



# **AGENDA**

## **The Benefits of Brain Training with NeuroOptimal® Dynamical Neurofeedback®**

---

***January 18, 2022***

***2:00pm – 4:00pm EST***

---

- |                        |   |
|------------------------|---|
| <b>2:00pm – 2:15pm</b> | <b>Introduction to NeuroOptimal®</b>                          |
| <b>2:15pm – 2:45pm</b> | <b>Neurofeedback and the science<br/>behind NeuroOptimal®</b> |
| <b>2:45pm – 3:05pm</b> | <b>How NeuroOptimal® helps with<br/>self-regulation</b>       |
| <b>3:05pm – 3:30pm</b> | <b>Identifying shifts</b>                                     |
| <b>3:30pm – 4:00pm</b> | <b>Session description, questions,<br/>and evaluations</b>    |

*The Benefits of Brain Training with NeuroOptimal® Dynamical Neurofeedback®* has been approved by NBCC for NBCC credit (2 NBCC hours). Embodied Wholeness, LLC is solely responsible for all aspects of the program. NBCC Approval No. SP-3736.