

## **PRACTICAL NEURO-AGILITY TOOLS TO IMPROVE WELLBEING, ENGAGEMENT AND LEARNING**

### **Practical neuro-agility tools to improve wellness, engagement and learning**

Neuro-agility is rapidly becoming one of the most important factors that companies and individuals are seeking out to improve performance. Being a neuro-agile person leads to better workplace engagement, improved wellness and improved learning. Bridging the gap between the science behind neuro-agility and the practical application thereof lies the following practical tools one can use to improve these various factors.

#### **What is neuro-agility? A quick recap.**

Neuro-agility refers to the brain's ability to learn quickly and easily, to think, learn and draw conclusions quickly and to be flexible in moving across ideas and understandings in such a way that they are able to maximize the potential learning value of a given experience and apply that learning to perform well under new or first-time conditions. It enhances the degree to which people engage in agile learning. It implies they optimize the drivers that increase their brain performance and the neurophysiological components that influence learning and thinking flexibility.

#### **How do we improve our neuro flexibility?**

The first point of departure would require you to formulate your potential based on your design. Once you have a basis of your potential you can start to optimize your natural processing modes by developing skills aligned with your preferences. Prioritize which modes are least preferred, but should be developed to increase ease, speed and flexibility. Your focus should also be on optimizing all the drivers that will increase speed, ease and neuro flexibility and create and implement a plan of action to develop skills. Lastly do post-evaluations to measure the progress that you have made as this will help you take corrective action in the areas that you are lacking in.

#### **Tools to improve learning and brain fitness**

To improve one's learning and brain fitness skills you need to start by playing integrative sports that involve cross-lateral movements like gymnastics, dancing, swimming, ballet, martial arts. Play integrative hand-eye co-ordination games like juggling, flight simulator games, and flying model airplanes. Listen to Classical/Baroque music combined with sounds of nature. Do mental integrative activities like playing a musical instrument, chess, Sudoku, picture and word puzzles. Challenge yourself. Do calculations & memory exercises. Learn. Expose yourself to novel experiences. Do various cross-lateral exercises 3 times per day. Practice mindful exercises, meditation and yoga. The main aim of the consideration are to go from a state of homolaterality to bilaterality and remember if you don't use it, you lose it.

#### **Tools to improve wellness and engagement**

To improve mental wellness and engagement, start with maintaining work – life – sleep balance and constructive, optimistic mind-set. Make sure you strengthen your relationships, develop as much personal and professional support as possible and maintain a natural, healthy diet. Exercise at least 40 minutes daily for at least 5 days a week and do physical brain integration exercises to “switch on” all areas of the brain. Laugh, laugh and laugh again. Be humorous, have fun, enjoy life, work and learning! Get a neurotransmitter ‘bath’ by exposing yourself to nature’s natural images, sounds, odors, textures, tastes and light and take a brisk walk in nature every day. Do relaxing activities and make time for stimulating hobbies. Do progressive relaxation exercises before and after work and learn to do breathing exercises 3 times a day – (4 x in, 4 x hold, 4 x out). Practice spirituality. Live your purpose. Create meaning out of life’s experiences. Live with a clear life vision.

In conclusion, if you apply these simple tools to your everyday life, you will definitely see great results. Master these tools and make them part of your everyday life and the results will have a profound impact on you life.