

Neurozone® High Performance Leadership Course

Develop a deeper understanding of neuroscience and how to unlock resilience and high performance for leaders.



Purpose

Transform your personal leadership with cutting-edge neuroscience concepts and thinking. We interpret and simplify the complex to help you assimilate the invaluable knowledge and insights of resilience & high performance. This 12-week interactive online course and personal journey will help you to understand and integrate the Neurozone® performance drivers for significant personal enhancement, and equip you to take your team performance to the next level.



What Others Say

“Understanding how the brain works helps leaders to better understand how processing information, problem-solving, and making decisions impact those around us. Dr Etienne’s easy, conversational style of delivery and engagement makes the acquisition of knowledge and the ability to apply simple and realistic, which definitely assisted me to assimilate the lessons learnt and capabilities acquired. Would recommend this to any leader striving to achieve success in their role and equipping themselves for the future!”

Liesl C Petersen

– Group HR: Leadership and Management Development Specialist: Nedbank

Key Benefits

- Demystify and simplify the neuroscience to sensibly integrate the neuroscience of the brain/body system for yourself and those you lead
- Cultivate a deeper understanding of how the brain and the brain/body system builds high performance and resilience for individuals, teams, and organizations
- Learn about the drivers of brain performance that inform the Neurozone® behavioral code for high-performance
- Understand the impact of mindset and mindfulness on the brain/body system

Product Characteristics / Features

- Neuroscience-based insights are presented using a variety of creative media, including tutorials with neurologist and thought leader, Dr Etienne van der Walt, animated videos, podcasts, and our interactive 3D model of brain performance

- Key themes covered:

Learn about;

- How the brain keeps us alive, ensures we survive and enables us to thrive
- The brain as a learning machine
- The neuroscience of creativity and innovation
- Neuroplasticity and how the brain continuously changes physically
- The nature of the unconscious brain and how to utilise the unconscious brain for higher performance

Study the critical importance of:

- Chronic stress and burnout
- Resilience
- Self-Leadership
- Complex Problem-solving

Discover and explore a comprehensive model of brain performance and dive deeper into the drivers of high performance:

- Exercise & Movement
- Nutrition
- Sleep/Wake Cycle
- Silencing the Mind (Mindfulness training)
- Social Safety (Bonding, belonging, identity, meaningfulness)
- Goal Directedness (High performance energy)
- Collective Creativity (Empathy, diversity, and all-important characteristics of high performance teams)
- Learning
- Abstraction (the basis of innovation)
- Executive Function (the basis of problem-solving)

Delivery Mode

- A 12-week online commitment. Dedicate between 2-3 hours per week to work through all theoretical modules
- Two live online Q&A sessions hosted by Neuroscience subject matter experts

Target Audience

- Executive teams
- Senior teams
- Middle Management teams
- Project teams
- High Potential Leaders
- Organizational Team Leaders
- Human Capital Leaders
 - Organizational Development Specialists
 - Talent Development Specialists
- Professionals:
 - Physicians
 - Lawyers
 - Teachers
 - Spiritual Leaders
 - Political Leaders



For more information, visit our website at www.neurozone.com

