



Wellbeing Fitness Challenge

STUDENT

Neuroscience has shown that with every new experience you have, your brain changes and that you can grow your brain’s abilities in all areas of your life. Just as you boost your physical fitness by regularly working out, the wellbeing fitness challenges stretch your abilities to grow your wellbeing.

TELL ME MORE

Interested Listening – when listening to others, before I speak I will ask them to tell me more about what they are talking about at least three times.

