

# Eleventh in a Series of Webinars for Advanced Instructor Development

The foundation of any instruction is to facilitate learning which means changes in the brain. This training will help you to understand the process underlying the learning of physical and mental skills as an adult. The scientific term “neuroplasticity” means the ability of the brain to change in response to experience. There is a growing amount of research on it and how to increase neuroplasticity. This Neuroplasticity (brain change) has 3 components which can be maximized by students and instructors.

**Monday, July 12th**  
**9:00am – 10:00am PST**  
**2021**

## LEARNING OBJECTIVES:

1. Define the scientific concept of “neuroplasticity” and describe its relevance to Law Enforcement Instructors.
2. State the “3 Gates” to neuroplasticity currently understood and how to increase each of them.
3. Describe how to use the concept of “Growth Mindset” to enhance the ability for continued focus and learning sessions.
4. Describe one strategy for training to increase your ability to focus.
5. Identify the optimal length of time for a learning / focus session.

### Registration information:

<https://attendee.gotowebinar.com/register/8319957621633564174>

Webinar ID: 584-781-387

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# OPTIMAL Learning



## JEFF JOHNSGAARD

Jeff Johnsgaard is a Canadian police officer in his 18th year and currently a Detective Sergeant. He is a trainer for his agency and the police college, a Nationally Certified Instructor under IADLEST, certified by Force Science Research® as an Advanced Analyst, and trains decision-making and use of force internationally with his company Natural Tactical ([www.NaturalTactical.com](http://www.NaturalTactical.com)) and consults with several others.

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