**Transcript**

Welcome to our brain-based learning platform Learn2Learn

Here at Learn Grow Become we believe that understanding yourself is key to being effective as a learner as well as in life. We also believe that once you understand how you (and more specifically your brain) learn and also sabotage you, you will feel more confident, more in control and start earning more of the grades and outcomes you desire.

There are some things you need to know before we begin. We start with the brain basics, which may be a little dull but is quite foundational to learning and using study time effectively. Once you can identify your own motivators, strengths and sabotages, you are well on your way to making the changes you need.

Remember - your biggest enemy is often yourself. You may feel tempted to just read through and skip or rush through the activities. Particularly the mini quizzes!

That's your brain tricking you and helping you avoid actually learning (which is uncomfortable) and changing. It's a great habit to start changing today (I do it too). Essentially we learn through application (doing) and repetition. This entire program is designed not just to teach you how to learn, but uses those learning principles throughout to help.

Acknowledge the dedication to change that you have taken on in starting your studies and be generous to yourself by blocking in the time to really work through - and benefit from - this program.

This is the basis of your success story. I've seen so many fail which is why we are commited to changing how people learn for the better!