

# Neurozone® High Performance App

A personalized high performance journey to equip you with optimal tools and insights.



## Purpose

In a globalized and rapidly accelerating world, we are all at grave risk of developing chronic stress and burn out. The global mental pandemic will spare no-one. Observing our high performance rhythms, cultivating a resilient mindset, improving mindfulness, and fostering our interconnectedness are critical components of a resilient and high-performance-ready leader and team. The *Neurozone® High Performance App* has been designed by science experts who understand the brain/body system deeply and have a keen understanding of human behavior and performance, especially in the business context. Using the revolutionary *Neurozone® High Performance Code*, the *Neurozone® High Performance App* provides a dynamic high performance journey for organizational leaders and their high performance teams.

Let Neurozone® look after you, while you take care of your business.



## What others say about the Neurozone® code driving the App

"Neurozone® provided that holistic approach to my growth trajectory that I needed to embark on, because it offered a new way of thinking, well-being of my body and mind coupled with a depth of learning that I didn't anticipate. I am now a proudly certified Neurozone® coach, and eager to do my part in guiding others on this course towards optimal performance."

Leah Kitoloh

– Talent and Performance Strategist

## Key Benefits

- Increased and sustained personal and team resilience
- Personal mastery
- Continuously high performance ready teams, who can get the job done, every time
- Protection against the mental global pandemic – Neurozone® was born in the clinical world, profoundly impacting employee wellbeing
- Informed and empowered employees through the well-structured microlearning in the *Neurozone® High Performance App*
- Enriched physical coaching with 'a pocket-guide for everyone'

## Product Characteristics / Features

- The *Neurozone® High Performance App* provides the entry point for all other products and effectively the High Performance Solution for organizations of any size
- Personalised high performance journey consisting of:
  - Recommended activities
  - Pocket guide process
  - Profound insights
  - New science simplified and integrated
  - Video clips/voice clips
  - Microlearning course for personal mastery
- Engaging progress tracking
- *Neurozone® Personal Report*
- Click to:
  - 'Get me a coach'
  - 'Optimise my team'
  - 'Access the deep diving High Performance online course for leadership development'

## Target Audience

- Every individual organizational leader and their team members from executive to middle management level
- The greater the challenge, the more important the guidance and support of the *Neurozone® High Performance App*

## Delivery Mode

- The app starts with a short 15-minute assessment to rank the user's recommended behaviors as informed by our *Neurozone® High Performance Code*
- The high performance journey typically cycles through 12 weeks
- The 'pocket guide' ensures that the user structures and schedules his/her personal journey
- During the journey the user will receive activities, microlearnings, encouragements, insights, and opportunity to track habits and journal progress
- Progress and tracking is continuous and optimization is dynamic and personalized
- At any time the user can send a *Neurozone® Personal Report* from the app dashboard to his/her coach for personal coaching



For more information, visit our website at [www.neurozone.com](http://www.neurozone.com)

