

YOUR BRAIN ON KALE

BRAIN BULLETIN



By **TERRY SMALL**
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KALE is a superstar. But when was the last time you ate it? Kale is good medicine for your brain. It is nutrient-dense and can help keep your brain (and body) running well.

A cup of raw kale has only 33 calories and zero grammes of fat. Moreover, consider these facts about the humble vegetable:

- amps up your detox power (bioactive compound called sulforaphane helps this)
- promotes longer life (natural compound kaempferol aids this)
- improves your overall sense of optimism (natural pigment carotenoids help this)
- is packed with antioxidants
- is a great source of omega-3 to support the fat in your brain
- is low in carbs, so there is no spike in blood sugar
- reduces inflammation (inflammation is a brain killer)
- is packed with Vitamins A, C and K
- has a fair bit of protein
- is a good source of minerals such as copper, potassium, iron, manganese and phosphorus
- lowers bad cholesterol

All this adds up to kale being a superstar food for your brain.

BRAIN SUMMER SMOOTHIE RECIPE

- 1 Get a good blender and put in a little water.
- 2 Add organic apple or pear (or a bit of both) – leave skin on but remove seeds.
- 3 Half a banana and add one pitted date.
- 4 Add a handful of kale (other leafy greens work too) – a good ratio is 40% greens and 60% fruit
- 5 Add more water, if necessary.
- 6 To up it even more, add a bit of avocado and kelp powder.
- 7 Blend until smooth.

Expect a surge of energy and brain focus. These foods contain the amino acids tyrosine and tryptophan. The combination of leafy greens and fruits boost dopamine and serotonin. Dopamine boosts your attention and memory whilst serotonin improves your mood and learning, and curbs appetite.

Remember this:

“A PERSON TOO BUSY TO TAKE CARE OF HIS HEALTH IS LIKE A MECHANIC TOO BUSY TO TAKE CARE OF HIS TOOLS.”
— SPANISH PROVERB

So, try to eat more kale. A cup of “brain summer smoothie” might be a good place to start (see recipe).

You can also use kale to:

- act as a ‘bed’ for chicken or fish
- add to your pasta
- add to your salad
- make kale chips

■ Terry Small is a brain expert who resides in Canada and believes that anyone can learn how to learn easier, better, faster, and that learning to learn is the most important skill a person can acquire. For more brain bulletins, visit www.leaderonomics.com

THE EVOLVING ROLE OF HR

By **TISHAL RAI**
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HUMAN resources (HR) practitioners from top organisations in Malaysia recently had the opportunity to attend an event focused on new learning and ideas that ranged from ‘Developing leaders for a globally competitive Malaysia’ to ‘Big data: Data analytics in HR’.

Andreas Lohff, co-founder and CEO of the cut-e group which organised this day of learning, kicked off the event with an overview of the current use and trends of psychometric assessments in today’s dynamic market.

One of the most crucial processes of HR is analysing performance data. While some of the key issues in HR include productivity, customer satisfaction, absenteeism and turnover, HR data can be converted into data that are important to the board.

Dr Goh Chee Leong, dean of the School of Psychology Malaysia and vice president of HELP University, gave his keynote on the subject “Human Potential Beyond IQ”.

Running through a comparison of different theories, he said that “ability tests are a reliable value measure and a significant predictor of academic and work performance”.

A lot of research and case studies prove that psychometric tools, when utilised in an efficient and constructive manner,

help companies to identify people with the accurate capabilities and cultural fit to deliver optimal and measurable business results.

Elisa Dass (pictured bottom right), head of talent assessment for Leaderonomics shared her views on utilising assessments when recruiting leaders.

She mentioned that it is important to understand that there are different leaders for every stage of an organisation, and to map a route of where you are heading to.

A CASE STUDY

John McLaughlin, commercial director of cut-e Singapore, presented a case study on Scoot Airlines and its selection criteria for every role.

In May 2011, the current CEO (then, the general manager of Japan) was asked to create an airline in 12 months and everything that goes along with it!

With their most crucial and difficult task being to source a wide variety of people quickly, McLaughlin stated that utilising the right mix of tools ensured that Scoot hired the strongest performers who are most likely to stay, whilst minimising weak performers who are most likely to leave. This also leaves room for an organisation to increase its focus on development.

Attendees of this event found it to be very beneficial as they were able to take home a variety of solutions and recommendations for their organisations.



(Top) From left: John McLaughlin, commercial director of cut-e Singapore, Sharma KSK Lachu, CEO of cut-e Malaysia with Andreas Lohff, co-founder and CEO of cut-e group



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