

Brain Profile

Neuro-Agility Profile™

Drivers That Optimize Brain Performance
for Adults



Neuroscience proves that your brain has unlimited learning potential, therefore there is no limitation to who you can become if you understand, develop and utilize your unique brain power.

“Knowing your unique neurological design and understanding the drivers that impact this, is the key to potential development and performance improvement.”

-Dr. André Vermeulen-



PROFILE PREPARED FOR:

Sample Report

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Drivers That Optimize Brain Performance

Our world is changing rapidly! Working longer and harder is not an option any more as most people are already working longer and harder than what is good for them. Working faster and smarter is your only option. This means you need to do everything in your ability to compliment brain health and optimize your brain's performance. You can't improve what you can't measure. The NAP Drivers That Optimize Brain Performance is a brain analysis report illustrating the 6 drivers that optimize your brain 's performance.

The purpose of the NAP-Drivers profile is to promote accurate awareness about the drivers that impact your brain performance and provide guidelines to manage your brain health and performance towards peak capacity.

Interpreting Your NAP-Drivers Results:

There is no limit to your potential in terms of what you can learn, think and create. The drivers that impact your brain performance can either help you optimize this potential, assisting you to learn and think faster, smarter and experience more ease with learning and thinking, or it can negatively impact your performance by causing you to learn and think slower, longer and harder.

Please take the following into consideration when looking at the drivers that optimize your brain performance:

* The more your scores lie towards the right (100%) on the dashboard, the more ease you will experience with learning, thinking and processing information. This driver will optimize your performance and help you to experience more flow, work faster, smarter and be more effective.

* The more your scores lie towards the left on the dashboard (0%), the more that driver may let you feel stuck, slow you down, causing you to work longer and harder.

* The average of the drivers that Impact your brain's performance on the summary at the back of this profile, Illustrates your brain's performance In general at the time you completed the questionnaire.

It is great to optimize the drivers that impact your brain performance, but it is another challenge to maintain that level. Always remember: "If I don't use it, I lose it". To get the most out of your brain, keep on learning and applying new strategies to improve these drivers.

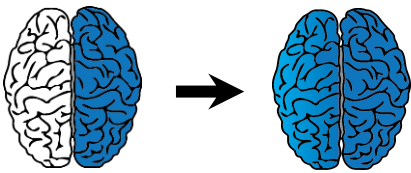
Drivers That Influence Brain Performance

Brain Fitness

How you use your brain hemispheres in a homolateral (one sided) or bilateral (two sided) manner

Hemispheres

When we are born, we alternate between the hemispheres, functioning in a homolateral (one sided) manner. In order to become and stay brain fit, we need to use both hemispheres simultaneously.



All human beings are uniquely designed with a brain that is divided into two halves, called hemispheres.

The existence of these two hemispheres does not, however, guarantee the use of both hemispheres simultaneously.

Homolaterality slows people down, causing them to alternate between the hemispheres and therefore to learn longer and harder. This limits their performance. If we rely too much on only one hemisphere, instead of using both brain hemispheres simultaneously, we place stressful demands on our neurological system (brain and nerves), limiting our performance.

Limitations

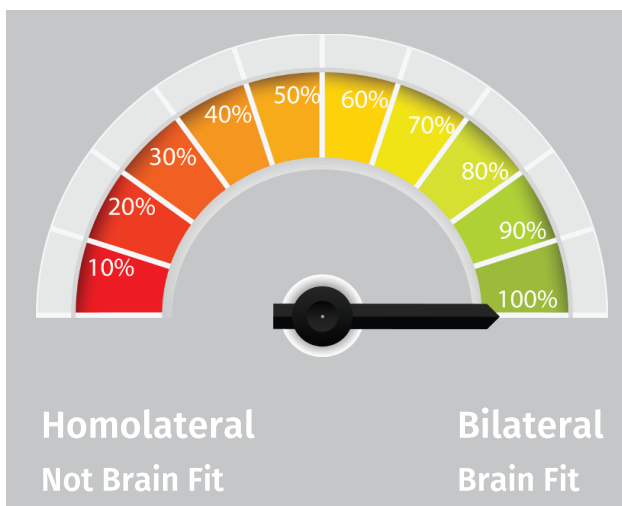
When people function in a homolateral (one sided) mode, they access only one brain hemisphere at a time, causing learning and thinking to be more difficult than it is supposed to be, making learning harder and slowing them down.



