



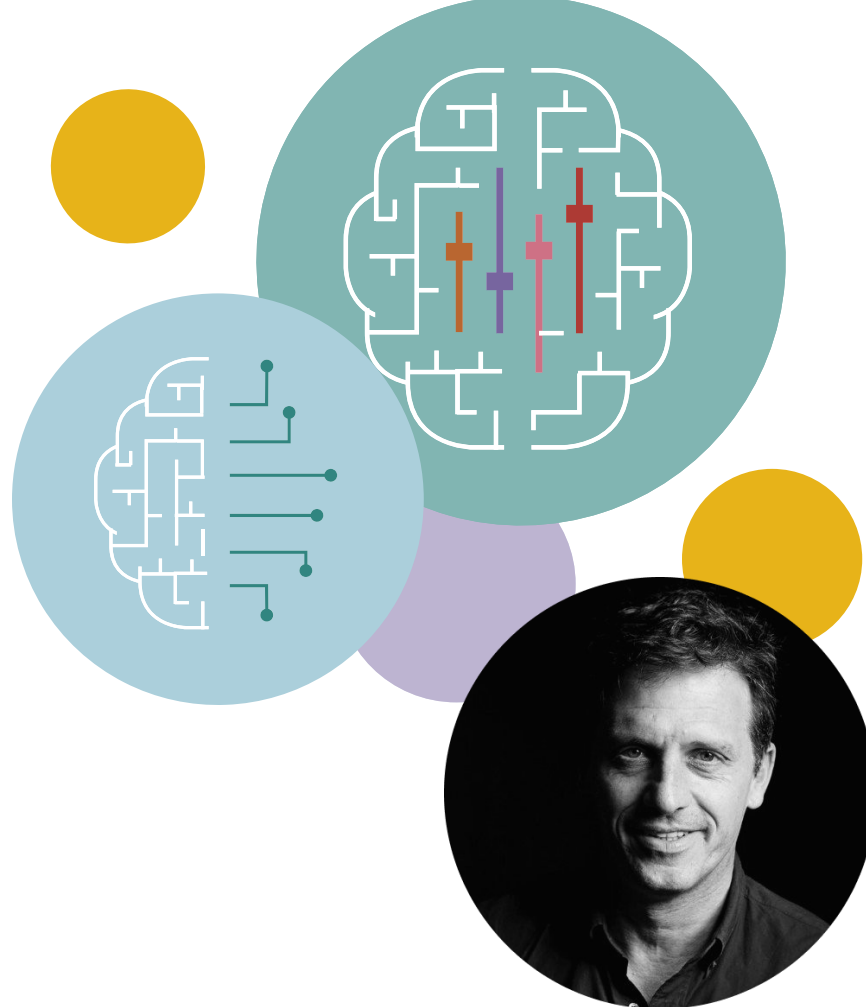
Masterclasses for Leaders

Cutting-edge applied neuroscience

Profound **neuroscience insights** to protect your people against **burnout** and to harness **high performance**

What you can expect

- Learn how to apply neuroscience-based leadership insights
- Get practical tips to hack your personal performance
- Apply knowledge of the brain and systems thinking in the workplace
- Understand how true resilience works and its role in sustainable growth
- Learn how to build resilience collectively
- A model of self-leadership, and leadership of others, that can be applied in any collective human setting
- Insights drawn from neuroscience, simplified and applicable



Benefits of attending

Using his deep knowledge of the brain-body system, analytics, and systems thinking, Etienne shares revolutionary thoughts on applying behavioral neuroscience principles at work.

These masterclasses enable leaders to not only keep their people well, but (through building resilience) to unlock the true potential of themselves and of their teams. Leaders can expect to gain a deep understanding of the themes that build collective resilience and drive high performance.

These interactive masterclasses equip leaders with profound insights on how we as humans work for high yield, naturally and collectively.

Etienne has a gifted ability to simplify the complex, to help leaders shift their mindsets, and to apply cutting-edge neuroscience for themselves and their people for sustained high-end business leadership.



Duration

There are three options:

- **Most Popular Half-day (3-4 hours):**
We recommend the Half-day session.
This is the most popular masterclass and provides good context and detail for an insightful leadership journey.
- **Two Hours:** Quick working overview of Insights for leaders.
- **Full day (6 hours):** We add practical information for decision-making and action planning.

Content highlights

- Understanding burnout and mental unwellness and its impact on performance
- Resilience as foundational to how we do business
- How the brain builds social safety throughout life, at work, and at play
- The neuroscience of team innovation
- The science of mindset and mindfulness
- Maximizing high performance energy for best yield
- Understanding the neuroscience behind rhythms (sleep, exercise, nutrition, and silencing the mind) and their impact on performance
- Systemic resilience and the dynamic nature of high performance - The Neurozone® Equilibrium



Interactive Masterclass facilitator:
Dr Etienne van der Walt
Neurologist, CEO and co-founder of Neurozone®



More about Dr Etienne van der Walt

Etienne is an accomplished neurologist with a special interest in psychoneuroimmunology and systems biology. Etienne's 14-year career as a clinical neurologist means he has a deep understanding of the anatomy, biology, and physiology of the brain and the human nervous system.

For another decade, Etienne has been spearheading Neurozone®, a neuroscience business dedicated to the application of brain science and analytics to enhance true resilience and high performance capacity.

"The Neurozone high performance masterclass was an inspiring, transformational, and life-changing experience both in my work and personal life.

Viewing leadership through the lens of neuroscience gave me an interesting new perspective to everything I have been teaching about leadership for the past 30 years. Dr van der Walt brings credibility and authority to the world of leadership and opens up minds to provide clarity on how to develop behavioural change in both yourself and others.

He masterfully presents a topic as mysterious and complex as the human brain in a way that I can actually utilise in both individual and team coaching and leadership development interventions. Thank you for the excitement you create for neuroscience and its opportunities for building resilient leaders and organisations. It was a masterclass indeed!"

Tessie Herbst

Tshwane University of Technology, Academic Leadership Development

"Dr. Etienne van der Walt provides profound insights into human performance. His online masterclass facilitation course is a powerful tool for leaders and organizational development professionals seeking accurate and practical applications of neuroscience in business."

Carlos Arce

Organizational development specialist, facilitator and company leader – customer experience at Elation

Get in touch