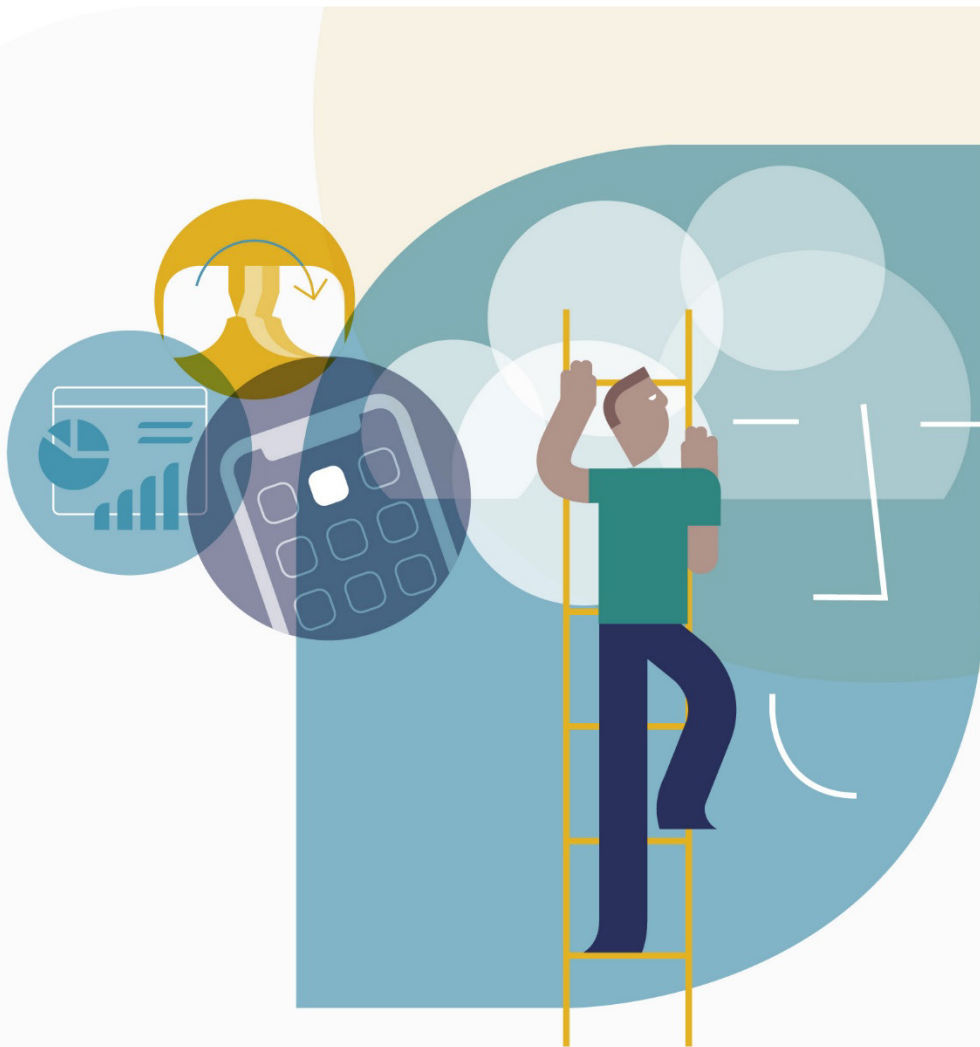




neurozone®



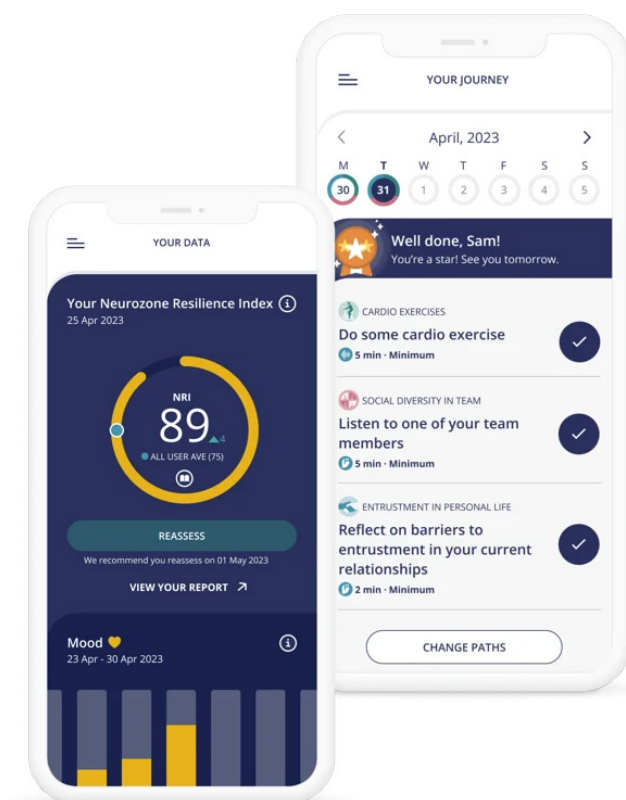
The Neurozone® App

Personal Assessment, Resource,
& Development Journey

Your Brain-Health Companion for High-Performance Resilience

Updated October 2025

Build your resilience capacity and support your brain health with us by your side.



The Neurozone® App

A neuroscience-based system for leaders, coaches, and teams to measure, understand, and strengthen resilience and brain health of their people. Designed for organizations and professionals who want to link human performance directly to brain health, the Neurozone® App transforms data into meaningful, actionable intelligence.

Why the Neurozone® App Matters Now

In a world of accelerating change, artificial intelligence, and continuous disruption, brain health has become the most critical performance asset. The Neurozone® App enables leaders, professionals, and teams to protect and enhance that asset through continuous