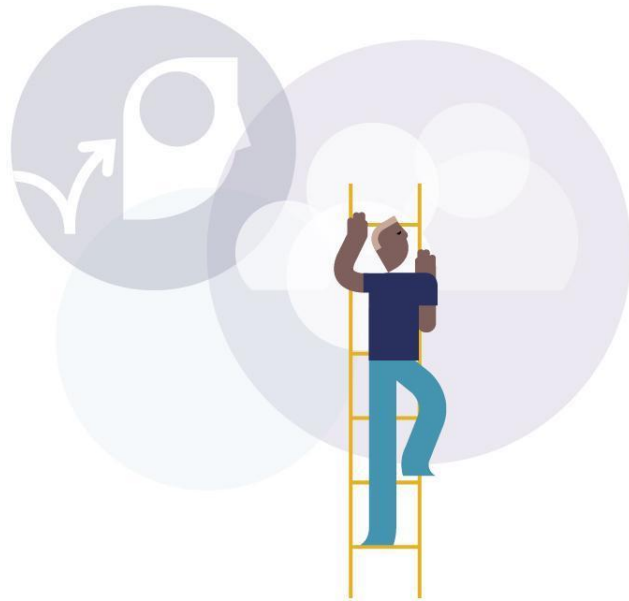




neurozone®

Applied neuroscience for high performance resilience



PROSPECTUS

The High Performance Journey

A structured, assessment-driven, high performance journey for the leaders and critical teams your organization depends on most.

Resilience is not the goal. It is the foundation.
Performance is the outcome.

Peer-reviewed science · Pre and post measurement · Evidence delivered to the business

THE CHALLENGE

High demand. Sustaining performance requires capacity.

Organizations operate in environments of accelerating complexity, uncertainty, change, and demand. The people who carry the most responsibility – senior leaders, critical teams, high-potential talent – feel that pressure first and hardest.

Sustained high performance depends on more than capability. It depends on the biological capacity to adapt, recover, focus, learn, and perform consistently over time. When that capacity is strengthened, people maintain clarity, energy, and judgment under pressure. When it is depleted, performance erodes – and the warning signs are easy to miss until they become costly.

Performance is high, but recovery is low

Targets are still being met, while energy, focus and adaptability quietly erode underneath.

Risk only becomes visible once it's costly

Strain tends to surface late – burnout, disengagement, absenteeism, turnover – by which point it's expensive to reverse.

Change exposes your most valuable talent

Strategic projects, transitions and growth fall hardest on the very people you can least afford to lose.

Critical people are carrying too much

A handful of leaders, specialists and teams hold up a disproportionate share of the organization, leaving little margin if any one of them falters.

Neurozone® helps critical human capital groups sustain high performance by measuring and strengthening the resilience capacity that drives high performance readiness. This prospectus sets out exactly what the Journey is, who it is for, how the facilitation sessions run, and the evidence your organization receives at the end.

THE SOLUTION

A structured performance intervention. Measurable from start to finish.

The Neurozone® High Performance Journey is a premium, assessment-driven, facilitated journey. It is not a coaching engagement, a training program, a wellness initiative, or a standalone assessment – it integrates the best of each into a single coherent system, anchored in quantitative measurement and refined over more than a decade of delivery globally.

Validated
assessment that
opens and closes
the Journey

Live, facilitated
Journey
Sessions over
four weeks

Neurobiological
domains
measured and
strengthened

Group
Report
delivered to
the business

Together, these elements create a synergistic experience greater than the sum of its parts – a structured performance intervention.

THE NEUROZONE MODEL

Five domains. One living system.

Neurozone® builds high performance resilience through five neurobiological domains. We comprehensively develop all five – because sustainable performance depends on them working together as a living system, not in isolation. Each Journey Session brings specific domains into focus.

-  **Transformers** Mindset, meaning, and the capacity to identify what matters most.
-  **Connectors** Relational safety, trust, belonging, and team cohesion.
-  **Energy** Biological and motivational fuel for sustained effort, focus, and adaptive drive.
-  **Innovators** Learning, creativity, and complex problem-solving capacity.
-  **Rhythms** Sleep, movement, nutrition, recovery – the habits of sustainable performance.

WHO IT IS FOR

Designed for the people your organization depends on most.

The Journey is a premium, high performance intervention for critical human capital groups – not a broad wellness program for every employee. It is built for the groups whose performance directly shapes organizational outcomes:

- Senior leadership and executive teams carrying responsibility for strategy, culture, and performance.
- Critical project teams where performance and cohesion are mission-critical.
- Leadership development programs needing a science-based, outcomes-measured performance layer.
- High-potential talent cohorts being developed for greater responsibility.
- Teams navigating significant change, mergers and acquisitions, or accelerated organizational demand.
- New critical recruits during the strategically important first period of employment, where resilience directly predicts retention and performance.

Cohort size guidance

The Journey is delivered to a group. A cohort generates the discussion diversity and peer accountability that make behavior change stick, while remaining intimate enough for meaningful facilitation.

