



neurozone®

Neurozone® Advanced Course

INTEGRATING NEUROSCIENCE FOR
HIGH-PERFORMANCE COACHING

About the Course

The Neurozone® Advanced Course is a deep dive training through six live online sessions dedicated to the practical integration of neuroscience theory into your coaching practice. The Advanced Course 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 course is facilitated by Dr Chrisna Swart, a trained and qualified neuroscientist and coach.



The Neurozone® Advanced Course will Enable You to:

- Design your coaching approach using the principles of integrative behavioral neuroscience
- Gain coachable insights of the neuroscience of mindfulness and high-performance energy
- Offer unique and effective coaching solutions that will transform individuals and teams
- Optimize your own brain/body system and in the process propel your coaching to the next level
- Join our community of Advanced Coaches for enhanced networking opportunities
- Receive practical, hands-on training of the Neurozone® Reports and Tools to significantly boost the scientific rigor of your client-offering
- Receive 20 CCEs for credential renewal in the area of Resource Development (ICF)

Course Structure

- A minimum of 12 and a maximum of 20 participants per intake
- Six interactive, live online sessions (one session per week) of 2 hours each
- One 60- to 90-minute one-on-one session with the course facilitator for individual evaluation and personalized integration discussion
- Pre-session material may include readings (applicable articles), informational videos, webinars or podcasts
- Each session will entail practical integration of the session topic through grouped break-out sessions to brainstorm multiple approaches, unpacking coaching case studies, and coaching simulation pods, followed by live group feedback and discussions
- Use of interactive online presentation tools
- Homework after each session may include a self-reflection practice; application of session material into ongoing coaching activities; and/or grouped homework for practical simulations and discussions

Course Intake Dates for 2021

11 JANUARY 2021

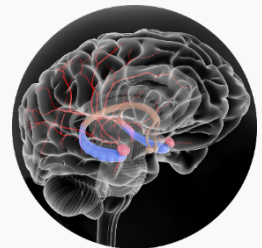
8 MARCH 2021

3 MAY 2021

28 JUNE 2021

23 AUGUST 2021

18 OCTOBER 2021



Course Outline

Session 1	Translating Neuroscience Links to Coaching Nomenclature	<ul style="list-style-type: none"> · Review theoretical component · The underlying neuroscience principles of the brain/body system represented in multiple coaching approaches and coaching languages · Relating the Neurozone® Report drivers and behavior recommendations to the coachee's personal goals
Session 2	The Neuroscience of Mindfulness & Silencing the Mind	<ul style="list-style-type: none"> · Tools to measure the effects of behavior change for optimized goal setting and achievement · Objective self-observation to enhance self-awareness · The neuroscience underlying a mindful way of being

Session 3	High Performance Energy	<ul style="list-style-type: none"> • The ways in which reward centres in the brain facilitate habit formation and behaviors • Practical coaching guidelines to optimize goal setting • Behaviors that boost vs. deplete energy for high performance.
Session 4	Connection, Transformation & Energy	<ul style="list-style-type: none"> • The neuroscience underlying human connection and how it relates to resilience and high performance • Behaviors that inform social safety and collective creativity related to high-performance energy and transformation • Practical tools for optimizing the social safety of the coach-coachee relationship
Session 5	Transaction, Transformation & Energy	<ul style="list-style-type: none"> • How behaviors are formed • How to approach changing behaviors for transformation • The Neurozone® Coaching Model • Practical guidelines for incorporating the principles of behavioral neuroscience into coaching practice
Session 6	Coaching process design & using the Neurozone® Report	<ul style="list-style-type: none"> • Sharing of neuroscience-integrated coaching approaches • Utilization of Neurozone® Reports and Tools • Group discussions on practice design going forward
Session 7	Evaluation & Personalized Integration	<ul style="list-style-type: none"> • Each participant to book a 60-90-minute one-on-one session with the course facilitator for evaluation and discussions around personal coaching methodology • Certification to be finalized following evaluation

Admission Requirements

The Neurozone® Advanced Course is for coaches who successfully completed the Neurozone® Premium Certification course along with any of the following:



An ICF (or equivalent) accreditation



A minimum of two years' experience as a coach



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 as a coach 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.

