



# STRONGER BRAINS

Help your clients reach their full potential

At Stronger Brains, we believe in the power of neuroscience to transform the lives of children struggling with learning and behavioral challenges. Our evidence-based program is designed to help children between the ages of 10 and 18 improve cognitive skills, including attention, processing speed, working memory and executive functioning, and social emotional health.

## Scientific Approach

Our scientific approach is led by Dr. Michael Merzenich, a world-renowned neuroscientist, Professor Emeritus at UCSF, and a pioneer of brain plasticity research. Brain plasticity refers to the brain's ability to adapt in response to experiences and environment. Our brains are constantly developing, throughout childhood and adulthood, and are shaped by various factors such as our social interactions and sensory inputs.

Dr. Michael Merzenich's research on brain plasticity has shown that targeted and intensive training can promote positive neurological changes in children, leading to improved cognitive function, better academic performance, and even increased self-esteem, emotion regulation and overall mental wellness.

Stronger Brains is a program developed by Dr. Merzenich and his team based on this research. It provides a platform for children to engage in fun and challenging activities that are designed to stimulate brain plasticity to enhance neurocognitive abilities and strengthen emotion control, self-regulation, positive self-image and a growth mindset.



## Research Outcomes

The brain plasticity-based training exercises on our platform were rigorously designed and evaluated in more than 200 peer-reviewed studies that demonstrate their positive impacts in individuals with cognitive and mental health challenges, and general populations.

### Cognitive Skills

After completing Stronger Brains, children showed significant improvements in a range of key cognitive skills including attention, working memory, processing speed, and executive control.

**Processing Speed**  
Visual & Auditory

**10%**



**14%**

**Attention**

**Executive Control**

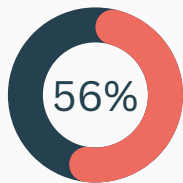
**25%**

**8%**

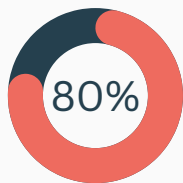
**Working Memory**

These improvements showed no decline two months following the completion of training.

### Social emotional health



56% of children identified as at risk for mental health challenges using the SDQ were no longer at risk after completing Stronger Brains.



80% of children showed overall positive gains in behavioral regulation and resilience.

Children showed improvements in four key areas of behavioral health and total difficulties.