Our species needs to be two sided for most of our movement skills, vision, hearing and hand-eye coordination. When people function in this bilateral state, they process information with both brain hemispheres "switched on" at the same time, allowing them to learn easier, and work faster and smarter, increasing their performance substantially. Functioning in this integrated state of hemispheric balance is called being brain fit.

Performance

For optimum performance we need to use both brain hemispheres in a bilateral (two sided) manner, simultaneously. This will help learners to learn faster, smarter and easier.



INTEGRATED

Congratulations! You are brain fit! You function in an integrated manner utilizing your left and right brain hemispheres equally and simultaneously. This is a great point of departure for optimizing your brain performance. Your greatest challenge is now to maintain this level of integration. Remember: "Use it or you lose it".

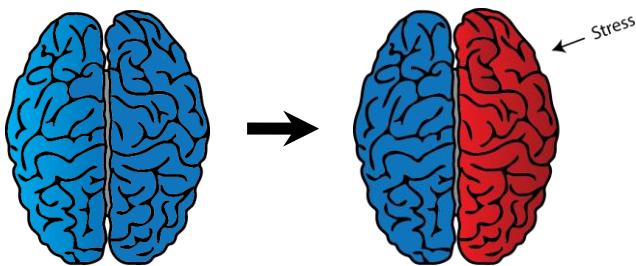
Stress

How stress impacts lateral dominance

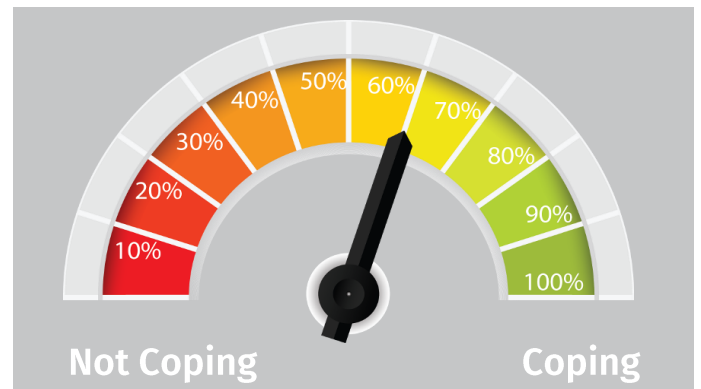
The world is changing rapidly. Information more than doubles every year. People are working longer and harder than ever before. This causes 21st century people to constantly experience feelings of burn-out and fatigue. Stress and fatigue are your brain's greatest enemies.

During stress, the brain releases cortical inhibitors that decrease or inhibit the electro-chemical function of the non-dominant hemisphere. This is called neurological stress. It causes the non-dominant hemisphere to "switch off", leaving the dominant brain hemisphere to carry on with its primary functions. Stress thus limits your performance, learning effectiveness and information processing abilities, causing you to become either too logical (left brained) or too creative (right brained) oriented than the whole brain person you can and should be.

Switched off



When stress intensifies further, we experience strong negative emotions like anxiety, frustration, anger, etc. The brain releases more cortical inhibitors that limit communication between the expressive and receptive, and the emotional and the rational brain areas. This limits our ability to think clearly. The higher the intensity of the stress we experience, the larger the brain areas over which we lose control.



Your habits and life style moderately help you to manage stress, although there are many aspects that may still limit your performance, thinking, information processing abilities and learning effectiveness. In order to increase your physical and mental performance, you need to develop more coping skills and healthy life style habits to manage stress effectively

General considerations to manage stress more effectively and maintain access to all areas of the brain:

- Maintain work – life – sleep balance.
- Be a positive thinker. Challenge yourself. Choose to be and stay optimistic.
- Strengthen your relationships. Develop as much personal and professional support as possible.
- Maintain a natural, healthy diet. Drink 8 glasses of water per day.
- Take appropriate supplements.
- Exercise at least 40 minutes daily for at least 5 days a week.
- Do physical and mental brain integration exercises to "switch on" all areas of the brain.
- Laugh, laugh and laugh again. Be humorous. Have fun. Enjoy life, work and learning!
- Get a neurotransmitter 'bath' by exposing yourself to nature's images, sounds, odors, textures, tastes and light.
- Take a brisk walk in nature every day.
- Do relaxing activities. Make time for stimulating hobbies. Develop new interests.
- Do breathing exercises 3 times a day – (4 x in, 4 x hold, 4 x out, 4 x hold)
- Listen to Baroque music. Play a musical instrument.
- Practice spirituality. Discover your purpose. Create meaning out of life's experiences.
- Formulate your Vision

