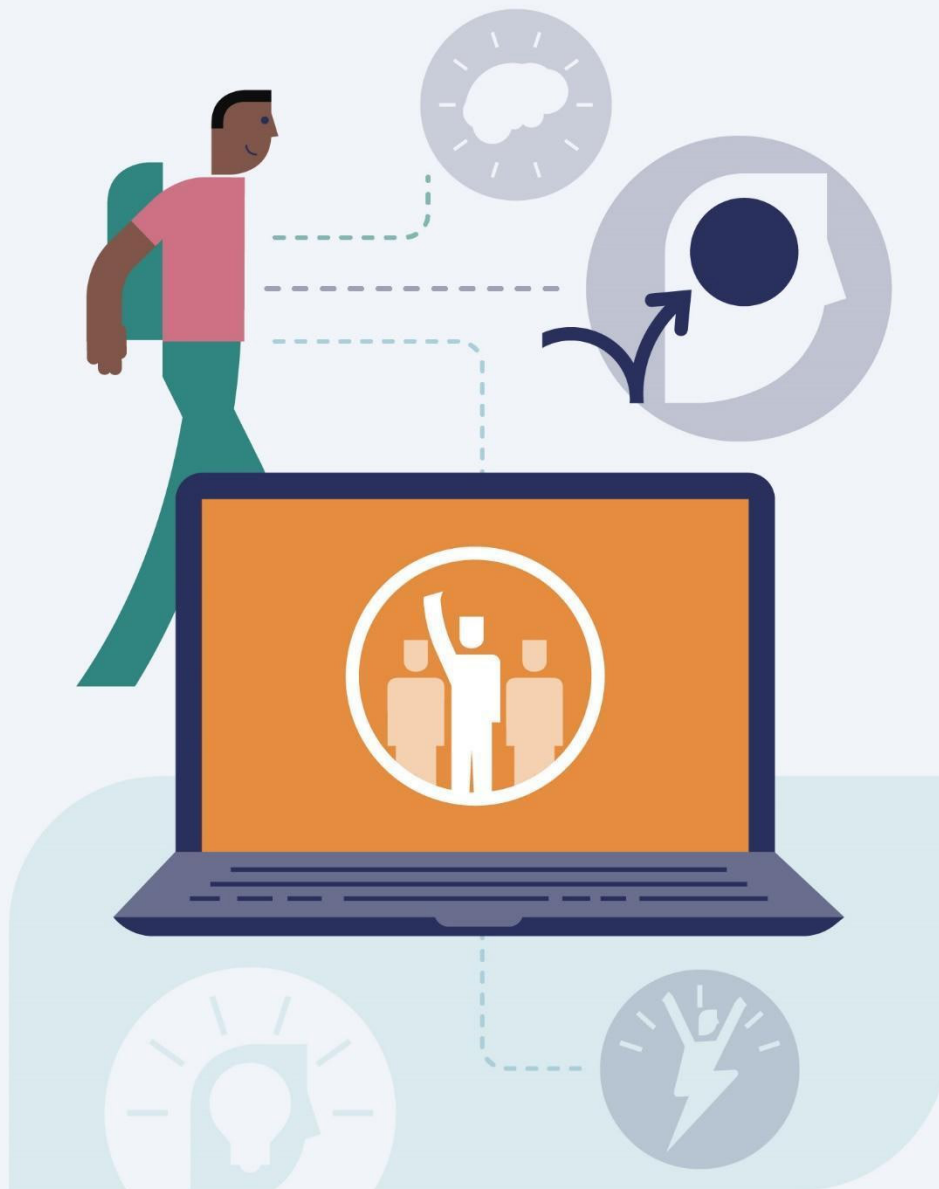




neurozone®



Neurozone® High-Performance Course

Optimizing the Human System for the Age of AI

Why This Course Matters Now

We are entering an age where technology accelerates faster than biology. Artificial intelligence is reshaping every aspect of how we work, lead, and connect — yet the greatest differentiator of all remains our humanity.



The leaders of the future will not be those who resist AI, nor those who blindly embrace it, but those who know themselves — who understand the living intelligence within their own systems and know how to sustain clarity, resilience, and creative energy under pressure.

The Neurozone® High-Performance Course was designed for this new era. It teaches the science and practice of being fully human: how to build high-performance resilience, protect mental health, unlock adaptive intelligence, and cultivate energy economies that enable thriving — individually, in teams, and across organizations.

