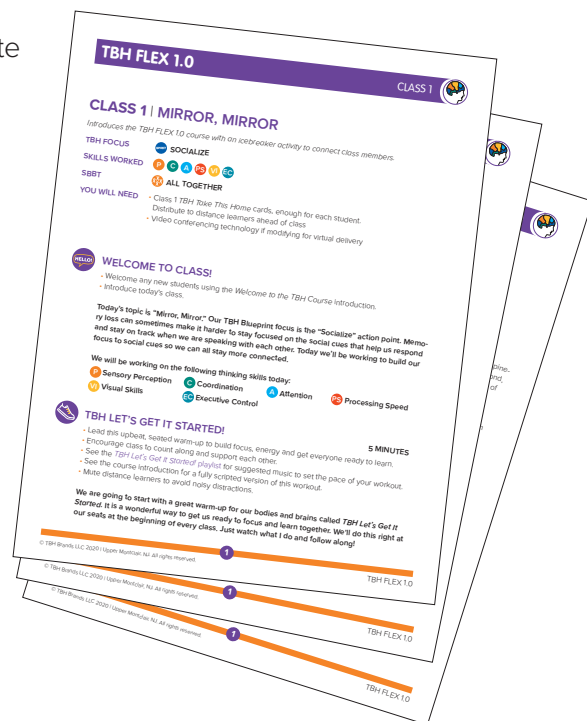




COURSE OVERVIEW

The **TBH FLEX 1.0** course offers 16 classes that teach how we promote cognitive vitality and overall well-being when living with memory loss. The course offers:

- ✓ **Continuous Delivery.** Developed for continuous, ongoing delivery across your calendar, **TBH FLEX 1.0** includes uniquely designed class training exercises that 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. As a rule of thumb, you will offer students more time to take part in the workout as their overall degree of cognitive challenge increases. This will give your group more time to be successful with each workout.
- ✓ **Flexible Class Sizes.** The recommended class size for this course is 6 to 8 people. The class size limit is important to a successful class experience, especially when dealing with clients who have more significant memory challenge. You can run the course with as few as 1 (see “TBH Now Do It! Variations” in your trainer materials) or as many as 15 participants, allowing you to accommodate attendance numbers that may vary week to week. Our program adapts well to 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. If needed, you can adapt for one-to-one delivery, using the provided instructions to continue building connections between students. Everything stays social with students interacting together wherever their location.



Each **TBH FLEX 1.0** 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 FLEX 1.0 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.
- **Expert Opportunity!** Identifies opportunities to invite someone with topical expertise to co-lead 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 energy and get the group ready to learn together. Includes a suggested music playlist.



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.



Variations. Instructions for adapting the class for harder or easier workouts, as well as alternative delivery models including one-to-one and virtual delivery.



TBH Takeaway. A brief wrap-up to end class and encourage continued practice of the **TBH BLUEPRINT** action point lifestyle activity. Includes *TBH Take This Home* cards that students can use to continue practicing what they learned in class to extend the program benefit.



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 and reminder to join the next **TBH FLEX** 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.