
PEAK PERFORMANCE

How can Neurofeedback help?

The brain is like any other organ in the body. If you exercise it, it performs better. An efficient brain can accomplish more, with greater accuracy, in less time.

Neurofeedback provides high performers with the tools to train and exercise neural-nets in the same way as one exercises and builds muscles. The personalised programme makes more efficient use of brain resources by strengthening specific neural connections.

For attorneys, business leaders and the financial community, greater efficiency means that less mental energy is wasted keeping composure, second-guessing, over analysing, and maintaining emotional control.

Many high performers have issues related to long term stress, and use neurofeedback simply to promote stress recovery and improve sleep quality; both essential elements to long term brain performance, endurance and resilience.

Professional athletes and musicians use neurofeedback to build the ability to be 'in the zone'; tuning out distractions during key situations, increasing processing speed and focusing all their energies on the task at hand. Smoother function equals greater poise under pressure, improved recovery speed after an error, and less 'over-thinking' in crucial moments.

What distinguishes the best is motivation, concentration, and how emotions are handled in high-pressure situations. This is why neurofeedback is fast becoming a training standard in Olympic and professional sports, and increasingly in the business community.

www.calmyourmind.co.za

*Colleen Bow BCN
071 602 6631*