

Our Incredible Brains

- Neurologists tell us that the average brain contains over 100 billion brain cells (neurons)
- Every time we learn and think our brain cells form connections with each other
- It has been estimated that there are more potential connections in our brains than there are atoms in the universe
- Just think what this means in terms of our capacity for learning
- It is now accepted as fact that our brain power does not decline with age. New connections are being made all of the time
- The largest section of the brain is known as the cerebrum and it is divided into two hemispheres
- The left hemisphere controls our use and understanding of words, speech, intellectual analysis and is logical and systematic
- The right hemisphere is concerned with emotions and feelings, recognition comprehension and intuition and is generally accepted as being the creative side of our brain
- The two hemispheres of the brain are connected by 200 -250 million fibres known as corpus callosum
- We know through the work of Roger Sperry and Michael Gazzaniga that both hemispheres are active when the brain is stimulated and work together unless surgically separated
- What does this small piece of information about the brain mean to us as trainers?
- It strongly suggests that learners will benefit most from learning experiences that are rich and multi sensory



- Our training should include...
 - ...Visual elements such as, pictures, cartoons, logos, diagrams, charts, graphs, drawings and use of colour
 - ...Hearing elements such as words and music, other sounds and conversations
 - ...Feeling elements such as, Emotions, Comfort/Discomfort, Tastes, Smells, Touch and Practical Activities
- How can you bring the right VHF mix into your training? (Visual, Hearing, Feeling)



And if you do, what difference will this make?

Notes: