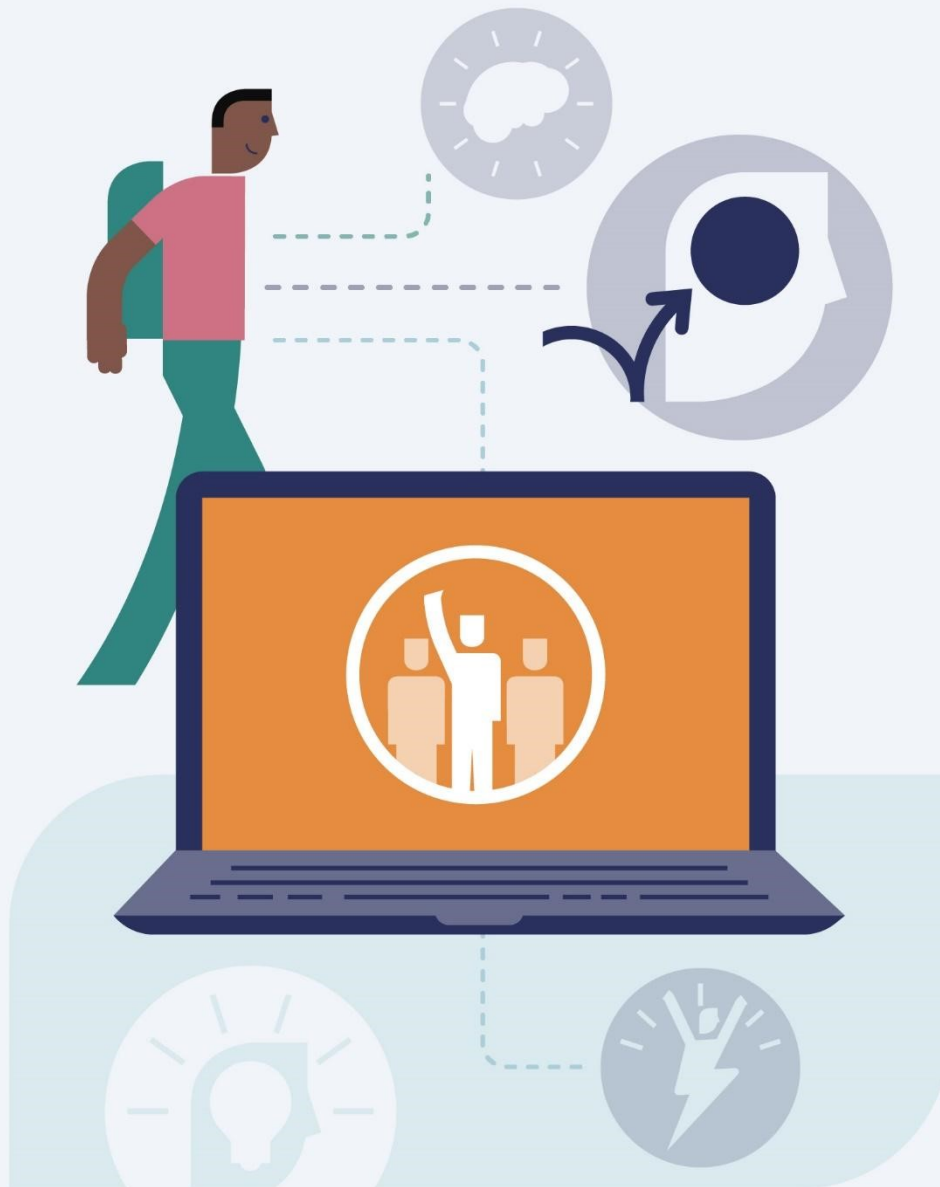




neurozone®



Neurozone® High-Performance Course Prospectus

About the Course

By blending behavioral brain diagnostics and neuroscience insights, the Neurozone® High-Performance Course will teach you how to optimize your brain-body system for high-performance and how you can utilize this knowledge to support other individuals and teams to take their performance to the next level too. The High-Performance Course consists of either a six, eight, or twelve-week online commitment covering the theory of behavioral neuroscience and drivers of brain performance that inform resilience and high-performance readiness. The course requires self-study and includes detailed podcasts and webinars presented by our thought leader, Dr Etienne Van Der Walt



