



neurozone®

A man with short dark hair and a beard is sitting on a light-colored sofa. He is wearing a dark, long-sleeved shirt and is looking down at a notepad he is holding in his hands. He has a pen in his right hand, ready to write. The background is a blurred indoor setting with a bookshelf and some framed pictures.

# Neurozone® Premium Course

UNDERSTANDING THE NEUROSCIENCE  
OF HIGH PERFORMANCE

# About the Course

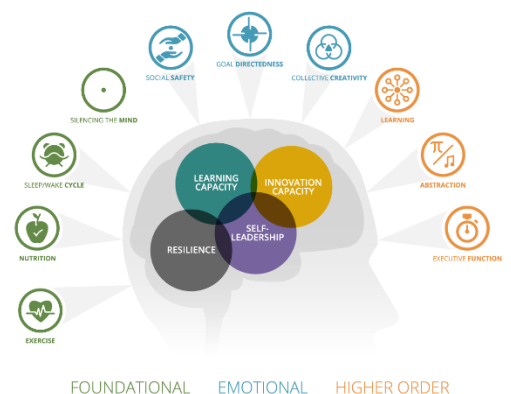
By blending behavioral brain diagnostics, neuroscience insights, and robust coaching methodologies, the Neurozone® Premium Course will teach you how to support individuals and teams to become the best version of themselves. The Premium Course comprises a six-week online commitment covering the theory 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, an accomplished neurologist, cognitive neuroscientist, and authority in early childhood brain development.

The Neurozone® Advanced Course (see the Neurozone® Advanced Course prospectus) has been designed to build on the Neurozone® Premium Course. Therefore, we highly recommend completion of both courses in one go to accelerate the transformation of your coaching practice.



## The Neurozone® Premium 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 drivers of brain performance 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
- Have access to the Neurozone® Methodology, Reports, and Tools informed by our continuously optimized Behavioral Code and Analytics
- Receive 20 CCEs for credential renewal in the area of Resource Development (ICF)



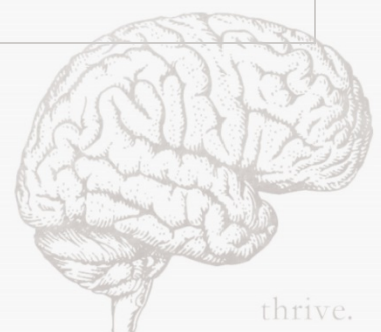


## Course Structure

- A six-week online commitment. Dedicate between 4-6 hours per week over the course of six weeks to work through all theoretical modules
- Neuroscience-based insights are presented through a variety of creative media, including animated videos, podcasts, and our interactive 3D model of brain performance

## Course Outline

|   |  |
|---|--|
| Orientation                                     | <ul style="list-style-type: none"> <li>• Introduction</li> <li>• Positioning brain performance</li> <li>• From wellness to high performance</li> </ul> |
| Module 1  | <ul style="list-style-type: none"> <li>• Brain basics</li> <li>• Model of brain performance</li> <li>• Thriving</li> </ul>                             |
| Module 2  | <ul style="list-style-type: none"> <li>• Unpacking the 10 drivers of brain performance</li> </ul>  |
| Module 3  | <ul style="list-style-type: none"> <li>• Chronic stress</li> <li>• Resilience</li> <li>• Self-leadership</li> <li>• Problem solving</li> </ul>         |
| Additional marketing tools and product training | <ul style="list-style-type: none"> <li>• How to use the Neurozone® Methodology in companies</li> </ul>   |



## Who is this for:

High-performance coaches with any of the following:



An ICF (or equivalent) accreditation



A minimum of two years' experience



A qualification equivalent of Diploma status

## Neurozone® Course Fees 2021

|  |   |
|--|---|
| Neurozone® Premium Certification Course (NPC)  | R13 500 excl VAT / US\$ 1 350 / AUS\$ 1 725 |
| Neurozone® Advanced Certification Course (NAC) | R13 500 excl VAT / US\$ 1 350 / AUS\$ 1 725 |
| Register for NPC & NAC within 6 months         | R25 000 excl VAT / US\$2 500 / AUS\$3 200   |

## 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 any coach 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 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.

## Course Convener and Facilitator:

### **DR CHRISNA SWART**

Chrisna is a qualified and experienced neuroscientist and coach. After obtaining a degree in psychology, an honors degree in genetics, and a masters and doctoral degree in medical biochemistry at Stellenbosch University, Chrisna spent her research career studying brain region susceptibility to decline vs. the potential for renewal and plasticity. Following her research career, Chrisna decided to leave the laboratory to investigate the complexity and impact of human behavior on wellbeing from the outside in by embracing the world of coaching. Chrisna completed her certification in Integral® Coaching at the University of Cape Town's Graduate School of Business Centre for Coaching followed by her Neurozone® certification. Through the teaching and application of integrative behavioral neuroscience, Chrisna's coaching clients include both patients with neurological or chronic conditions, as well as healthy individuals aiming to achieve overall wellness, resilience, improved performance and improved quality of life. In 2020, Chrisna joined the Neurozone® team as the Head of Neurozone® Coaching Solutions.



## 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.