Cohort size	Position	What it means
8 participants	Minimum viable cohort	Workable when the group is strategically important; below this, consider a bespoke arrangement.
10–20 participants	Recommended range	The standard range for the core product.
15 participants	The sweet spot	Strong group energy, manageable facilitation, and a high-quality participant experience.
20+ participants	Larger cohort	Possible, with design adaptations such as breakouts or additional facilitation support.

HOW IT WORKS

Four weeks. A Validated Assessment. Three Journey Sessions.

The Journey runs over approximately four weeks: three live, online Journey Sessions led by a senior Neurozone®-certified facilitator, with structured application periods in between.

When	What happens	Duration
Before	Buyer alignment - agree on project timelines and outcomes	Brief call
Week 0	Assessment & Personal Report – establishes the NRI baseline	25 min
Week 1	Session 1: Connect & Transform	120 min
Weeks 1–2	Application Period 1 + accountability partners	–
Week 2	Session 2: Energize	90 min
Weeks 2–3	Application Period 2	–
Week 4	Session 3: Activate + post-assessment + certificate	90 min
Post-Journey	Group Report delivered to the buyer	Post certification

THE FACILITATION SESSIONS IN DETAIL

Three sessions. An accumulating arc of behavior change.

The sessions are not lectures. Each one blends expert facilitation with group participation and individual practical behavioral planning – and each adds a new layer rather than replacing the last. Connect and Transform behaviors continue as Energize is added, and Activate behaviors are added on top of those. Participants apply their own Personal Report insights throughout.

WEEK 1 • SESSION 1

Connect & Transform

120 MIN • LIVE ONLINE

The opening session is longer because it orients the group, establishes readiness, introduces the neuroscience of high performance resilience, and moves participants into practical behavior-change planning. It focuses on Connect (relationship quality, group coherence) and Transform (mindset, salience, identifying what matters most).

IN THE ROOM

- How high performance resilience works biologically, and how the five domains interact as a living system.
- Participants apply their Personal Report insights to their own Connector and Transformer behaviors.
- Guided selection of a small number of practical behaviors to work on over the next two weeks.

WEEK 2 • SESSION 2

Energize

90 MIN • LIVE ONLINE

Session 2 opens with substantive reflection on application – what happened when participants tried their Connector and Transformer behaviors. This is not a polite check-in; it is part of the behavior-change mechanism. The facilitator then introduces the Energize domain.

IN THE ROOM

- How energy drives performance, decision quality, motivation, and adaptation – framed through ATP-related biological energy and dopamine-related motivational energy.
- Participants identify Energizer behaviors from their Personal Reports and update their action plan.
- Energize behaviors are added while Connect and Transform work continues.

WEEK 4 · SESSION 3

Activate + Post-Assessment + Certificate

90 MIN · LIVE ONLINE

The closing session focuses on Activate – rhythms, recovery, sleep, focus, and the Innovator behaviors that let participants use their higher-order capacity to sustain long-term performance. The emphasis is on activation: what will I now do differently, continue, stop, or protect?

IN THE ROOM

- Participants build a clear personal activation plan across all the domains they have worked through.
- The closing NRI assessment is completed within the session itself (3–5 minutes), capturing clean pre/post data before anyone leaves.

Between Sessions – Application & Peer Accountability

The two application periods are where the behavior change happens. Participants practice their selected behaviors in the real context of their work and meet their accountability partner or small peer group at least once between sessions to discuss what they are applying, what they are noticing, and where they are growing.

THE FACILITATOR

Senior facilitation, built for senior rooms.

Each Journey is led by a senior, Neurozone®-certified Journey Facilitator whose role blends facilitation, teaching, group sensemaking, and practical behavioral activation. The audience is proud, high-performing people who will not respond to generic wellness language or superficial facilitation.

THE SCIENCE

Grounded in validated science.

At the core of the Journey is the Neurozone® Resilience Index (NRI).

- Peer-reviewed and published in the International Journal of Testing.
- Validated across multiple populations.
- Independently appraised by the University of Cape Town.
- Demonstrated disease-modifying properties (In publication).

Every 10% increase in resilience reduces burnout, depression, anxiety, and insomnia risk by 9 to 12% – while supporting measurable improvements in clarity, focus, and sustained performance.

IN THEIR WORDS

What our clients say.

"Neurozone's integrated system combines advanced personal diagnostics and science-based microlearning to protect mental health and to build resilient, high-performing leaders, teams, and organizations. Neurozone truly stands out as a global leader in bridging science, technology, and human development."

Madelein Pretorius – Organization Development Specialist, *Nedbank*

"Viewing leadership through the lens of neuroscience gave me an interesting new perspective on everything I have been teaching about leadership for the past 30 years."

Tessie Herbst – Academic Leadership Development, *Tshwane University of Technology*

"Neurozone's solutions are finely tuned to the unique needs of each individual, making them highly effective. Thank you for an enriching experience that has left a lasting impact."

Tracey Davies – Managing Director, *Halls Group*

NEXT STEP

Talk to us about the Journey for your team.

Whether you are building a leadership program, navigating change, protecting a critical group through a merger, or accelerating high-potential leaders – connect with us, and we will show you what the Journey looks like for your people.

Connect with us: cuanm@neurozone.com



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