# Introduction

Over the coming weeks you will have the opportunity to explore ways in which you can improve your own wellbeing, as well as that of your brain. This might be a different approach to ones you have come across previously.

We start with establishing our own support networks, strategies to manage negative self talk, creating our own self care strategy and incorporating a whole- of self approach.

You’ll notice there is a lot about self here.

The different systems and organisations we come across and interact with are predominately designed for a mass scale.

Education, similarly, is designed around the needs of a generalized version of a student. A “one size fits all” approach if you like.

Developing the awareness and the skills to personalize our experiences to fit our own needs is critical. This is why our Learn2Learn programs are so important, and so effective. They give **you** back the control.

Your learning is about you, which is why we take a personal development approach to preparing you for success in learning.