



FIRST RESPONDER LEADERSHIP COURSES

The Healthy Brain Leader

How Brain Health Shapes Leadership, Decision-Making, and Team Wellness

Instructor: Dr. Bernard Franklin

Module 1 — Nutrition & Hydration

Learning Objectives

Participants will:

- Explain why brain health begins with proper nutrition
- Identify foods that improve cognitive performance
- Understand the effects of dehydration on decision-making
- Create a simple daily nutrition and hydration plan

Key Concepts

- The brain is the engine of leadership.
- Food is information for your brain.
- Processed foods reduce performance.
- Water is essential for mental clarity.
- Caffeine cannot replace hydration.

Module 1 — Nutrition & Hydration

Leadership Action Guide

How many glasses of water do I drink daily? _____

How many processed snacks do I eat each shift? _____

Three healthy foods I can add this week:

1. _____
2. _____
3. _____

One unhealthy habit I need to replace: _____

Leadership Reflection

How might better nutrition improve my leadership during stressful situations?