Sleep

How sleep impacts your brain's performance

Fatigue

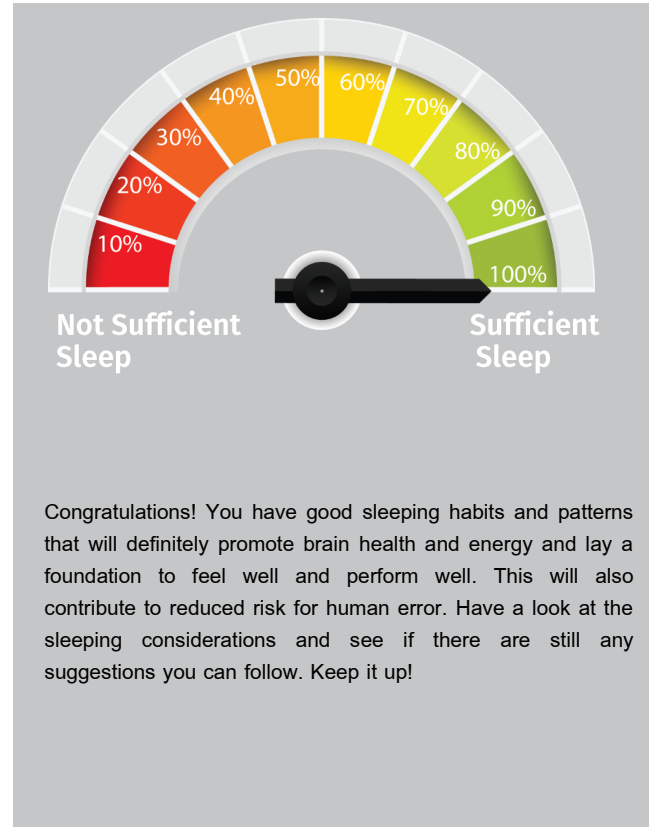
Sleep is essential for brain health and optimum brain performance. When you sleep, you produce neurotransmitters that are vital for managing fatigue and maintaining health and wellness.

Re-energize

Sleep helps your body to restore depleted resources and to repair damaged cells. It also makes the mind more receptive for thinking, learning, concentrating and remembering. Dreaming helps to clear away 'brain clutter' and re-energize the mind for working faster and smarter.

Risk

If you do not get enough sleep, you will increase your risk of human error at work, be more prone to accidents and may also suffer serious health problems. Although each person needs a different amount of sleep, most individuals need somewhere between 7 – 9 hours' sleep per night. It is not just the amount of sleep that you get, but also the quality that determines how rested you will be.



General considerations to improve your sleep:

- Sleep 7 – 9 hours per night.
- 4.5 – 5 hours should be a deep dreamless sleep.
- An hour before midnight is worth 2 after midnight. Go to bed early.
- Your room must be completely quiet.
- Your room must be completely dark.
- Your room must be cool (20-24 degrees Celsius/68-75 degrees Fahrenheit)
- Develop a sleep routine.
- Invest in a good mattress.
- Relax before going to bed.
- Avoid taking your worries to bed.

Movement and Exercise

How movement impacts your brain's performance

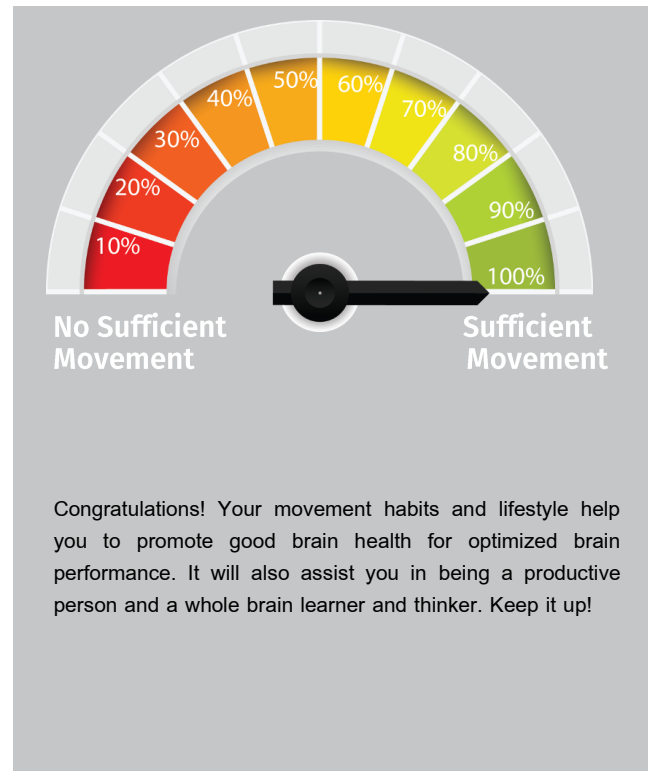
"Movement is the door to learning." - Dr. Paul Dennison

