

1 CPD UNIT

Unlocking Cognitive Potential: A Deep Dive into Brain Health Nutrition and Supplements for Enhanced Clarity, Focus, and Memory

Cognitive enhancement refers to the improvement of cognitive abilities, such as memory, attention, and problem-solving, through various methods.

In today's fast-paced world, the demand for cognitive health support across all age groups is rising. From young professionals juggling multiple tasks to older adults preserving memory and mental agility, the need for enhanced focus, clarity, and energy is universal. Nutritionists and health experts advocate for a balanced diet and holistic lifestyle as essential for brain well-being.

This workshop will explore proven methods to boost your productivity and achieve greater mental clarity.

TARGET GROUP

Professionals in high-stress jobs or careers requiring sustained attention, professionals may turn to focus supplements to boost productivity, maintain mental clarity, or manage work-related stress

LANGUAGE OF INSTRUCTION
English

TOPICS TO BE COVERED

- Importance of Nutrition for High Achievers
- Understanding the High Achiever Lifestyle
- Identifying Challenges and Stressors
- Impact of Nutrition on Performance
- The Science Behind Energy and Focus
- Nutrition Hacks for Sustainable Energy
- Smart Meal Planning for Busy Professionals
- Superfoods to Boost Brain Power
- Timing and Frequency of Meals for Optimal Performance
- Building Resilience with Proper Nutrition
- Nutritional Strategies to Combat Stress
- Practical Tips for Busy Schedules
- Office-Friendly Lunch Ideas
- Incorporating Nutrition into Travel and Meetings
- Balancing Macronutrients for Peak Performance
- Hydration Strategies for Peak Productivity
- Personalizing Your Nutrition Plan
- Creating Lasting Habits for Long-Term Success
- Goal Setting for Sustainable Changes
- Recap of Key Takeaways

INSTRUCTOR

Barbara Karafokas - Holistic Nutritionist (MSc)



DATES & TIMES

LIVE ONLINE WEBINAR
17/05 | FRIDAY | 9.00-10.00

COST: €30 +VAT

Take the **next step UP** in your career. Sign up now!
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