

Mental Fitness

Date : Every 1st Tue of the month
Time : 7 pm – 9.30 pm
Venue : Sophia Centre
Facilitator : Adrian Teo
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An INTELLECTUAL PURSUITS Learning Community

Start Date: 6 May 2014

Your physical age is one thing. Your biological age is another. Are you biologically younger or older than your physical age? This depends on your fitness. And your fitness depends how you exercise critical organs such as your heart and your brain. This learning community focuses on achieving mental fitness:

- Using recent research on the brain
- Exploring ways we look, see, think and act
- The ORCHIDS model

Session 1: The Intra-psychoic Process of Learning

6 May 2014

Basically this is about how we look, see, think and act. Deepen your awareness and learn how to do so effectively.

Session 2: Learning Through the Ages 3 Jun 2014

Learn a recommended process based on brain research, that can enable us to be more effective in our own learning as well as in teaching others. Familiarity with the process will change the way we learn and our choice of methodologies and techniques.

Session 3: IQ, EQ, PQ & AQ – How are you intelligent? 1 Jul 2014

Being masterful in learning requires the use of various forms of intelligences. Assess our own preference and choice of intelligences and find a balanced approach to our own intellectual development.

ORCHIDS Model
Learning Orientate Insight
Relate Oversight
Commit Foresight
Habitat Hindsight
Invest Breakthrough
Dedicate Workthrough
Sustain Flowthrough

Learning Facilitator

– Adrian Teo

Adrian Teo, BA (University of Malaya), MSC (Durham University). His human resources development work took him to some 57 countries around the world. As a cross-cultural enthusiast, competency-based trainer and adventure learning facilitator, Adrian consulted with both private and public sector clients in the region. A father of two and a grandfather of three, Adrian serves as a spiritual elder, marital counselor and personal growth coach.

Further sessions will depend what members are interested in.

4. Insight Development: Getting to Aha! - 5 Aug 2014
5. The power of the mind – mindful learning - 2 Sep 2014
6. Differentiating between learning and thinking - 7 Oct 2014

Explore the workings of your mind. Learn to be effective. Enhance your mental fitness.