

Crafting Neuro-friendly Voice Lessons

Three elements that work with the brain for long-term learning.

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Time

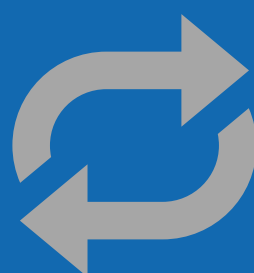


Allow enough time in individual lessons and over the long term for the brain to make new synapses and neural pathways.



Repetition

The brain strengthens synaptic connections when tasks are repeated, making the outcome more reliable and predictable.



Sleep

The brain uses sleep to move skills and memories from short term to long term memory storage.

