

**Timetable 7 day course**  
**Maximizing (students?) Performance through Scientific Knowledge**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>Hello everyone!</i>	<i>Goal Setting and Metrics</i>	<i>Habits Science</i>	<i>Learning Science</i>	<i>Wellness Invisible workout</i>	<i>Wellness Invisible workout</i>	<i>Saying Goodbye!</i>
<b>9:00-11:00</b>		Introduction to the concepts of OKRs (Objectives and Key Results) and KPIs (Key Performance Indicators).  How to define SMART objectives.	Exploration of the scientific foundations of habits and their impact on efficiency.  Techniques for identifying and changing unproductive habits and maximize the good ones.	Introduction to cognitive neuroscience and its influence on performance.  Effective learning techniques and methods for retaining information	Wellness and adaptive intelligence, the energy budget.  Importance of physical activity in cognitive performance and productivity.	Mindfulness practices and stress reduction techniques  Practical exercises	<b>9:30 - 11:00</b>  Sharing good practice!  Find a partner - project
<b>11.00-11:30</b>		<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>
<b>11:30-13:30</b>		Practical workshops for setting specific goals and metrics for each participant.	Practical sessions for implementing effective habit changes.  Tracking habits.	The review of the content and the forget of the brain.  Practical exercises to apply learning techniques.	The science of sleep and methods to enhance sleep quality for improved performance.	Nutrition and how dietary choices affect mental performance.	<b>11.30 - 13:00</b>  Evaluation and Awarding diplomas
		<b>FREE LUNCH</b>	<b>FREE LUNCH</b>	<b>FREE LUNCH</b>	<b>FREE LUNCH</b>	<b>FREE LUNCH</b>	
<b>Afternoon Activity</b>	<b>17.00 - 19.00</b> Registration at course centre & Icebreaker dynamics					<b>18:30 - 20:30</b> Cultural evening	