



COURSE OVERVIEW

The **TBH MEMORY 2.0** course offers 24 classes that teach valuable strategies to build focus and memory for everyday information such as names, conversations, and errands. This next-level course builds upon the skills taught in the TBH MEMORY 1.0 COURSE using more in-depth “memory workouts,” plus new advanced strategies for boosting recall.

Research shows that memory skills can be improved, no matter our age, through regular practice of techniques designed to retain and recall new information. As a trainer, you will teach these strategies using a wide range of hands-on, interactive workouts. At the end of the course, you'll lead a friendly team competition that puts students' skills to use in a fun 2-part match that is certain to create some wonderful memories!

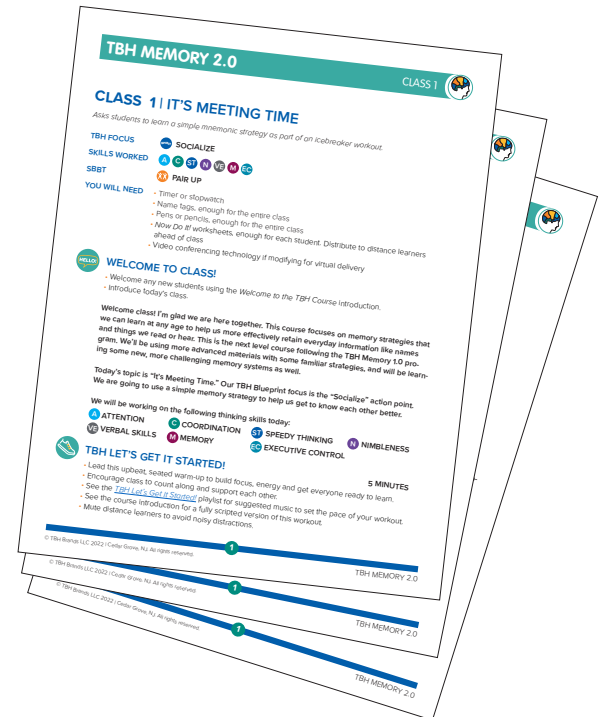
Participation in the TBH MEMORY 1.0 course is not required for this program. Nor do you need to be a memory expert to be an effective course trainer. Everything you need to teach the TBH MEMORY 2.0 small group classes can be found in your online toolkit.

Like our other courses, **TBH MEMORY 2.0** gives you:

- ✓ **Continuous Delivery.** Developed for continuous, ongoing delivery across your calendar, **TBH MEMORY 2.0** includes uniquely designed class training exercises that are repeatable and provide different student experiences each time they are taught.
- ✓ **Flexible Class Times.** Our building block class design gives you the option of shorter class times. Skip the opening or closing warmups to deliver an “express” class when it better suits your calendar or client needs. Use the suggested times found for each class section to “build” a class that suits your available time slot. Keep in mind that these times may vary based on your class size or student participation, and that you can limit or extend the time for any section as you need.

For express 5-minute workouts you can add to your calendar anytime, anywhere, you may also use the TBH Brain Plays found in each class and posted separately in your toolkit along with take-home worksheets.

- ✓ **Flexible Class Sizes.** The recommended class size for this course is 10 to 15 people, especially as you first begin teaching the program. You can run the course with as few as 6 or as many as 20 participants, allowing you to accommodate attendance numbers that may vary week to week. Our program adapts well to smaller group sizes that may be needed for physical distancing when holding classes in person.





✓ **Flexible Delivery Models** so you can teach in-person small groups, provide hallway training using the printable worksheets and handouts, or offer online coaching with video conferencing technology. You can even teach hybrid classes using a combination of delivery options at the same time. Everything stays social with students interacting together wherever their location.

Each **TBH MEMORY 2.0** class includes the following materials:

INTRODUCTORY SECTIONS. These sections help orient and prepare you to teach the class:

- **Class Title.** The title of the TBH MEMORY 2.0 class.
- **Class Description.** A brief description of what you will be doing with your students.
- **TBH Focus.** The TBH Blueprint pillar and action point that will be covered.
- **Skills Worked.** The intellectual skills targeted by the class workout.
- **SBBT.** The Social-Based Brain Training methodology you will be using.
- **You Will Need.** The materials you will need to teach the class.

SCRIPTED COURSE SECTIONS. The teaching sections of the course include a bulleted overview as well as suggested scripting. We strongly recommend using the scripting for guidance as you find your own voice in teaching the course material. Includes suggested time lengths for guidance.



Welcome to Class! A brief introduction to the class topic, the TBH BLUEPRINT action point, and the skills that the students will be working.



TBH Let's Get it Started! A seated physical warm-up that begins each class to prime focus, boost engagement and get the group ready to learn together. Includes a suggested music playlist.



TBH Brain Play. An inspiring warm-up that builds attention, and memory, as well as group connection.



Learn the TBH Science. An overview of the scientific rationale behind the class workout.



Now Do It! The SBBT group training workout that personalizes students' learning of the science.



TBH Takeaway. A brief wrap-up to end class and encourage continued exploration.



TBH Take A Breath. Our signature TBH relaxation cool-down, with affirmations tied to the class topic. Includes a suggested music playlist.



Coming Up Next. An invitation to join the next class.



CLASS RESOURCES SECTION. Found at the end of each class, this section lists the class worksheets, handouts and includes external links to any additional suggested support materials. The worksheets are designed to be used during class. The handouts are optional takeaways for students at the end of class.

For additional training and the option to earn a TBH Toolkits Trainer Certificate, purchase the TBH CORPORATE CARE package. Complete with 20+ short training videos, and assessments that lock in the learning, this self-paced staff training package is the ultimate tool to boost your professional training credentials. For more information, visit: <https://tbhtoolkits.com/tbh-toolkit-training/>.