Move it, or lose it

If you do not exercise sufficiently and constantly move, your brain health and performance will be limited. Research has found that simple movement of the muscles stimulate the growth of dendrites in the brain, which transmit electrical messages between neurons. People who move about more, benefit from greater dendrite development. Less movement results in less dendrite branching. Therefore it is essential that people continuously move throughout the day.

Activation

Movement activates your whole brain, switches on your brain hemispheres, promotes circulation of oxygenated blood to the brain, helps to produce neurotransmitters that promote good feelings and health; stretching promotes focus and concentration.



General movement considerations to optimize brain performance:

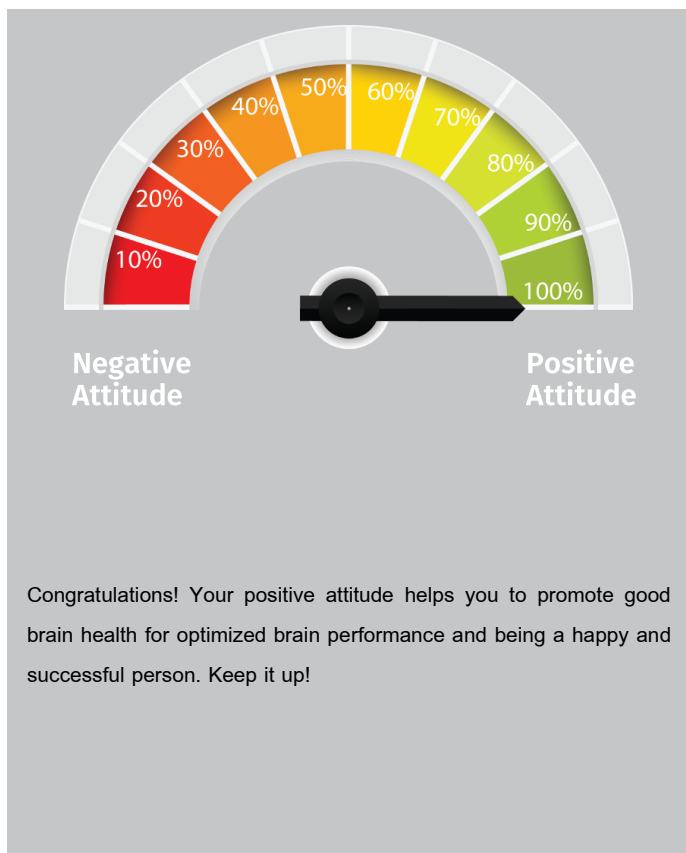
- Exercise 40-60 minutes per day.
- Do stretching exercises at least three times every day.
- Do aerobic exercises at least 20 minutes per day.
- Except for daily walks, you constantly need to move throughout the day.
- Do physical activities that you enjoy daily.
- Do 50 or more repetitions of cross-lateral exercises at least three times a day.
- Move in rhythms. Dance. Enjoy moving.
- Standing increases your information processing ability by 5-20%.

Attitude

How your attitude impacts your brain's performance

Your attitude is the way you habitually think. Your performance is the sum total of your thinking. You cannot be more than you think. A positive attitude is essential for good brain health and optimum performance. Henry Ford once said: "Whether you think you can or you can't, you are right." A positive mind produces positive performance. A negative mind produces negative performance. A negative mind can never produce positive performance.

It is not only your thought patterns that impact your success and performance, but also the bio-chemical response that positive or negative thoughts evoke. Chemicals produced by positive thoughts and feelings complement learning and health. Unfortunately chemicals produced by constant negative thoughts and feelings, inhibit the effectiveness of electrical transmissions in your brain, drain your energy and may even weaken your immune system. An optimistic mindset where a person is governed by a constructive mind is vital for success, brain health, and optimum performance in the 21st century.