measurement, adaptive insight, and practical, neuroscience-based support. It bridges the gap between wellbeing and productivity, transforming resilience into a strategic advantage for individuals and organizations alike.

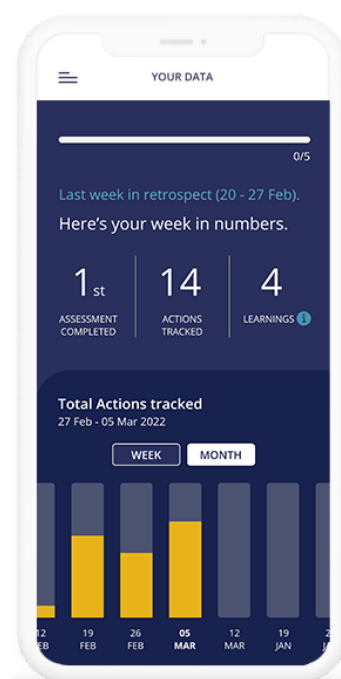
What's Inside the App

1. Personal Assessment & Report

Begin with a comprehensive 25-minute assessment that measures your Resilience Index, a scientifically validated indicator of your capacity to overcome challenges and support your mental health. Receive a personalized report with insights on strengths, risks, and targeted recommendations to and prevent burnout, protect mental health and enhance performance.

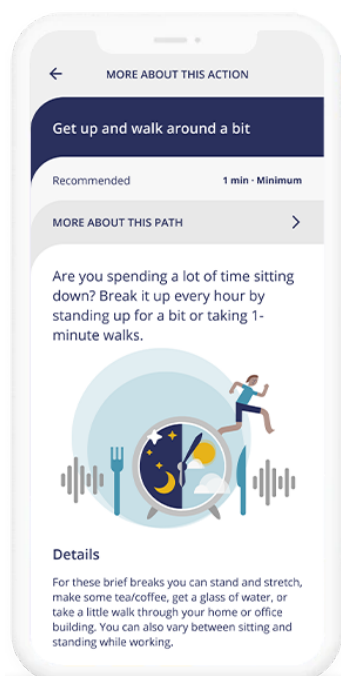
2. Continuous Tracking

The App's dynamic dashboard allows you to monitor your progress over time. Monthly re-assessments and weekly check-ins provide an ongoing view of how your system adapts, enabling intelligent adjustments to sustain optimal performance.