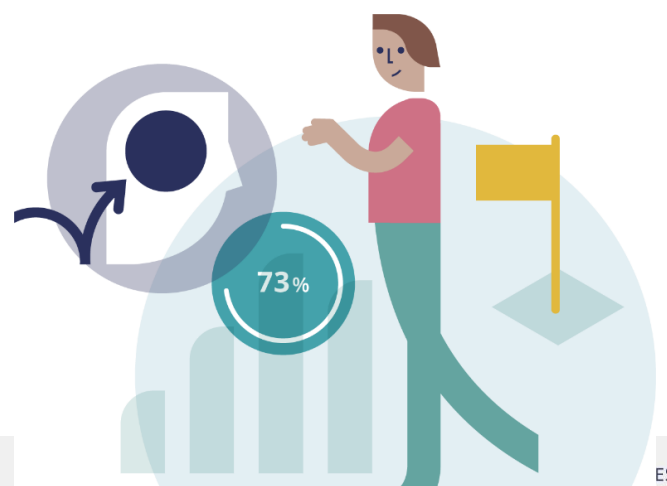
The Neurozone® High-Performance Course will enable you to:

- Gain deep insights into the workings of the brain and how the brain/body system functions to build resilience for individuals, teams and organizations
- Learn about the High Performance Domains that inform the behavioral code for high-performance
- Understand the impact of mindset on the brain/body system
- Deepen your understanding of the internal representations that we make and the templates that we build through memory, genetics, and experience
- Understand how the individual- and group brain synergize and how we aggregate for higher yield, to improve our thriving in a rapidly evolving world, but also to ensure we stay well and live well by optimizing certain performance drivers
- Integrate different practices into your life and your workplace to improve your resilience and high-performance and of those around you

Course Structure

The course takes roughly 24 hours to complete, therefore, it would take:

- 6 weeks – 4 hours per week, or
- 8 weeks – 3 hours per week, or
- 12 weeks – 2 hours per week



- Neuroscience-based insights are presented through a variety of creative media, including animated videos, podcasts, and our interactive 3D model of brain performance.
- It includes quizzes at various stages to test your knowledge and help you reflect on what you have learned.

Course Content Outline

Orientation	<ul style="list-style-type: none"> · Orientation · Introduction · Part 1: From Wellness to High Performance · Part 2: The Brain-Body System
Module 1: Brain-Body System Optimization	<ul style="list-style-type: none"> · Seminar 1: Brain basics 1 · Seminar 2: Brain Basics 2 · Seminar 3: High Performance Readiness · Seminar 4: High Performance Resilience · Tutorial 1: High Performance Readiness – Themes & Basics
Module 2: Understanding the Domains & Paths	<ul style="list-style-type: none"> · Domain 1: High Performance Rhythms · Domain 2: High Performance Energy · Domain 3: High Performance Connectors · Domain 4: High Performance Transformers · Domain 5: High Performance Innovators
Module 3: Chronic Stress, Resilience, & the Five Domains of High Performance	<ul style="list-style-type: none"> · Chronic Stress & Brain-Body System Implosion · Resilience Revisited · Enhancing Resilience · The Synthesis – Putting it all together
Additional resources	<ul style="list-style-type: none"> · Science Library · 3D Model of Brain Performance · Sample Personal Report

Who Is This For?

The Neurozone® High-Performance Course is ideal for: Any individual interested in improving resilience and high-performance – personally, or in a team or group:



Organizational and institutional leaders who are serious about team synergy



High Potential Leaders as part of their leadership development journey



Professionals:
Industrial Psychologists
Organizational Development Specialists
Teachers
Physicians

Why Neurozone®?

Advances in neuroscience for the first time enable a much more comprehensive and integrated understanding of how structure and function of the intricate brain/body system drives decision making, behavior, and change. This is critical for anyone who wants to support the next generation high performer, who has to continuously be at their best in an increasingly volatile and complex world. Through our training you will gain profound insights into the neuroscience of resilience and high-performance readiness, equipping you for self enhancement, and the ability to guide individuals and teams to brain-body system optimization to build resilience, unlock high-performance, reduce stress, and prevent burnout.

At Neurozone® we have dedicated subject matter experts in the fields of neuroscience, neuropsychology, behavioral analytics, neurology, and coaching, who are passionate about scientific integrity and discovery. Through the practical application of current, validated, peer-reviewed neuroscience, we have developed a model of brain performance that links neuroscience markers with human competencies to deliver effective solutions that optimize resilience and high-performance readiness. As part of a dynamic process, we use a neuro-analytical code that

continuously informs our users about their highest impact recommended behaviors and states for optimal outcomes.

Neuroscience Theory Support and Facilitation

Dr Etienne Van Der Walt

Etienne is an accomplished neurologist, cognitive neuroscientist, and authority in early childhood brain development. Etienne's 14-year career as a clinical neurologist has given him a deep understanding of the anatomy, biology and physiology of the human brain and nervous system. In more recent years, his professional and personal fascination with the remarkable discoveries coming from the various brain sciences has led him to believe in the vast potential to enhance brain performance and a state of thriving. Etienne worked as a neurologist in South Africa, the UK, and the Netherlands, and speaks to diverse audiences of professionals, educators, and parents about the amazing human brain. Etienne is a key contributor at the annual global McKinsey think-tank on advancing adult learning.