General considerations to develop and maintain a positive attitude:

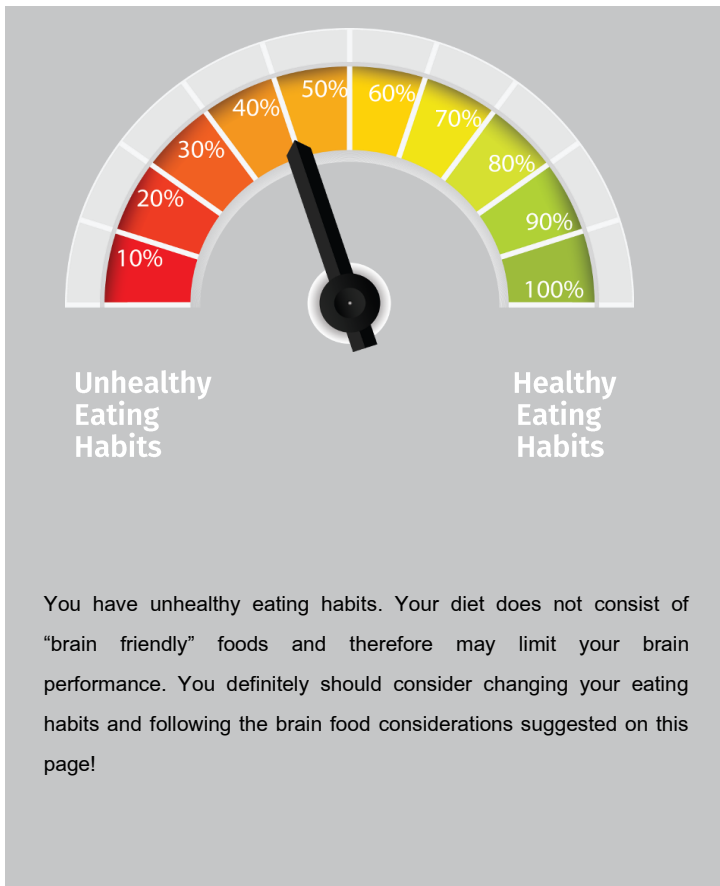
- Never lose hope.
- Find purpose. Choose to make a difference.
- Think more positive thoughts than negative thoughts.
- Take time every day to contemplate the things you are thankful for.
- Spend time with positive, uplifting people.
- Spend time with people you want to be like.
- Talk and interact with others in positive, loving, and helpful ways.
- Focus on what you like more, than what you don't like.
- Seek counsel and support with others when you feel stuck.
- Feed your mind with positive, constructive information.



Brain Food

A brain-based perspective on how nutrition impacts your brain's performance

Your life style and the food you eat have a direct influence on your information processing ability, emotions, health, concentration and how your brain performs. The energy your brain produces comes from a combination of the foods you eat, the water you drink and the oxygen you inhale. Most of nature's natural produce, used in moderation, will be conducive to increased mental performance. Unfortunately most of man's "quick fixes" and products like processed and fast foods are not always conducive to physical and mental performance and health in the medium to long term.

