



THE TBH METHODOLOGY

As leading cognitive fitness experts, we know the science behind boosting daily intellectual performance, sharpening memory, reducing dementia risk and supporting well-being.

All TBH TOOLKIT courses are grounded in our celebrated Total Brain Health Methodology. This three-pronged approach reflects the state of the current brain health research, including:

A WELLNESS-BASED APPROACH

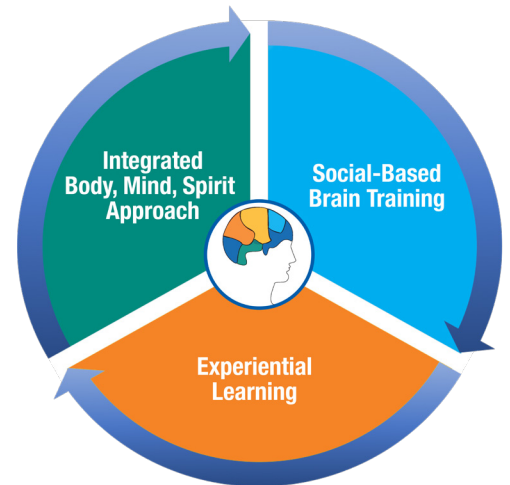
The evidence strongly supports engagement across the physical, intellectual and socio-emotional areas of health as our best resource for keeping our brains fit. Our **TBH BLUEPRINT** is the foundational wellness roadmap behind every TBH course. It guides students to engage in activities proven to boost daily thinking and long-term brain vitality across:

- BODY**. Staying physically fit, along with healthy dietary habits, as well as managing everyday choices such as sleep and medications, helps sharpen intellectual performance and has been linked to lowered dementia risk.
- MIND**. Cognitive training can revive skills diminished by age, such as attention, quick thinking, multi-tasking and reasoning. Continued creative and intellectual challenge as well as strategies to enhance memory also have proven to be critical to cognitive vitality.
- SPIRIT**. Strong, satisfying social ties, emotional balance and a positive outlook have been tied to better cognitive health.

SOCIAL-BASED BRAIN TRAINING

Group-based learning, whether in person or through distance learning, significantly boosts the benefits of cognitive training, especially on skills most affected by aging. In addition, social isolation and its impact on well-being is a growing concern worldwide. Unique to TBH, Social-Based Brain Training (SBBT) is the intentional use of social engagement to promote cognitive performance and long-term brain vitality. Our SBBT approach uses proprietary training strategies that bring the full benefit of group-based learning to our courses. Our SBBT modalities, noted at the start of each class, include:

- ALL TOGETHER**. Your class will work as a whole group for collective training.
- PAIR UP**. Your class will work in groups of 2 or 3 for small group, collaborative learning.
- TEAM UP**. Your class will work as two teams for a friendly competitive workout.





EXPERIENTIAL LEARNING

We learn better by doing, especially the types of activities that have been tied to improving cognitive outcomes. Our TBH courses use an experiential approach, giving students a “hands on” opportunity to try what they are learning right in your classroom. Our training incorporates the latest teaching methodologies, emphasizing active learning, a multimodal approach, and retrieval practice strategies.

TBH SKILLS TRAINING

Research shows that training in intellectual skills such as attention and memory can help us better maintain everyday functioning. Challenging ourselves with new ways of thinking has been shown to build neuroplasticity, or our brains ability to grow and connect neurons.

Each **TBH BRAIN WORKOUT 2.0** class highlights the cognitive skills your student will be building in that session. These skills, represented by icons in introductory section of each class, include:

- P Perception.** Accurately sensing our world.
- A Attention.** Our ability to hold focus.
- C Coordination.** Moving quickly and nimbly.
- ST Speedy Thinking.** Quick thinking.
- N Nimbleness.** Our ability to multi-task.
- VE Verbal Skills.** Speaking fluently.
- VI Visual Skills.** Seeing the world accurately.
- M Memory.** Learning & recalling information.
- PS Problem Solving.** Reasoning & resolving.
- EC Executive Control.** Judging our world accurately and respond appropriately.