

PLAN DE FORMATION NEUROSCIENCES

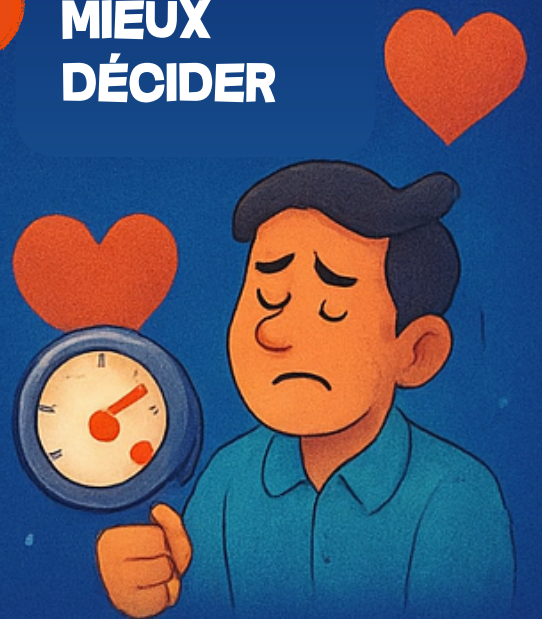
1

AMÉLIORER SA
MÉMOIRE



2

MIEUX
DÉCIDER



3

GÉRER SES
ÉMOTIONS

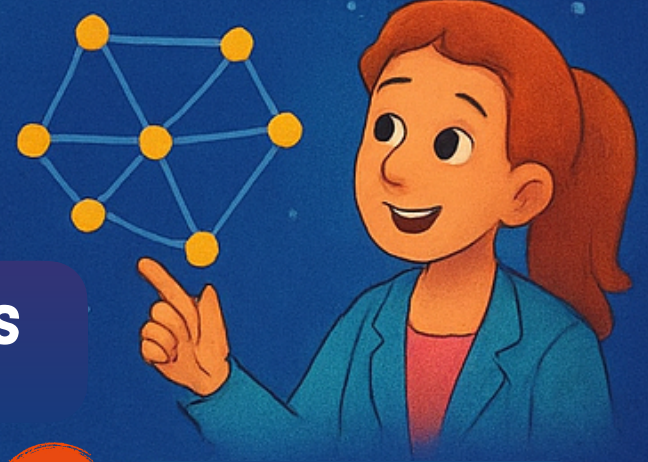
4

RENFORCER SON
ATTENTION ET SA
CONCENTRATION



5

GÉRER SON
STRESS

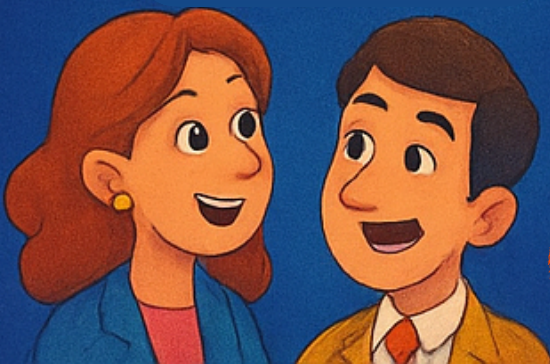


6

OPTIMISER SES
RELATIONS

7

MOTIVATION ET
STIMULATION



8

INTELLIGENCE
SOCIALE

9

LES BIAIS
COGNITIFS

