



Are you activating your brains full potential? Todd Sampson's Brain Power keynote will show you how to **strengthen your brain as we get older** instead of just waiting for our brains to become slower and less effective. Todd is a walking example of how ageing has absolutely nothing to do with your brain capacity you have at any given time. He is also an example of how pushing your brain (and your body) to the limits can reinvent your brain to become a powerful tool in solving challenges and achieving goals.

Working with some of the most famous brain and science experts in the world, Todd's presentation will provide practical tools on how all of us can improve our brain power and creativity at any time.

Let Todd take you on a journey to increase your brain power and creativity including:

- Behind-the-scenes look at his research method and findings
- Strategies for creating a consistent lifestyle of strengthening your brain
- Specific tools for exercising different parts of your brain
- Personal stories about his career as a successful businessman, program host and adventurer
- Unique tips for enhancing creativity to solve business and life challenges