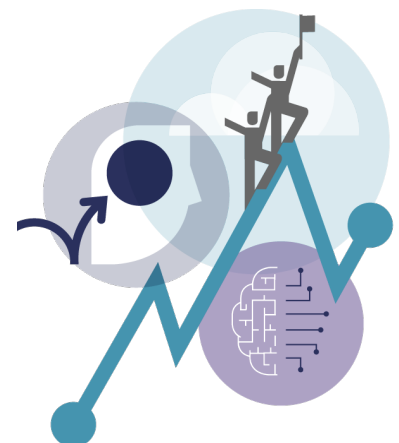
This is not another leadership course. It is a human performance reframe — a 12-week journey into the neurobiology of resilience, meaning, and adaptive intelligence.

What You Will Gain

Over twelve weeks, you will experience a deep, structured immersion in the neuroscience of high performance and resilience. You will learn to:

- Understand your brain-body system and how it regulates energy, emotion, and focus.
- Decode the five neurobiological drivers of high performance — Rhythms, Energy, Connectors, Transformers, and Innovators.
- Build resilience as a measurable trait, not just a recovery response.
- Shift mindsets and internal representations, aligning purpose, emotion, and physiology.
- Prevent burnout through intelligent energy management. Lead adaptively in uncertainty, activating calm clarity under pressure.
- Develop collective energy systems that enable trust, creativity, and shared purpose.
- Apply a fresh lens on human intelligence, setting you up to leverage AI for hybrid intelligence.

By the end, you will not only understand high performance; you will embody it.



The Neurozone® Five-Domain System

At the heart of this course lies the Neurozone® Five-Domain System, a neurobiologically grounded framework for building high-performance resilience. It translates decades of neuroscience, behavioral analytics, and leadership development into a simple, actionable model that helps individuals and teams thrive.

The five domains are:



1. **Rhythms** – the biological foundations: sleep, movement, nutrition, and silence
2. **Energy** – the regulation of motivation, adaptive drive and enhancing goal-directedness
3. **Connectors** – bonding and belonging. Establish commonalities, leverage diversity
4. **Transformers** – the mindset and meaning systems that guide perception and action
5. **Innovators** – the networks of learning and complex problem-solving

These domains together form the architecture of the Adaptive Intelligence System — the brain's natural method of balancing resilience and performance. They are the levers through which individuals, teams, and organizations can evolve into self-sustaining, high-yield systems.

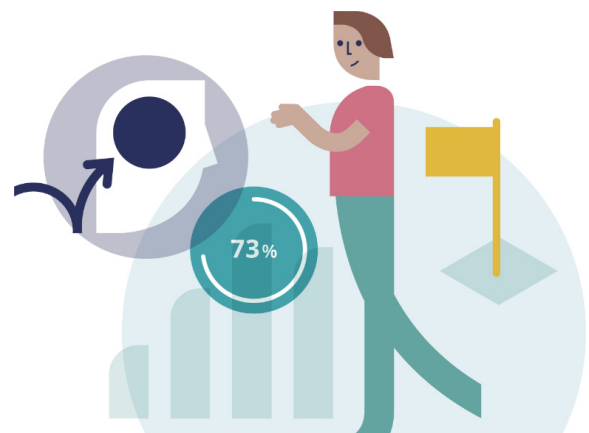
The Learning Journey

This is a 12-week online program, with approximately 24 hours of total engagement time. It includes animated learning videos, podcasts, webinars, reflective exercises, and an interactive 3D model of brain performance. Participants are supported through structured self-study, guided reflection, and assessments that deepen understanding and application.

Time commitment options:

- 6 weeks | 4 hours per week
- 8 weeks | 3 hours per week
- 12 weeks | 2 hours per week

Participants have six months of total access from their start date, allowing for integration and review. Certification is awarded upon successful completion.



Each cohort forms part of a growing international movement — leaders and professionals who believe that brain health and resilience are not optional luxuries but biological imperatives for performance in the modern world.