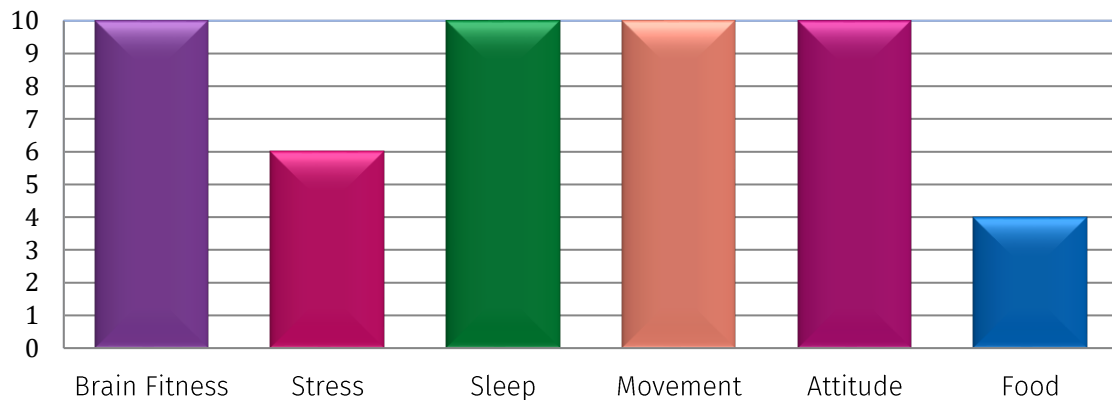
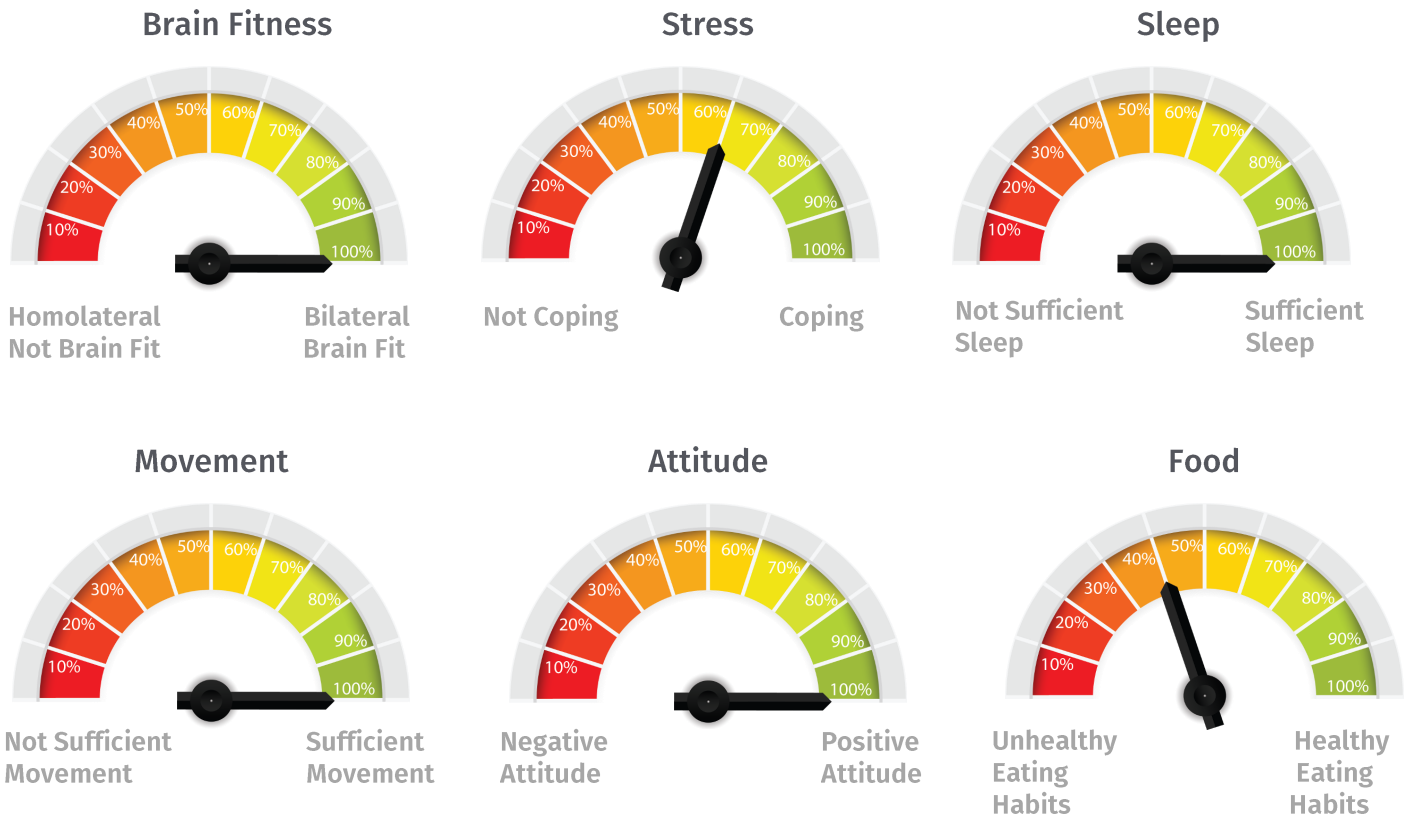


General considerations to improve a brain friendly diet:

- Drink 8 glasses of water per day.
- Eat more brain foods like salads, fresh fruits and vegetables.
- Eat more white meats like fish and chicken (without the skin) and less red meat.
- Take natural supplements daily to complement your diet.
- Reduce or avoid processed or fast foods.
- Reduce alcohol, caffeine, nicotine and too much sugar and salt intakes.



Your Brain Optimization Dashboard Of Drivers That Influence Your Brain Performance



Your average for the drivers that influence your brain performance:

83%

PLEASE NOTE:

The techniques and activities suggested in this profile are solely for educational, training and/or self-development purposes. The author, does not directly or indirectly present any part of this profile as a diagnosis or as a prescription for any ailment for any person. People using the information, techniques and activities reported here in, do so for educational, training or self-development purposes only.