



Using  
**OUR BRAIN**

# Know Your Brain

## What is Know Your Brain?

There have been some remarkable discoveries about the human brain over the last decade. It is one of our most vital organs in our bodies and yet many of us don't have a good understanding about our brains. Know your brain gives the basics on your brain's ability to learn and change and how we can leverage that knowledge to flourish.

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## Who is it for?

This learning is for anyone curious about how the brain works functionally and psychologically to shape our understandings, our actions and our meaning making of life. Know your brain is a good foundational topic for all our other Made Better Human learning.

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## What does it offer?

You will gain awareness of a simple explanation for how your brain operates so that you can better understand what's going on in your brain when events take place. You will learn the scientific facts that are true for all brains and prove that it is possible for us to lay down new neural pathways in our brains. And we will describe how neural pathways are established and what it takes to establish a new neural pathway that allows you to bypass old habits and thinking patterns

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## How do we sign up?

Contact us at [madebetterhuman.com.au](https://madebetterhuman.com.au)

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