Course Outline

Orientation	· Orientation · Introduction · Part 1: From Wellness to High Performance · Part 2: The Brain-Body System
Module 1: Brain-Body System Optimization	· Seminar 1: Brain basics 1 · Seminar 2: Brain Basics 2 · Seminar 3: High Performance Readiness · Seminar 4: High Performance Resilience · Tutorial 1: High Performance Readiness – Themes & Basics
Module 2: Understanding the Domains & Paths	· Domain 1: High Performance Rhythms · Domain 2: High Performance Energy · Domain 3: High Performance Connectors · Domain 4: High Performance Transformers · Domain 5: High Performance Innovators
Module 3: Chronic Stress, Resilience, & the Five Domains of High Performance	· Chronic Stress & Brain-Body System Implosion · Resilience Revisited · Enhancing Resilience · The Synthesis – Putting it all together
Additional resources	· Science Library · 3D Model of Brain Performance · Sample Personal Report

Certification and Beyond

Upon completion, participants receive a Certificate of Completion in High-Performance Resilience, accredited by Neurozone®.

The Course can serve as an ideal stand-alone and can seamlessly plug in as the first module of comprehensive leadership development programs.

The High-Performance Course is both a destination and a beginning — the foundation of a lifelong mastery journey.



Who Is This For?

This course is designed for those who work with people, systems, and change:

- Leaders and executives navigating complexity and rapid transformation
- Coaches and consultants supporting growth and performance in others
- Human capital and HR professionals building resilient cultures and teams
- Health, education, and development professionals who integrate wellbeing into performance
- Self-leaders and entrepreneurs committed to personal mastery and sustainable success

It's for those who understand that high performance is not a mindset alone — it is a biological state, one that can be measured, trained, and sustained.



Investment

Course Fee

US \$650 per participant (exclusive of tax and services)

Includes:

- Full 12-week guided online program
- Access to the Neurozone® Personal App for 6 months (which includes a Personal Assessment and Report)
- Certificate of completion
- Access to Neurozone®'s 3D model of brain performance
- One online coaching session with an expert Neurozone®-certified coach.

Upcoming Start Dates & Registration

The Neurozone® High-Performance Course runs in structured 12-week cohorts.

Each cohort combines online learning with guided facilitation and optional community sessions.

Upcoming Start Dates:

- 17 November 2025
- 8 January 2026

Early Registration Offer:

Register for the course on any of the available start dates by 30 November 2025 for US\$600.

To apply, email sales@neurozone.com

About the Convenor

Dr Etienne Van Der Walt

Neurologist | Cognitive Neuroscientist | Founder of Neurozone®

Etienne is an accomplished neurologist and thought leader in the field of applied neuroscience and leadership resilience. His fourteen-year clinical career across South Africa, the UK, and the Netherlands has given him profound insight into the anatomy and physiology of the brain and nervous system.



As the founder of Neurozone®, he has dedicated his work to bridging neuroscience, leadership, and wellbeing — pioneering a model of brain performance that connects biological principles with the competencies required for thriving in complex systems. He is a frequent contributor to international think tanks, including McKinsey's global consortium on adult learning and innovation. Over the years, Etienne has been leading a comprehensive team of neuroscientists at Neurozone®, who all contributed to this course.

Participant Reflections

Neurozone® High Performance Course

"Understanding how the brain works helps leaders to better understand how processing information, problem- solving and making decisions impact those around us. Dr Etienne's easy, conversational style of delivery and engagement makes the acquisition of knowledge and ability to apply simple and realistic, which definitely assisted me to assimilate the lessons learnt and capabilities acquired. Would recommend this to any leader striving to achieve success in their role and equipping themselves for the future!"

Liesl C Petersen

Group HR: Leadership and Management Development Specialist: *Nedbank*

"I have just completed the Neurozone High Performance Course. What a delight! This was one of the best courses I had the privilege to be engaged in. The way the content was organised, the practical approach, the introduction to other resources, the visual support of concepts and the continuous repetition of important concepts were all conducive to my learning experience. I will definitely recommend this course."

Dr Liddy Janse van Rensburg (PhD)

Professional Coach, CEO: *Well-Be Consulting*

Join the Community

At Neurozone®, we form a community of leaders, coaches, and professionals committed to advancing human potential in the era of AI.

To lead the future, we must understand the living intelligence within ourselves. This is your invitation to do just that — to unlock your brain's adaptive brilliance, align energy with purpose, and lead a system that thrives.

Low energy. High yield. Fully human.

That's the Neurozone® way.