking” proven individual neuroscience interventions on top of one another to move the brain closer to a Flow State (the proper state of mind for optimal performance). This leads to improvements in students' focus, memory, learning, complex decision making, creativity, emotional regulation, and sense of well-being. Through the program students will experience a dramatic enhancement in their academic and emotional performance. Each sample session consists of the following four exercises:

#### **EXERCISE 1 – Focused Attention**

This is a form of meditation with the goal of activating the parasympathetic nervous system and rebalancing the neurotransmitters in the brain for optimal performance.

#### **EXERCISE 2 – Mindfulness**

The concept of Mindfulness is simple. It's living in the now. Most humans spend 70% of their time worried about the future or obsessing about the past. This activates the stress response, which scrambles up neurotransmitters in the brain and reduces performance. Whereas Focused Attention balances neurotransmitters, Mindfulness keeps them that way.

#### **EXERCISE 3 – Future Visions**

This exercise is based on the premise that every human being has self-imposed limitations that they believe are real. They have a dream about what they could do, but they don't start because they have so many doubts. Future Visions helps students identify their self-imposed limitations, dissolves them, which allows them to dream again like they did when they were younger. This exercise also acts as simple guide to build clarity in their goals for the future and attach passion and purpose.

#### **EXERCISE 4 – Metacognition**

The act of thinking how to think, how to be a better analyzer, memorizer, and decision maker. Metacognition provides students with the cognitive tools necessary to achieve their goals.