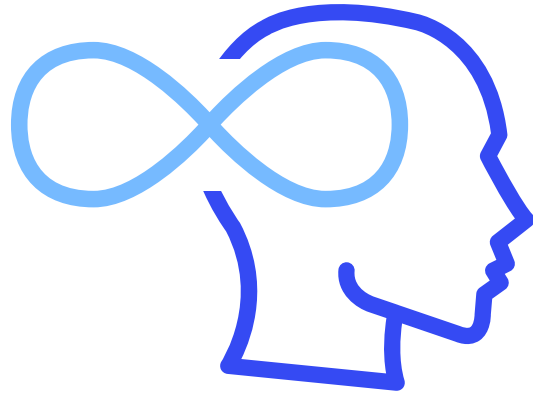


Shai Tubali, PhD.



Ageless Minds

KEYNOTE TOPIC & OUTCOME

Cultivating Cognitive
Flexibility to **Combat Mental
Aging**

YourFlexibleMind.com

Cultivating **Cognitive Flexibility** to Combat Mental Aging

As humans age, it becomes increasingly important to maintaining mental sharpness and vitality. While traditional approaches to combating cognitive decline focus on physical health and lifestyle, true mental agility comes from nurturing a flexible mind. Shai Tubali offers a groundbreaking perspective on aging, highlighting how increasing our cognitive flexibility will slow down mental aging and enhance quality of life.



Audiences get enthusiastic when they realize they are not victims of time, but masters of their own destiny.

YourFlexibleMind.com

In this keynote, each participant will discover how to:

01. Connect how Mental Aging is AT LEAST as important to counteract as physical aging:

Explore how mental rigidity contributes to cognitive decline and limits our capacity to adapt. Shai will explain the connection between fixed thought patterns and the aging mind, challenging conventional views of aging.

02. How to Cultivate a Youthful Mindset:

Shai will present SEVEN strategies for cultivating a youthful and vibrant mind at any age. Shai will share techniques for fostering curiosity, creativity, and adaptability, empowering individuals to remain mentally agile throughout their lives. Audiences get enthusiastic when they realize they are not victims of time, but masters of their own destiny.

03. Enhance Neuroplasticity Through Flexibility:

Two decades ago, people were told that by adulthood, their brains would disintegrate, often into senility, as they aged. Now we know that with proper brain maintenance, neuroplasticity – the ability of our brains to form new connections and strengthen old ones – can help us pack more life into our years. Using the principles of Cognitive flexibility, Shai will reveal that we each get a chance to have a healthier brain, no matter our genetics.

In this keynote, each participant will discover how to:

04. How to Not Get Stuck on Yourself:

It turns out that continuous learning is one of the major pillars of a flexible mind, whether that's trying new recipes, vacationing in new places, finally taking guitar lessons, or learning the rules of a new game or sport. The benefits are amplified when we take a moment to reflect what we're learning and tuck it away in "deep storage" so that we can use it in the future.

05. Develop Resilience Against Cognitive Decline:

Explore how a flexible mind can build resilience against the challenges of aging. Shai will discuss how mental flexibility can help individuals adapt to changes, manage stress, and **maintain a positive outlook.**