

# NEUROFEEDBACK

Improves your performance

Neurofeedback improves concentration, precision, reaction time and decision-making skills leading to enhanced performance.



## SCIENTIFIC

Neurofeedback has been scientifically proven. We apply protocols which have been rigorously tested in science and our methodologies are supported by these studies.



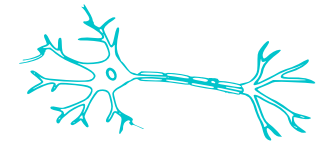
## EFFECTIVE

The results of our Neurofeedback interventions are effective and permanent. It is an intensive intervention, with 2-3 sessions per week, each session consisting of Neurofeedback training and brain-based coaching support.



## SAFE

Neurofeedback is a non-invasive intervention and apart from a little fatigue after a session, there are no side effects to this treatment.



## NEUROPLASTICITY

During Neurofeedback, neuroplasticity takes place which means the neural networks in the brain changes through growth and reorganisation.



## LEARNING

The basis of Neurofeedback is operant conditioning, a principle learning mechanism underlying the self-regulation of brain activity.



## SLEEP

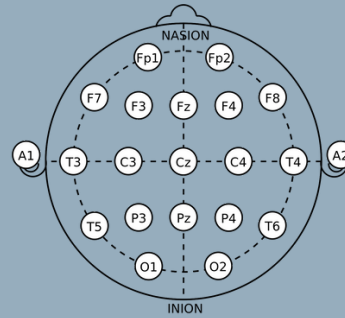
By training the brain with Neurofeedback, overactive brain activity decreases, making it easier to fall asleep and stay asleep..

# HOW IT WORKS

A qEEG (Quantitative Electroencephalogram), also referred to as a brainmap, is a diagnostic tool that measures electrical activity in the form of brain wave patterns. Its purpose is to collect information to create a personalised plan for the Neurofeedback intervention..

Neurofeedback, also referred to as EEG (Electroencephalogram), is employed to modify the electrical activity of the CNS (Central Nervous System) including: EEG, event related potentials, slow cortical potentials, and other electrical activity either of subcortical or cortical origin. Neurofeedback is a specialised application of brainwave data in an operant conditioning paradigm. This means it is a learning modality, drugless, painless with no side-effects. It teaches the brain to use the correct brain waves at the appropriate time for optimal performance.

We use brain-based coaching, a Neuroscientific approach to coaching, in conjunction with Neurofeedback to achieve excellent results . We use tested methodologies, brainmaps and results from our lab to apply Neuroscience to the brain-based coaching sessions. The results are powerful, positive and transformational and equips the client to reach their goals.



BRAIN MAPS



NEUROFEEDBACK



BRAIN-BASED COACHING

## 3 steps

- Contact us
- Complete the relevant form
- Start the training

**Contact us:**  
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