ACTIVE BRAIN COGNITION

COGNITIVE TRAINING PROGRAM

PROFESSIONAL TRAINING

Manuela Palma

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PROFESSIONAL TRAINING

Designed for: Health and Education Professionals

- **Bridges Theory & Practice:** Learn to confidently apply the ABC methodology
- **Includes a Practical eBook:** A downloadable PDF guide for printing and future reference

Manuela Palma

Psychologist | Cognitive Training Specialist | International Trainer

- Author of the **Active Brain Cognition (ABC)** program.
- Specialist in Educational Psychology and Specific Learning Difficulties (Dyslexia, Dysorthography, Dyscalculia, and Attention Deficit).
- Proven experience in the links between Postural Dysfunction Syndrome (PDS) and learning difficulties.
- Consultant at Clínica Posturmed, Lisbon, Portugal.
- Diretor of the Portuguese Association of Clinical Posturology and Dyslexia.

Active Brain Cognition

The **ABC program** equips professionals with a **vast, rich, and flexible** repertoire of cognitive exercises, enabling them to **design rigorously personalized training paths**.

Whether for the **student** aiming for higher academic achievement, the **adult** seeking to optimize professional performance, or the **senior** wishing to preserve cognitive function, the program provides the tools for the professional to go beyond simply applying exercises—and to instead **inspire an authentic cognitive transformation**.

Built on Solid Scientific Pillars:

- **Directed Neuroplasticity:** To rewire inefficient cognitive patterns
- **Specificity for "Far Transfer":** So that gains translate into real-life benefits (academic success, autonomy, management skills)
- **Integrated Stimulation:** Trains the brain as a unified system, promoting agile cognition
- **Motivation as the Engine:** An engaging design that facilitates learning and memory consolidation

Active Brain Cognition is a practical and powerful tool for the professional committed to making a **real, measurable, and tangible** difference in the cognitive development of those they work with.

COURSE FEES AND INFORMATION

- Course Fee: €400
- Licensing: The course fee includes a personal license to use the accompanying eBook in your clinical practice. Participants agree not to distribute, share, or reproduce the eBook for third parties.
- Certificate: A certificate of completion will be available for download and printing upon successful fulfillment of the course requirements.