

Free Five-Day Challenge: 5 Quick Brain Hacks for Success
From Melanie Hoffner

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Watch the short Facebook Lives daily at 9:30 AM CT when Melanie will explain the “Brain Hack of the Day.” You can watch them anytime later.

Quick Brain Hacks include:

- Brain Warm-up©
- The Power of the Pink Elephant©
- Avert “Red Alert!”©
- Shift Your Self-Talk from Critic to Coach©
- Worry Smarter©

Join the Challenge Facebook group at <https://bit.ly/BrainHackChallenge>. Join any time during Employee Learning Week!

Additional details:

- Share your experience in the community for chances to win a prize.
- Bonuses and surprises included.
- If you have questions, contact Melanie Hoffner at 319-270-8378.