

Neurofeedback

Is the well-being of your employees important to you? Are traditional interventions not as effective anymore?

Neurofeedback helps with the productivity and performance of your employees.



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 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.



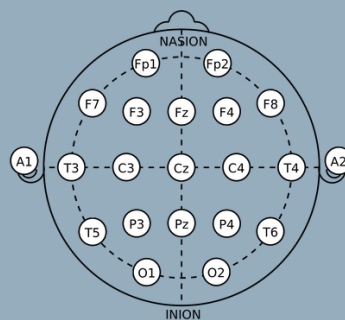
SLEEP

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

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 Biofeedback 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 biofeedback of brainwave data in an operant conditioning paradigm. 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.

We use brain-based coaching, a neuroscientific approach to coaching, in conjunction with Neurofeedback to achieve excellent results . We use our own tested methodologies, brainmaps and results in 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:
info@neuroscienceforbusiness.co.za

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