



TBH Toolkits: What's Included?

- ✓ Scripted Social-Based Brain Training Courses You Can Teach
- ✓ 24/7 Online Access to all Course Materials
- ✓ Everything You Need to Get Ready! Education, Planning and Promotion Resources
- ✓ Responsive Training and Support from the TBH Team, including:
 - Online access to TBH Toolkit training video library
 - On-demand email and phone support
 - Monthly webinars exclusively for your Watermark Team

TBH Toolkits FAQs

What are TBH Toolkits?

TBH Toolkits are turnkey group programs that empower your clients for sharper thinking, better recall, and long-term cognitive vitality.

Are the TBH Toolkits classes social?

Yes! Our Social-Based Brain Training (SBBT) approach is unique in boosting cognitive skills training while offering solutions for isolation and loneliness. All TBH Toolkit courses include group-based brain workouts that are done together in class.

Who is the target audience?

TBH Toolkits are designed for groups along the memory continuum, from cognitively independent to moderate cognitive decline.

How many classes are in a TBH Toolkit?

TBH Toolkits offer a flexible, building block design that allows you to offer the courses in different time lengths. Run 8 1-hour classes, 24 15-minute "workouts" or anything in-between!

What if I don't know anything about brain health?

Our TBH Toolkits training video library gives you what you need to be ready to teach the programs. You can rest easy knowing the TBH classes are scripted to help you find your voice.

Do I need a lot of prep time for these classes?

You will need to read through the trainer materials carefully and print out any worksheets needed ahead of class. We help guide you to make sure you are 100% ready to go.

What's the difference between TBH Toolkit Level 1.0 and Level 2.0 courses?

Level 1.0 courses teach the foundations of brain health and memory strategies. Level 2.0 courses offer all new, more challenging brain workouts along with a Participant Challenge Log for daily engagement that extends the reach of the program for greater benefit and socialization.

What else can I expect from the TBH Toolkits?

Folks love our TBH courses! You will get high energy, field-tested classes that engage and excite your residents. In the words of a TBH Trainer, "(o)ur residents LOVE this program!"

*TBH Brain Workout 1.0 is offered as a 20-class course, available in either a 1-hour or 15-minute version.