



Neurozone®

Advanced Course Prospectus

Integrating Neuroscience for Resilience & High-Performance Coaching

Updated 10 Jan 24

Relevance: Neurozone® at the scientific forefront



We live in a mental pandemic, a world where leaders, mentors, coaches, teachers, and healthcare professionals who work with people need a working understanding to support the people they work with. At Neurozone®, we spent a decade deciphering and synthesizing a new approach to understanding the human condition, of resilience, and of high performance. We blend clinical and behavioral neuroscience with the knowledge of living systems and then simplify complexity for everyday application. Effectively, we understand how resilience works to keep us well, to help us live a better, longer life and to enable us to perform at our best. We unraveled the science behind this and developed a method to help you optimize your people with the most impactful thinking and behaviors, all informed by our analytics in the cloud.

Join a growing number of Neurozone® Coaching professionals, by enrolling in the Neurozone® Advanced Course. You can trust our science, and our application, and you will learn to optimize your people and teams with a profound lens while harnessing them against burnout and the effects of the mental pandemic. (Note: we also offer assessment tools, which you can access through [JVR Psychometrics](#). They also offer separate [Assessment Certification Training](#) to optimize the use of these tools.)

About the course

The twelve-week course comprises of two, separate, six-week components: a 6-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 way of coaching.

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 High-Performance Domains that inform the behavioral code for high performance
- Understand the impact of mindset and chronic stress 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
- Gain coachable insights into the neuroscience of mindfulness and high performance energy
- Offer unique and effective solutions that will transform individuals and teams
- Optimize your own brain-body system and in the process propel your professional performance to the next level
- Claim 33 CCEs for ICF credential renewal (28 Core Competency Hours and 5 Resource Development Hours) if you are an ICF certified coach



Theoretical Component

- A six-week online commitment requiring self-paced learning. 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 ensure that they've worked through all the theoretical modules before joining a group for the practical component.



Theoretical Component Outline

| | |
|---|---|
| Orientation | <ul style="list-style-type: none"> • 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 |

Practical Component



- 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 include a self-reflection practice; application of session material into ongoing coaching activities; and peer coaching exercises

Practical Component Outline

| | | |
|------------------|--|--|
| Session 1 | Translation & Value Tagging | <ul style="list-style-type: none"> • Review of theory • A neuroscience lens on coaching competencies • Translating High Performance Domains to personal goals • Value tagging, unconscious attention & energy |
| Session 2 | Awareness: Mindfulness | <ul style="list-style-type: none"> • The neuroscience of mindfulness • Mindfulness as a practice • Mindfulness as a coaching tool • Brain attentional networks and high-performance energy |
| Session 3 | High Performance Energy | <ul style="list-style-type: none"> • The dopaminergic system and energy-task-assignment • Practical guidelines to optimize goal setting: Value-tagging goals • Behaviors that boost vs. deplete energy for high performance |
| Session 4 | Connection | <ul style="list-style-type: none"> • The neuroscience of human connection • Enhancing social safety for high performance energy • Enhancing collective creativity for innovation • 'Group Think' and behavior change |
| Session 5 | Action | <ul style="list-style-type: none"> • The neurobiology of habit formation • Changing behaviors: Everything affects everything • The Neurozone® Coaching Model • Energy economics: Activity design |
| Session 6 | Integration | <ul style="list-style-type: none"> • Sharing of neuroscience-integrated coaching approaches • Group discussions on practice design going forward |

The Neurozone® Advanced Course is for the following individuals

- **Certified professional coaches** who would like to earn 33 ICF CCE's for their accreditation renewal
- **Human Capital and other people development professionals** who are interested in introducing a neuroscience lens to their development practices
- **Business leaders and consultants** who want to cultivate a coaching approach to their leadership practices
- **Well-being stewards in organizations** who want to understand and monitor the levels of resilience in individuals, teams, and the organization with the purpose of building a resilient workforce

Neurozone® Course Fees

Our regular price: **US\$2,000 excluding taxes and services** or **R20,000.00 excl. VAT**

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 professional who wants to support the next generation high performer, who has to be resilient and 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.

Neuroscience Theory Support and Facilitation

Dr Etienne van der Walt



Dr Etienne van der Walt is an experienced neurologist, and is the CEO and co-founder of Neurozone®. Etienne has been leading Neurozone® for a decade in its research quest to synthesize the various neurosciences and systems thinking approaches into an emergent knowledge- and insight-base for clients and collaborators who are serious about the credibility of the science. At the core of this drive is his vision to provide the dynamic, data-informed behavioral solution for precision well-being platforms, a solution that informs all the Neurozone® tools and services. As a seasoned lecturer and teacher, Etienne has a gift to simplify complexity for everyday application, a quality that has been incorporated into the Neurozone® Advanced Course.

Course Convener and Facilitator

Dr Chrisna Swart



Dr Chrisna Swart is a qualified and experienced neuroscientist and coach. Chrisna spent her research career studying brain region susceptibility to decline vs. the potential for renewal and plasticity. This ignited a deep interest in unraveling the complexity and impact of mindset and human behavior on performance and overall well-being. Through the teaching and application of integrative behavioral neuroscience, Chrisna's coaching clients include patients with chronic conditions, individuals recovering from burnout, as well as healthy individuals and teams aiming to achieve enhanced resilience for high performance. As the Head of Neurozone® Coaching, Chrisna facilitates the practical integration of neuroscience principles in the space of people development. Chrisna is uniquely skilled at simplifying complex concepts to make them accessible to all.