3. Resource Hub

Access an evolving library of neuroscience-based resources, including articles, podcasts, videos, and guided reflections. These resources are curated to deepen understanding and reinforce practical application across leadership, coaching, and personal development contexts.



4. Guided Journey

Follow a structured, personalized journey of daily practices and reflections designed to strengthen resilience at a biological level. This process transforms learning into embodied habits, helping users transition from reactive recovery to proactive performance readiness.

5. Coaching Integration

Use the Neurozone® App collaboratively with leaders, teams, and clients. The personalized report enhances coaching and facilitation of individuals and groups.

The Five Neurozone® Domains



Everything in Neurozone® is built upon five neurobiological domains that govern human resilience and performance. Together, they form a living framework for sustaining high performance in complex environments:

1. High Performance Transformers

We explore how the brain assigns value to incoming cues, shaping our mindset and behaviors. This domain is all about cultivating the right mindset to thrive in a rapidly changing world.

2. High Performance Connectors

Bonding, belonging, and inclusion form the foundation of this domain. We help you understand how to foster psychological safety, leverage diversity, and build connections that support collective resilience.

3. High Performance Energy

This is about managing energy effectively. By optimizing how energy is used, you can achieve more with less effort, sustaining high performance over time.

4. High Performance Innovators

Learning and problem-solving are at the heart of innovation. We teach you how to enhance these capabilities, turning your brain into a more effective learning and problem-solving machine.

5. High Performance Rhythms

Aligning exercise, sleep, nutrition, and mindfulness, this domain helps you establish rhythms that promote balance, growth, and peak performance.

Who it's for

The Neurozone® App is designed for individuals, teams and organizations that depend on resilient brain health and human performance:

- Leaders and professionals navigating complexity and change
- Coaches and consultants guiding individuals and teams
- HR and team leaders building resilient, high-performing cultures
- Individuals seeking measurable, sustainable brain-health optimization

Why Neurozone® is Different

- Science-credible: Grounded in validated neuroscience and resilience research.
- Comprehensive: Combines assessment, continuous tracking, and resources in one system.
- Personalized: Measures and updates your unique Resilience Index over time.
- Performance-focused: Links brain health directly to measurable outcomes.
- Scalable & Practical: Designed for individual, team, and organizational use.

Pricing & Access

Price: **US\$60 for a 6-month license**

The license includes full personal assessments, personalized reports, continuous s resilience tracking, and complete access to all resources and journey content.

See a Demo Report

Experience what science-based insight looks like. View a sample Neurozone® report that demonstrates how your assessment translates into personalized clarity and actionable recommendations.

[View Demo Report](#)

Testimonials

Neurozone® High Performance 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

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"The HR team in the Wealth sector of a large bank in South Africa recently completed a transformative 6-month, neuroscience-based resilience-building journey with Neurozone. This program has been instrumental in enhancing our team's ability to navigate challenges and maintain peak performance. The insights and tools provided by Neurozone have empowered us to foster a more resilient and adaptive workforce. We highly recommend Neurozone® for any organization looking to strengthen their resilience and overall well-being.

Johann van der Nest

Organisational Development Consultant at Nedbank Wealth

Start Your Journey

Measure your resilience. Protect your brain health. Lead with clarity, energy, and adaptability. Join the growing network of professionals and organizations using Neurozone® to build sustainable, high-performance systems.

Purchase the App

Transform to Transact

We know that effective learning happens when insights shift mindsets. That's why we don't just teach, we transform.

Start your Neurozone® journey today. Complete your Personal Assessment, access your personalized Resources, and build resilience with daily activities designed to protect your brain health and performance.

And it all happens in one place, with Neurozone®. As easy as that.