



neurozone®



Neurozone® Advanced Course

INTEGRATING NEUROSCIENCE FOR
HIGH-PERFORMANCE COACHING

About the Course

By blending behavioral brain diagnostics, neuroscience insights, and robust coaching methodologies, the Neurozone® Advanced Course will teach you how to support individuals and teams to become the best version of themselves. The twelve-week course comprises of a six-week online commitment covering the theory of behavioral neuroscience and drivers of brain performance that inform Resilience and High Performance Readiness; followed by a deep dive training through six live online sessions (weekly) dedicated to the practical integration of neuroscience theory into your coaching practice. The theoretical component 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 practical component is facilitated by Dr Chrisna Swart, a trained and qualified neuroscientist and coach.



The Neurozone® Advanced 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
- 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 a 12-month free membership. Membership benefits include: product discounts, discounts for upskilling opportunities, as well as access to Archives, course content and marketing material.
- Become a Coach Consultant (CC) partner for Neurozone® with additional benefits linked to our division High Performance Organizations
- Become part of a directory of Advanced Coaches that are linked to the Neurozone® client networks
- Receive 40 CCEs for credential renewal in the area of Resource Development (ICF)



Theoretical Component

- 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.
- **Please note:** Participants need to complete the theoretical component before qualifying for the practical component, so please make sure to allocate six weeks to complete this component when you choose your intake date for the practical component.

Theoretical Component Outline

ORIENTATION	<ul style="list-style-type: none"> • Introduction • Positioning brain performance • From wellness to high performance
MODULE 1	<ul style="list-style-type: none"> • Brain basics • Model of brain performance • Thriving
MODULE 2	<ul style="list-style-type: none"> • Unpacking the 10 drivers of brain performance
MODULE 3	<ul style="list-style-type: none"> • Chronic stress • Resilience • Self-leadership • Problem solving
ADDITIONAL MARKETING TOOLS AND PRODUCT TRAINING	<ul style="list-style-type: none"> • How to use the Neurozone® Methodology in companies

Practical Component

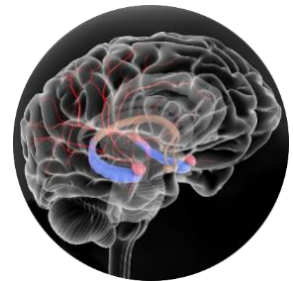
- A minimum of 12 and a maximum of 20 participants per intake
- Six interactive, live online sessions (one session per week) of 2 hours each
- Pre-session material may include readings (applicable articles), informational videos, webinars or podcasts
- Each session will entail practical integration of 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

Practical Intake Dates for 2021

25 AUGUST

6 OCTOBER

2 NOVEMBER



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



Admission Requirements

The Neurozone® Advanced Course is for coaches 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

Our Regular Price:	\$1,950.00 / R29,250.00 excl VAT
Our Discounted Offer:	\$1,306.50 / R19,597.50 excl VAT

Prices valid until 31 October 2021.

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.

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.



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.

