



Neurozone®

## **Advanced Course Prospectus**

Integrating Neuroscience for Resilience & High-Performance  
Coaching

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# 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 behavioural 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 behaviours, 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. JVR offers 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 behavioural 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 Marina Pretorius, a trained and qualified organizational psychologist 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 organisations
- Learn about the High-Performance Domains that inform the behavioural 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
- Claim 33 Clinical CEUs (HPCSA) (2024)



# 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

<b>Orientation</b>	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• Part 1: From Wellness to High Performance</li> <li>• Part 2: The Brain-Body System</li> </ul>
<b>Module 1: Brain-Body System Optimization</b>	<ul style="list-style-type: none"> <li>• Seminar 1: Brain basics 1</li> <li>• Seminar 2: Brain Basics 2</li> <li>• Seminar 3: High Performance Readiness</li> <li>• Seminar 4: High Performance Resilience</li> <li>• Tutorial 1: High Performance Readiness - Themes &amp; Basics</li> </ul>
<b>Module 2: Understanding the Domains &amp; Paths</b>	<ul style="list-style-type: none"> <li>• Domain 1: High Performance Rhythms</li> <li>• Domain 2: High Performance Energy</li> <li>• Domain 3: High Performance Connectors</li> <li>• Domain 4: High Performance Transformers</li> <li>• Domain 5: High Performance Innovators</li> </ul>
<b>Module 3: Chronic Stress, Resilience, &amp; the Five Domains of High Performance</b>	<ul style="list-style-type: none"> <li>• Chronic Stress &amp; Brain-Body System Implosion</li> <li>• Resilience Revisited</li> <li>• Enhancing Resilience</li> <li>• The Synthesis - Putting it all together</li> </ul>
<b>Additional resources</b>	<ul style="list-style-type: none"> <li>• Science Library</li> <li>• 3D Model of Brain Performance</li> <li>• Sample Personal Report</li> </ul>

# 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

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

# 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, behaviour, 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, behavioural 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 behaviours 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 behavioural 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 Facilitator

### Marina Pretorius



Marina is a seasoned organizational psychologist and coach with a passion for building systemic resilience into organisations through working with leadership, teams, and individuals to reach their full potential through integrated personal wellbeing and strong interpersonal relationships within a sustainable business environment. As a consulting psychologist, she has worked in a wide range of industries over the past 26 years and brings this experience to the Neurozone team to consult for organizational integration of the Neurozone products as well as training current and prospective users of the Neurozone products on its unique contribution to and application in the field of coaching and organisational development.

Inspired by her developer strength, Marina coaches individuals and teams from a combination of a systems thinking, neuroscience, and positive psychological stance. She is an accredited user of a wide range of psychometric profiling and assessment tools, as well as conducting organizational diagnostics through sound researched methodologies and skills. She is a seasoned facilitator and enjoys sharing her knowledge and experience through collective sense-making and interaction, whilst simplifying complex concepts for deeper understanding and practical application.