

**Justice Institute of British Columbia
Centre for Leadership and Community Learning**

Course Outline

Division: Centre for Leadership and Community Learning

Program: Individual Management/Leadership Electives

Course Code: MGMT 160

Course Title: Maximizing Your Brain Potential: The Modern Leadership Tool

Course Effective Date:

Previous Course Code and Title:

Course Hours (face to face): 14 hours

Pre-requisites: None

Delivery Method: Classroom Instruction

Brief Description:

Your brain is the ultimate PDA! (Personal Digital Assistant for the less technical folks out there)! The human brain has the "ram" or storage capacity of about ten million thousand-page books. Its processing speed is incalculable. Most of us fill less than 50% of that capacity and utilize less than 10% of our processing ability to process new or novel material on a given day.

This course will introduce you to the most current research findings in the fields of cognitive psychology, neuro-psychology, psychopharmacology, and brain anatomy. You will be given practical tools to apply this knowledge for more effective daily functioning; achieving the "Edge Effect".

Learning Outcomes / Goals:

You will understand the impact of stress on the brain as well as examine other common barriers to optimal brain functioning. You will understand better how these barriers manifest physically, emotionally, spiritually, and interpersonally. As leaders in your organization, you will also gain an understanding of and learn practical strategies for how to achieve and maintain optimal brain functioning as it applies to both the individuals and to the teams you lead.

Instructional Methodology:

Course methodology is a combination of leader led lecturettes, small group, large group and individual work.

Evaluation Methodology:

- 100% attendance
- Full participation

Textbooks and Resources: