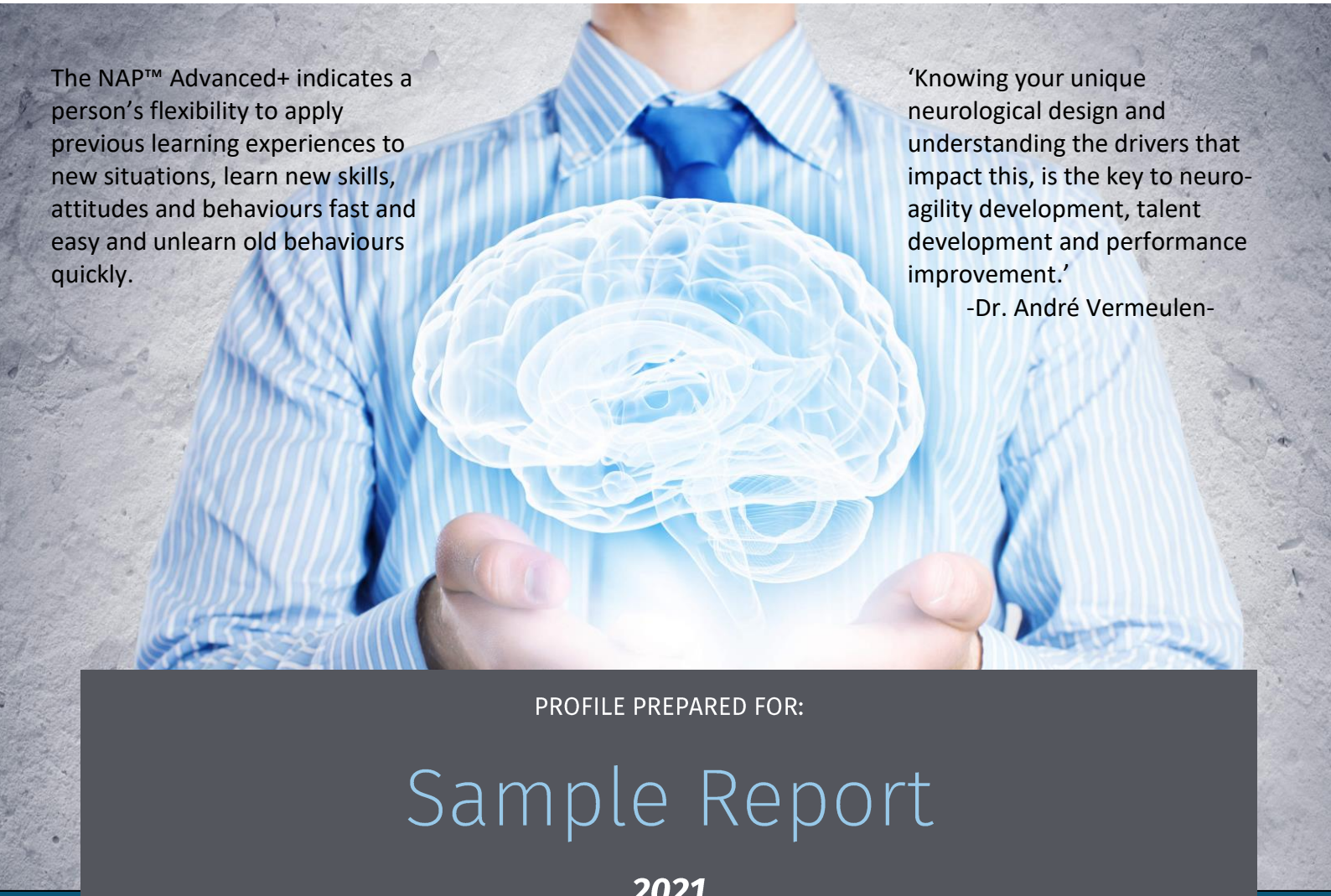
Neuro-Agility Profile ™

Advanced+ for Adults



The NAP™ Advanced+ indicates a person's flexibility to apply previous learning experiences to new situations, learn new skills, attitudes and behaviours fast and easy and unlearn old behaviours quickly.

'Knowing your unique neurological design and understanding the drivers that impact this, is the key to neuro-agility development, talent development and performance improvement.'

-Dr. André Vermeulen-

PROFILE PREPARED FOR:

Sample Report

2021

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Neuro-Agility Profile - (NAP ™):

Advanced+

Because of the continuous changes occurring in today's organizations and markets, adaptability, agility, and flexibility have become increasingly important to safeguarding organisations' and people's future progress and improving their performance. The term "agility" refers to "the power of moving quickly and easily" and "the ability to think and draw conclusions quickly". People's agility to adapt, adjust, learn new information quickly, unlearn old behaviour patterns fast, be flexible in moving across ideas and understandings in such a way that they are able to maximize the potential learning value of a given experience is crucial to their survival, progress and competitiveness.

Neuro-Agility:

Neuro-agility provides new insights into how uniquely people learn and why some learn faster, easier and are more flexible than others, deepening our understanding on issues such as learning problems, risk for error and not being brain fit. This multi-dimensional, neuroscience approach, is a core competence of the meta-concept of "ability to learn" and the construct of "learning agility" but is neither exhaustive nor exclusive to any of these concepts.

Neuro-agility is a neuroscience innovation that offers the solution to developing the learning powers people need for safeguarding themselves against future job losses, as it is about optimizing the neurological components of learning, thinking and cognitive processes – components that are essential for people to learn quickly and easy and flex mental muscle in new and stressful situations in the work place. It is a differentiating factor of primary importance for developing talent and improving performance.

Neuro-Agility Matters Because It . . . .

- Significantly contributes towards increased workplace engagement when there is alignment between how you are naturally talented and what you do;
- Has a positive impact on increasing:
  - learning ability and learning agility;
  - learning ease and speed;
  - mental flexibility to think and adapt quickly;
  - brain fitness, health & wellness;
- Minimizes your risk for human error;
- Provides the most comprehensive framework for brain performance improvement and identifying your potential as reflected in your neurological design;
- Fills a gap that identifies neurophysiological components of your neurological design that can help you improve your neuro flexibility and ultimately neuro-agility.

Your Neuro Agility Profile™

What is a Neuro Agility Profile™ ?

Neuro-agility consist of 2 dimensions. The first dimension consist of neurophysiological components that influence your flexibility in thinking and learning. The second dimension consist of the drivers that optimize your brain performance, which will affect the speed and ease with which you learn

This is your Neuro-Agility Profile™ Advanced+. It is a summary of 6 drivers that optimize your brain health and performance and its impact on 7 neurophysiological attributes of your neurological design. Your NAP™ is an Instrument to help you identify and develop the drivers and components that can optimize your neuro-agility. The scores on your drivers and neuro-design components will continuously fluctuate depending on how much you keep on learning and flexing mental muscle.

Your Neurological Design (see p.19):

There is a compelling body of evidence that ties your neurological design to components like:

- relative lateral hemispheric dominance;

- expressive - receptive preference;

- rational - emotional preferences;

- four figurative learning and thinking languages;

- brain and sensory information processing styles;

- sensory preferences;

- Intelligence preferences.

Your Neuro-Design Flexibility

Balance and flexibility between all brain regions that impact your neurological design will influence how flexible you are to move across ideas and understandings in such a way that you are able to maximize the potential learning value of your previous learning experiences in new, first time, stressful situations.

Neuro-design flexibility is your ability to utilize the full range of a specific neurophysiological attribute of thinking or learning, depending on what function is required of you In that situation. If you're not neuro flexible, you may alternate between the opposite modes of that specific neurophysiological component, which implies that you will either utilize one **or** the other mode of that component, rather than the full range of all modes of that component simultaneously.

For example, if you need to utilize lateral thinking to solve a complex problem, you may either fluctuate between analytical **or** creative thinking modes, rather than being analytical **and** creative simultaneously. The sum total of utilizing both modes of thinking at the same time, being analytical **and** creative, is much greater than alternating between these modes.

When your NAP™ indicates that you are balanced (in the middle four blocks on the dash board of your neurological design on p.19) with regards to one of the 7 neurophysiological attributes of learning, like for instance your lateral dominance, your neuro flexibility dashboard on page 20 will indicate a flexibility score of somewhere between 80-100%.

A desirable overall neuro-design flexibility score implies you utilize all components of your neuro-design with ease and speed simultaneously, being analytical **and** creative, expressive **and** receptive, emotional **and** rational, and accessing any mode of sensory learning,

processing visual, auditory and kinaesthetic information fast and easy, depending on what mental functions are required of you in a specific situation. The following dashboard illustrates your overall neuro-design flexibility:

Overall Neuro-Design Flexibility

A score of 60 - 79% indicates that you are well on your way towards neuro-design flexibility. For quickest results, start with improving those components closest to 80%

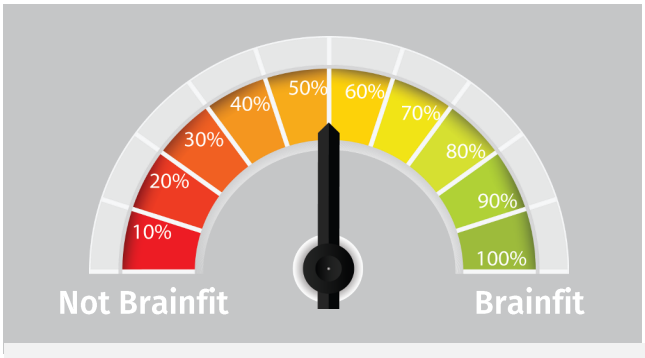
Your Overall Brain Optimisation Score (see p. 27):

To ensure you tap into all your cognitive resources to achieve top performance, you have to leverage all the drivers that optimize your brain's performance. Research provides strong evidence that ties improved performance to drivers like brain fitness, stress coping skills, sleep, movement and exercise, optimistic mindset and nutrition.

If optimized, these drivers can significantly improve our brain health, memory, focus, cognition and energy, thereby impacting performance, engagement, learning agility, well-being and overall brain fitness. When these drivers are not optimized, even when you have outstanding potential, it will have a negative impact on your overall performance and agility.

The following dashboard illustrates your overall brain optimisation:

Overall Brain Optimisation

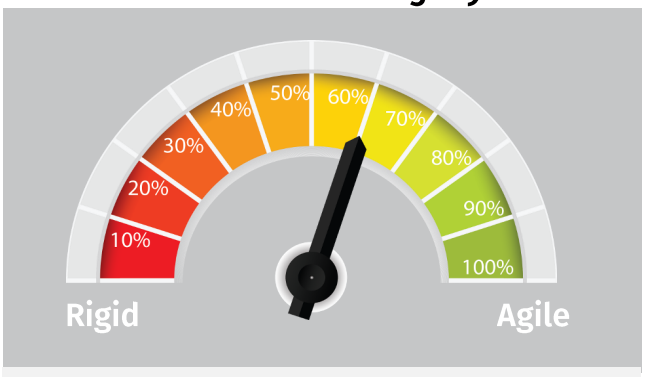


A score of 0 - 59% indicates that you are not brain fit yet. To optimize your brain performance further, start optimising those drivers closest to 80%.

Your Overall Neuro-Agility Score (see p.29):

Your level of neuro-agility is determined by the interplay between the dimensions of drivers that optimise your brain performance (p.27) and the neuro-design components that cause neuro flexibility (p.28). The sum total will impact the speed, ease and flexibility with which you learn and perform. It will also indicate areas for further development in order to improve it. The following dashboard illustrates your overall neuro flexibility:

Overall Neuro-Agility

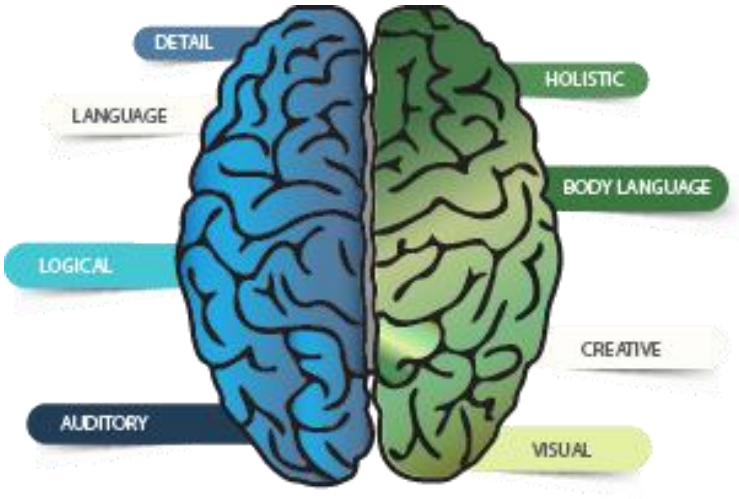


A score of 60 - 79% indicates that you are on your way towards overall neuro-agility. Focus on developing the areas closest to 80% as you will have the quickest results for improving your overall neuro-agility.

Your Amazing Neurological Design!

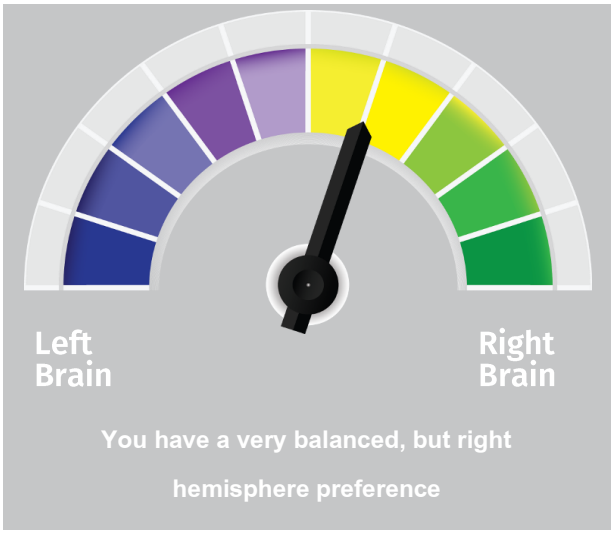
Relative Lateral Dominance

Your preferred hemispheric dominance – left and/or right



The left brain hemisphere, also known as the logical, analytical or language hemisphere, processes information in a sequential, analytical and structured manner. It is time and detail oriented. It prefers auditory input like words, voices and verbal messages. A strong inclination towards left hemispheric characteristics can result in an orientation towards finances, science and academics.

The right brain hemisphere, also known as the creative, holistic or gestalt hemisphere, processes information in a more holistic, visual and intuitive manner. It responds to visual input like pictures, demonstrations and illustrations. Right hemisphere characteristics include visual-motor and visual-spatial strengths that can result in an orientation towards sports, painting, sculpting or other practical and creative careers.



Even if we use our whole brain, there are some areas that lead and others that follow. The areas that lead influence our natural responses, how we learn and think, who we are and how we lead. For greater satisfaction and fulfilment, one should seek a work or business environment consistent with your natural design and preferences.

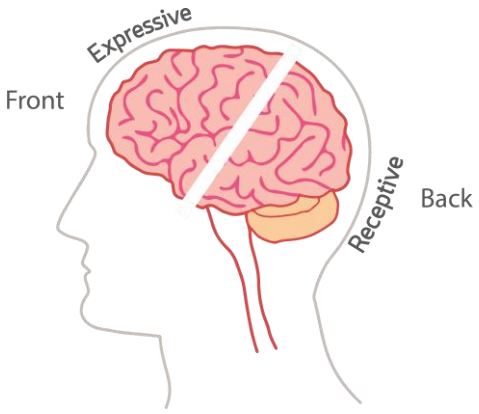
Each of the hemispheres of the brain has prescribed functions or specialities which play a role in determining how we process information, and how we learn, think and act. In this manner the brain hemispheres avoid duplication of functions and complement each other. We will always experience a combination of right **and** left hemisphere functions in everything we do.

There is, however, a natural tendency for one hemisphere to lead and be dominant, especially during stress. Dominance is genetically determined. It affects how we respond to stress and new experiences, how we think and learn, how we process information, how we communicate and also our personalities. Armed with the knowledge of how we prefer to use our brain, we are better equipped to choose a more effective work style for ourselves.

You are very balanced towards learning and thinking in general, but should you "switch off" during stress, you will be slightly more inclined towards the right hemisphere. Learning through pictures, demonstrations, illustrations and practical experiences may work well for you. Finding new ways to learn faster and smarter and to think out of the box, comes naturally for you. When learning something new, you may need to follow the examples of others or to react on your "gut feelings". You are a visual thinker who likes to be creative. You notice similarities between objects of thought rather than differences. As a creative thinker, you may often make decisions "kind of impulsively" and based on your intuition. Generally you may feel more comfortable working in an unstructured environment and may prefer a more democratic and participative leadership style. You are less time conscious, spontaneous, now orientated and people orientated. During stress, you may lose sight of details, focusing on the big picture and on relationships. To others you may sometimes appear to be over sensitive and even disorganised.

Expressive and/or Receptive Preference

How you are wired – frontal lobes and/or sensory lobes



Back/front brain

Information processing during the learning process can be viewed as an input-output model. Information enters in through the senses as an input in the sensory lobes in the back of the brain. This receptive mode is typified by absorbing information through the senses and reflecting upon that information in an abstract, quiet manner. Information is then processed to the expressive centres of the brain in the frontal lobes. This expressive mode is typified by expressing your thoughts and feelings verbally. The characteristics of the expressive and receptive modes are as important in establishing a person's mental preferences when learning, thinking and communicating, as the differences between the left and right brain modes.

Regardless of having left or right brain hemisphere preferences, some people prefer to focus more electro-chemical activity in the frontal lobes (the front areas of the brain), while others will focus more electro-chemical activity in the sensory lobes, (back of the brain). People who focus more electro-chemical activity to the frontal lobes tend to be more expressive. When people focus more electro-chemical activity to the back of the brain they tend to be more receptive.

General considerations to maintain expressive/ receptive balance:

- Develop and maintain balance between talking, participating and listening, observing. Reflect on your thoughts **and** feelings, before expressing them.
- Maintain and develop balance between being spontaneous **and** reserved.
- Listen first. Produce an appropriate response last.

You are very balanced towards expressing and receiving in general, but should you "switch off" during stress, you will be more inclined towards the expressive mode. Irrespective of your hemispheric preference, you naturally tend to focus more attention to the front brain (frontal lobes), which makes you more verbally orientated and able to express your thoughts and feelings through language. You have the potential to be an outspoken person who processes information well externally. Usually you take part in discussions and ask questions easily. During stress you may tend to talk more than usual and may even be perceived as domineering when experiencing intense stress. It may happen that you sometimes say things that you haven't thought through thoroughly.

- If you are a feeler (more emotional), you may tend to spontaneously express your feelings by laughing, talking, complaining or getting angry.
- If you are a thinker (more rational), you may have a tendency to verbally reason very well and also be factual.

Four Brain Quadrants

A two-dimensional perspective on how you prefer to use the four quadrants of the cerebral cortex

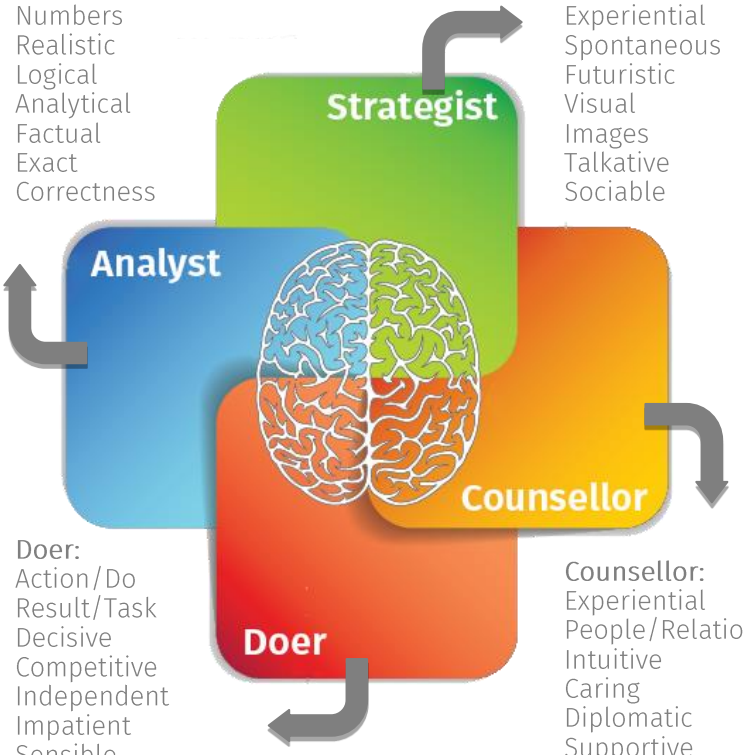
Regardless of left or right brain hemisphere dominance, we will always experience a combination of right and left hemisphere functions in everything we do, if we are brain fit and we do not experience too much stress.

The four quadrants profile illustrates the unique sequence of how you prefer to utilize your whole brain in normal, everyday situations. It is a reflection on your preferences and not of your competence. This component of your neurological design is the sum total of your left/right brain hemisphere (P.5) and frontal/sensory lobe (p.6) preferences.

Fit matters, especially in business! Understanding one's thinking and learning preferences and aligning that with your job, is essential for job satisfaction and engagement. Your preferences will clarify what role you play in a team, what value you add, and what figurative brain, thinking and learning language you prefer to speak.

Analyst:
Thorough
Precise
Verbal
Numbers
Realistic
Logical
Analytical
Factual
Exact
Correctness

Strategist:
Creative
Holistic
Practical
Experiential
Spontaneous
Futuristic
Visual
Images
Talkative
Sociable



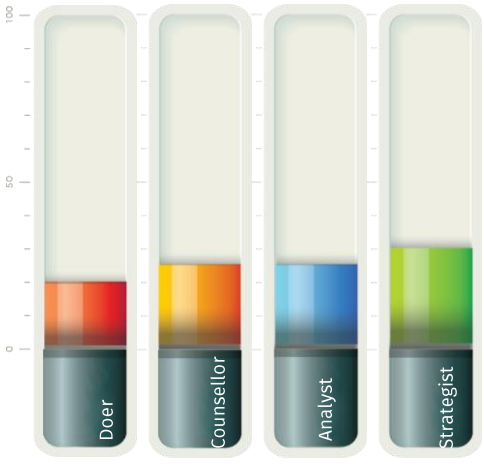
Doer:
Action/Do
Result/Task
Decisive
Competitive
Independent
Impatient
Sensible
Controlled

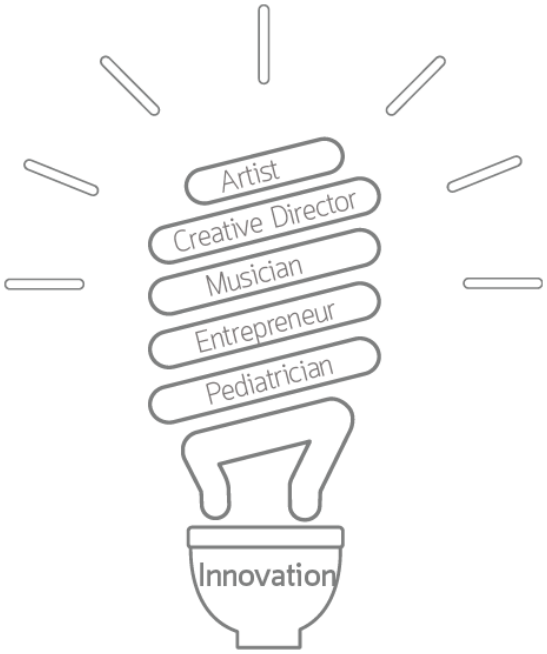
Counsellor:
Experiential
People/Relations
Intuitive
Caring
Diplomatic
Supportive
Sensitive
Empathic

Your unique preferences:

You are a:

- Strategist





A two–dimensional perspective on how you prefer to use the four quadrants of the cerebral cortex

Frontal Lobes

ANALYST

Logical
Analytical
Academic
Factual
Correctness
Realistic
Numbers
Verbal
Precise
Thorough

STRATEGIST

Creative
Holistic
Practical
Experiential
Spontaneous
Futuristic
Visual
Images
Talkative

Left Brain Hemisphere

Right Brain Hemisphere

Action/Do
Result/Task
Decisive
Competitive
Independent
Impatient
Sensible
Controlled

DOER

Experiential
People/ Relations
Counselling
Diplomatic
Supportive
Empathic

COUNSELLOR

Sensory Lobes

Doers

Doers are task-orientated people. They focus on getting the job done. Doers need not be double-checked. Another word for them is completer-finishers. In general they get immediate results and show a strong sense of perseverance. They invite and accept challenges. Doers tend to talk in bold letters; meaning that their requests might sound like a command/instruction. They have the ability to make quick decisions, are problem solvers, hardworking and self-sustaining.

Doers should be mindful of the following:

Doers might come across as insensitive towards other people. They make decisions quickly and therefore tend to not give as much attention to risks and dangers within certain situations/scenarios. Because they are hard workers, they tend to take too much work on themselves. They dislike it if they are limited. They may be impatient at times because they are working towards quick results. At times they could display characteristics of inflexibility and unyieldingness. They may also sometimes expect too much from other people.

Analysts

Analysts are analytical thinkers, being detail-oriented people. In general they are very neat, thorough and disciplined. They come over as extremely competent, precise and show diplomacy when dealing and interacting with people. Also, they are extremely dedicated to quality in terms of their work and general approach towards life.

Analysts should be mindful of the following:

Analysts could at times be indecisive and too inflexible with regards to method of doing or implementing. They often lack spontaneity and might distrust other people. They can easily get stuck in too much detail. They could come across as pessimistic, fault finding and avoid conflict.

Counsellors

Counsellors are very supportive, loyal, stable, predictable and reliable. They are agreeable, service oriented and in general appear to be good listeners. People feel safe around them. They are guardians of relationships.

Counsellors should be mindful of the following:

Counsellors often resist change and can be too lenient. They are often indecisive and possessive, especially in terms of relationships. They may experience difficulty to reach deadlines and tend to procrastinate and postpone tasks and also avoid conflict. In general they have many good ideas, but don't take initiative to implement them.

Strategists

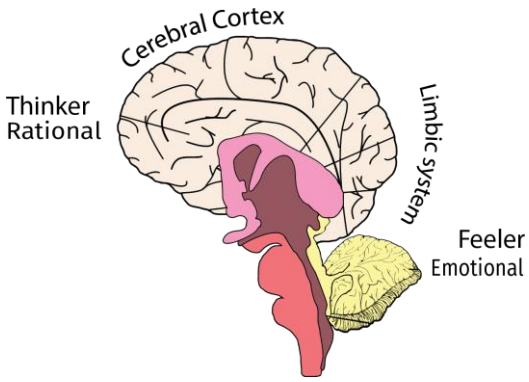
Strategists are the conveyers of dreams and possibilities. They push boundaries. In general they are optimistic, people oriented and easy communicators. They usually create a pleasant atmosphere and are enthusiastic about life and people. They make a good impression, are convincing and are friendly and outgoing.

Strategists should be mindful of:

Strategists sometimes lack the ability to execute on ideas and tasks. They may tend to overestimate their abilities and be impulsive. They may also find It hard to say no and by doing so, take on too much. They also have a tendency to be overoptimistic about end results and to over talk the Issue. Strategists jump to conclusions too quickly and may also sometimes tend to be manipulative.

Rational and/or Emotional Preference

How you are wired – cerebral cortex and/or limbic system

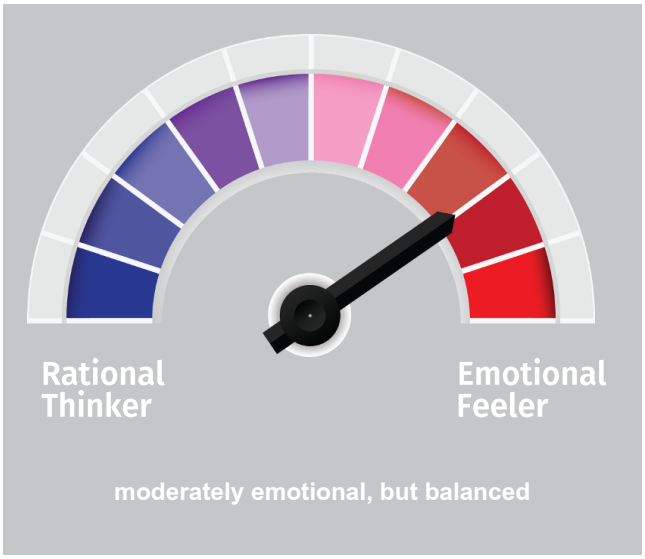


The cerebral cortex mode is typified by cognitive, intellectual, rational and creative ways of thinking. These learners usually have a more academic and rational approach towards learning and thinking.

The limbic mode represents emotional, "just feel" ways of learning. These learners usually have a more experiential approach towards learning and thinking. The characteristics of the cerebral cortex and limbic modes are as important in establishing a person's mental preferences when learning and thinking, as the differences between the left and right brain hemispheres.

Bottom/top brain

Some people prefer to focus more electro-chemical activity to the cerebral cortex (outside layer) of the brain, while others prefer to focus more electro-chemical activity to the limbic system (deeper area) of the brain.



You have a moderately emotional and experiental, but balanced approach towards learning and thinking. Should you "switch off" during stress, you will still be more inclined towards emotions and experiental learning. People may perceive you as a feeler. Regardless of your hemispheric dominance, you tend to be a more emotional, practical and experiential person. Feelings tend to be more important to you than reason. You may act instinctively and experience intense emotions during stress. You find it more important to be people, feeling and experience orientated. Learning through practical experience is a very important mode of learning for you.

- If you are expressive (front brain orientated), you may tend to spontaneously express your emotions by talking, laughing, arguing, moaning, shouting, and/or getting angry during stress. You may also be sensitive to other people's feelings.

- If you are receptive (back brain orientated) you may experience intense emotions, mostly by maintaining silence.

General considerations to maintain rational/ emotional balance:

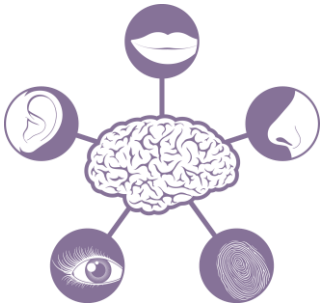
- To be more whole brain orientated, maintain balance between reason and emotion. Make emotional **and** rational decisions. Learn through facts **and** experiences.
- Allow both reason **and** emotion to influence your behaviour, thinking and learning.
- Express your emotions in a rational way that is not at your or other people's expense.
- Be task and feelings oriented in your approach to any task or project.
- Do physical and mental brain integration exercises to "switch on" and activate all areas of the brain.
- Develop emotional intelligence competencies like accurate emotional awareness, self-awareness, positive self-esteem, adaptability, self-control, self-motivation, empathy, service orientation and social awareness, communication and social cohesion skills.

Information Processing Style

Your unique brain hemisphere and sensory dominance combination

Senses

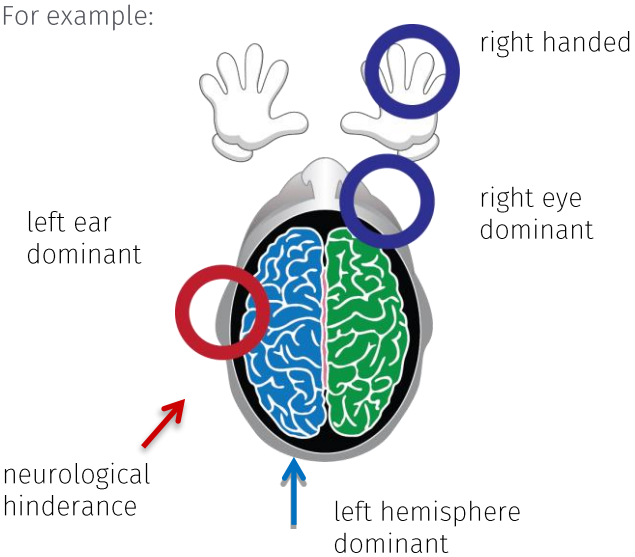
People process information through what they see, hear, smell, taste and touch. We have two brain hemispheres, two eyes, two ears and two hands, but we will always have a dominant brain hemisphere, eye, ear and hand that will actively process information.



Neurological hindrances

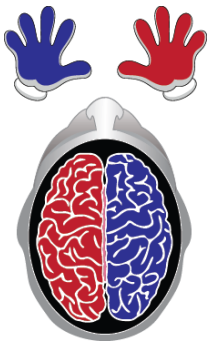
When people are homolateral (one sided and therefore less brain fit), or experience stress, the dominant senses opposite the dominant hemisphere will be adept at processing information. If the dominant senses are on the same side as the dominant brain hemisphere, your information processing ability may be inhibited and sensory processing functions may become limited during stress, which causes a neurological hindrance.

For example:



Opposites

The left brain hemisphere controls the right side of the body and the right brain hemisphere controls the left side of the body, regardless of the location of the dominant senses.



Dominance

Dominance indicates which brain hemisphere, eye, ear or hand takes the leading role to process information actively.

The other brain hemisphere, eye, ear or hand follows more passively. This does not necessarily reflect less effective use of the other brain hemisphere, eye, ear or hand. This implies that different people have different combinations of the dominant brain hemisphere, eye, ear and hand and will therefore learn and process information differently.

People naturally prefer to use one brain hemisphere, eye, ear, hand and foot in preference to the other and then reinforce this with continued and habitual use. This does not necessarily reflect less effective use of the other. Dominance does not indicate competence: It reflects your natural, genetically determined preference. Competence indicates learned behaviour.

Your unique brain and sensory dominance combination

Each brain hemisphere and sense has specific processing functions. In this way each hemisphere and sense avoids duplication of functions and complements each other. In a natural, relaxed state you will usually experience balance between all functions. There is however, a natural tendency for one hemisphere, eye, ear and hand to lead. This dominance pattern will affect how you respond, especially during stress and in new learning situations as you will then go into your natural default mode. It will have an influence on your personality and how you learn, think and communicate.

The following illustration demonstrates the specific processing preferences of the senses:

THE LEFT HAND FOCUSES ON:

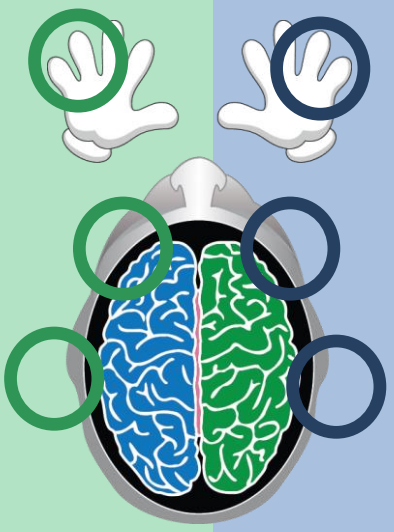
- Gross-motor activities
- Non-verbal gestures and body language

THE LEFT EYE:

- The far-sighted eye
- Tracks from right to left – reading difficulty
- Focuses on colour, shapes and feelings

THE LEFT EAR LISTENS TO:

- Emotions
- Rhythm and tone of voice
- How things are said
- Non-verbal content



THE RIGHT HAND FOCUSES ON:

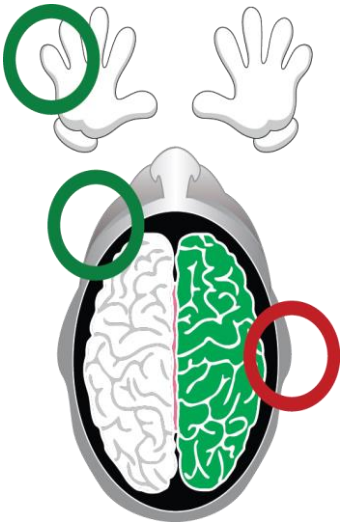
- Fine-motor activities
- Written and verbal communication

THE RIGHT EYE:

- The near-sighted eye
- Tracks from left to right – reading eye
- Focuses on visual order, sequence and detail

THE RIGHT EAR LISTENS TO:

- Words / language
- Facts and details
- What is said
- Verbal content



You have a very balanced, but right hemisphere preference

Left hand dominant/ communication learner - 0% preference

Left eye dominant/ visual learner - 50% preference

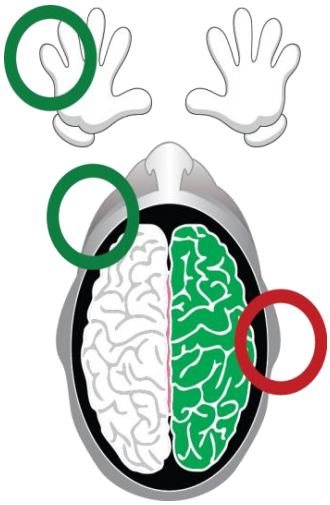
Right ear dominant, but balanced/ auditory learner - 50% preference

Potential risk for human error during stress :

None | Low | Moderate | High

How you are wired: Your unique hemisphere and sensory dominance combination

You are right brain hemisphere dominant and a visual (see) and kinaesthetic (do) learner with an auditory (hear) neurological hindrance during stress. (± 5.5% of society has your profile). You learn well through movements and experiences. Your information processing style indicates that you learn easily by seeing and doing. Processing visual images like pictures, photos, video's, diagrams and illustrations is a strength for you. Reading contextual details may not be a natural preference for you. Shapes, colours and patterns may work well for you when learning. Although you are visually orientated, your left eye may cause letter reversals and difficulty with reading (turning letters or numbers around or upside down), because it prefers to scan from right to left. Your dominant left hand also increases the need to be kinaesthetic (movement and action-orientated) during learning. You need to move (especially the hands) and touch to effectively process new information. When communicating under stress, you may experience difficulty with listening to what people say because of an auditory neurological hindrance. It may also happen that you experience difficulty with memory, spelling and / or maths because of the neurological stress that causes a hindrance in the temporal lobe / limbic area. When relaxed, you may listen more to detail and what is being said. When solving problems, metaphors, examples and associations may work well for you. You are an emotionally and physically expressive thinker and learner. Your movements usually tend to be spontaneous and fluid, but you can benefit from fine motor, hand-eye coordination activities and brain integration exercises.



General considerations to optimise your brain performance:

- To increase your ability to process visual information through the eyes during stress, or if you are homolateral, do activities like blinking while tracking with your eyes all around the edge of an object, eye tracking exercises, move your eyes in all visual fields, practice visualising pictures, patterns and colours.

- If you need to enhance your ability to process auditory information through the ears during stress, or if you are homolateral, listen to Baroque music, sing, practise to really listen to people without talking, as well as listening to tonal patterns, melodies and rhythms in music, nature and voices.

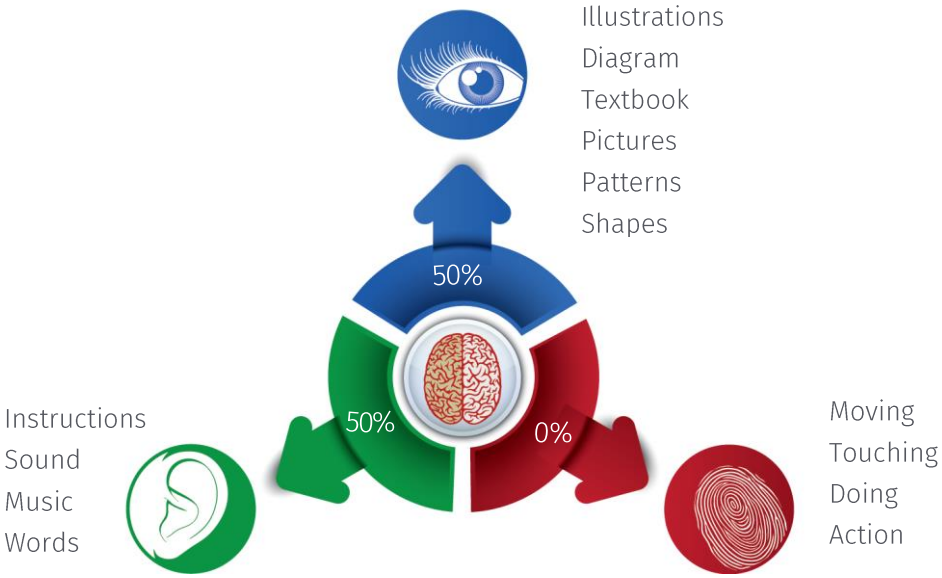
- To increase your ability to process kinaesthetic information through the hands during stress, or if you are homolateral, do activities like bilateral drawings, cross-lateral movements, hand-eye coordination activities, fine-motor activities like using tools with intention, typing, writing and drawing with your non-dominant hand, practise only with your hands, and use large expressive arm movements in all directions simultaneously.

Sensory Preferences

Your preferred sensory mode of learning

Regardless of your information processing style and if you have access through your dominant senses to your dominant brain hemisphere or not, your brain uses three symbolic sensory languages during thinking, learning, and creating – Visual (V), Kinaesthetic (K) and Auditory (A). This profile indicates the value you place on each sensory mode of learning, thinking and creating.

Your preferred sensory mode of learning and thinking is:



Please Note: A score of 30% indicates *preference*, 40% *strong preference* and 50% *very strong preference*

Visual:

Thinking and learning visually, means using your eyes and "insight" (the mind's eye) as the windows of your mind. Experience is processed through sight and visual images. When your mind is thinking this way, it is observing detail, colours, visions, lines, maps, lists, views, perspectives, pictures, and visualisations of the written word, diagrams, movies, charts, doodles, television and photographs. Creating visually involves putting ideas on paper, canvas or film.

Kinaesthetic:

Thinking and learning kinaesthetically means that you learn through movement and your hands, skin and muscles. You collect experiences by means of feelings, movements, actions, touch, texture, temperature, pressure, spatial awareness, sensitivity to energy, smell and internal images of movement and feeling. Creating kinaesthetically involves using your hands and body to paint, sculpt, garden, dance, knit, carve, cook, mime, build, do sports etc.

Auditory:

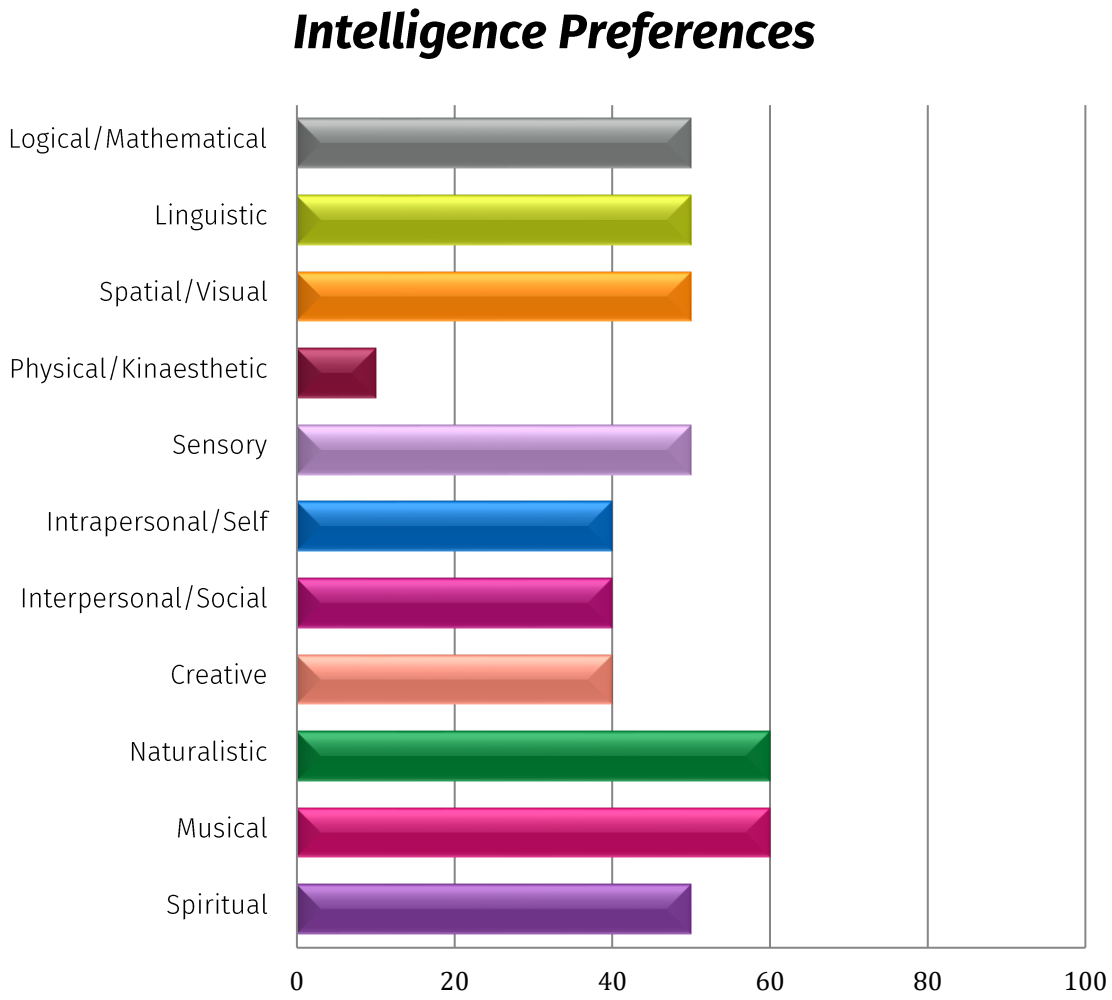
Thinking and learning auditorally means using your ears and mouth as the telephone of your mind. Experience is processed through words and sounds. When your mind thinks in this way, it is listening to and participating in conversations, tones of voice, jokes, jingles, sounds, music, meaning, messages, poems, stories, debates, speeches, orders, noise, radio, lectures and arguments. Creating auditorally involves expressing yourself by means of sounds and / or words.

Intelligence Preferences

How you are smart

The question today is no longer: "How smart am I? What is my IQ?" The question is **"How am I smart?** What are my strongest intelligence preferences?" All people are smart – just in different ways. The graph below illustrates how you are smart.

Your natural intelligence preferences are:



A score of 80% or more in any intelligence type shows you are naturally inclined towards that kind of intelligence. Aligning your career choices with your natural preferences is essential for job satisfaction and improved workplace engagement. It will ignite your passion and lead you towards a purposeful life.

- A score between 50 - 70% indicates an average preference.
- A score between 30 - 40% indicates less preference.
- A score of 20% or less indicates no preference.

Traditional Intelligence (IQ)

IQ is the category of intelligences that reflects on different ways in which people are mentally smart. Throughout the 20th century it was seen as "the" intelligence. We now realise that there are more than just Logical, Spatial and Linguistic Intelligences. Your verbal, spatial and numerical skills do not automatically ensure personal or professional success. It is, however, still essential to progress on this planet.

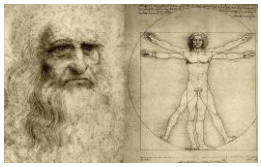
Logical (mathematical) This is your intelligence for preferring to work with abstract details like maths and science and dealing with complex logical systems. You rely on abstract details and facts to learn, think and understand. Logically smart people are planned, structured and rely on sequential thought. It is the preference of many mathematicians, scientists, engineers, academics, accountants and lawyers.

Scientist - Steven Hawking

Linguistic (language) This is your intelligence for being sensitive to the meaning and order of words, whether you're speaking, writing or studying the structure of language itself. You rely on words, language and instructions to learn and think. It is the preference of many poets, writers, teachers, preachers, politicians, actors, motivational speakers, editors, journalists, radio personalities, talk show hosts and instructors.

Talk Show Host - Oprah Winfrey

Spatial (visual) This is your intelligence for perceiving the visual world accurately, or to recreate or alter it on paper, in the mind, or in direction and distance. Non-sighted people also have a strong spatial sense, which helps them think about mentally moving around in the world without the input of sight. You rely on pictures, images, illustrations and demonstrations to learn and think. It is the intelligence preference of many designers, architects, painters, artists, sculptors, navigators and strategists.



Designer - Leonardo da Vinci

Bodily Intelligence (BI)

Bodily Intelligence is the category of intelligences that reflects on different ways in which people are physically smart. The mind and body are one functional unit. The healthier the body, the healthier the mind. Bodily Intelligence includes:

Physical (kinaesthetic) This is your intelligence for hands-on learning. It's the ability to use your body skilfully for self-expression or towards a physical activity – like dancing, acting and sports. You learn and think well when doing things. Some of the world's greatest thinkers (among them Einstein) have had to feel their ideas in their bodies in order to think effectively. It is the intelligence preference of many sculptors, mechanics, sportspeople, dancers, stunt men, surgeons and outdoor workers.

Soccer Player - Cristiano Ronaldo

Sensory This is your intelligence for using each of your five physical senses (eyes, ears, smell, taste and touch) as well as your sixth sense (intuition) to the full extent of their incredible powers when learning, thinking and doing your job. It is the intelligence preference of many movie producers like Walt Disney, fashion designers, wine connoisseurs, chefs and interior designers.

Chef - Gordon Ramsay

Emotional Intelligence (EQ)

Brain research suggests that emotions, rather than IQ, may be one of the most important measures for human potential and success. Star performers stand out not only by personal achievement, but by their capacity to work well in teams and with others. The higher up the leadership ladder you climb, the more vital all aspects of emotional intelligence become. Five of the top 10 most desired skills for the future workplace can be categorised as EI skills.

Emotional Intelligence is our ability to acquire and apply knowledge from our own emotions and the emotions of others in order to solve problems, establish strong social bonds with others and live a more successful, fulfilling life. EI competencies include accurate self-awareness, self-confidence, managing your emotions, motivating yourself, commitment and integrity, recognizing emotions in others, empathy, service orientation, the ability to influence others, whole brain communication, managing relationships, including the ability to initiate and accept change and resolve conflict. You may have a preference towards Intrapersonal and Interpersonal intelligence, but developing EI is a skill set you develop.

Intrapersonal (self)

This is your intelligence preference for accurately being in touch with yourself, how you think and feel and what you want out of life. You naturally focus inwards and therefore prefer to learn and function independently. It is the preference of many leaders, intellectuals, novelists, philosophers, thinkers, individualists, psychologists and entrepreneurs who have strong individualistic traits.

Leader - Mahatma Gandhi

Interpersonal (people)

This is your intelligence preference for accurately perceiving and understanding others – their moods, desires and willingness to interact with you. Social learning in groups comes naturally to you. It includes your need to interact with people and to be a team player. It is the preference of many teachers, philanthropists, therapists, tour guides, sales people, managers, public relations people, politicians and leaders.

Leader - Nelson Mandela

Spiritual Intelligence (SI)

We exist on three levels – mind, body and spirit. Our mind, body and spirit are one single functional unit. Spiritual Intelligence is the category of intelligences that reflects on different ways of how people are spiritually smart. It involves being part of the greater scheme of things and continuously acquiring wisdom through a lifetime of experiences. People with a high SI illustrate a global vision and know and pursue their beliefs, values and purpose.

Creative (innovative)

This is your intelligence preference for thinking in new ways, to be original, fluent in generating ideas and looking at things from different perspectives. You enjoy learning through novel experiences. It is the preference of many inventors, entrepreneurs, futurists, musicians, painters, poets and comedians.

Entrepreneur - Sir Richard Branson

Naturalistic (nature)

This is your intelligence preference for nature, your environment and the world you live in. This intelligence reflects your ability to interact with animals, plants, trees, flowers and to be interested in things like astronomy, biology, and global and environmental issues. You learn and think best when outside. It is the preference of many farmers, botanists, veterinarians, nature conservationists, biologists, animal trainers and landscape architects.

Adventurer - Bear Grylls

Musical

Composer - Wolfgang Amadeus Mozart

This is your intelligence preference for understanding, enjoying and/or creating music. This is where your rhythmical and harmonic senses are very important in resolving some challenges that may seem to have nothing to do with music.

You enjoy learning while music is included in work, thinking, learning or relaxation. It is the preference of many dancers, musicians, composers, sound engineers and conductors.

Spiritual

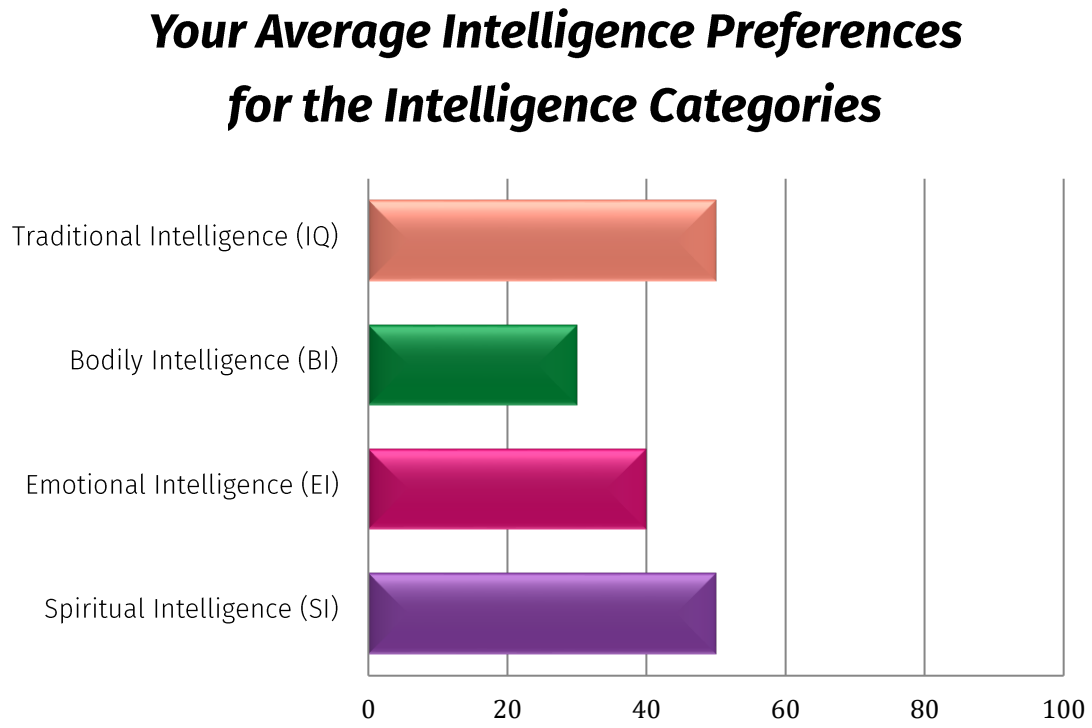
Philanthropist - Mother Teresa

This is your intelligence preference for seeing how all things form part of a bigger scheme of things, having the ability to reach beyond your own interests to those of others, or the community at large, and having a fundamental respect for life and humanity. It is the preference of many philanthropists, missionaries, ministers, pastors and leaders. - people who dedicate their existence to a cause greater than their own existence.

General considerations to develop your intelligence preference into areas of excellence in your life.

- Develop appropriate skills that are aligned with your natural intelligence preferences to increase your competence.
- Maintain integrative balance between developing intrapersonal and interpersonal skills like self-confidence, accurate self-assessment, and emotional self-awareness, finding purpose, self-motivation, adaptability, self-control, social awareness, empathy, service orientation, organisational awareness, communication, social cohesion and leadership.

We exist on the levels of body, mind and spirit and will therefore also have preferences towards some of those dimensions more than others. The traditional perspective on intelligence (IQ) and emotional intelligence represent the mind dimension. The graph below illustrates in which intelligence category you have the strongest preference.



Summary: Your Unique Neurological Design

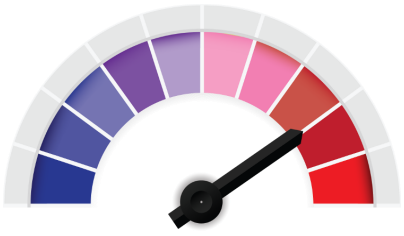
Relative Lateral Preference

Left Hemisphere — Right Hemisphere

Expressive/Receptive

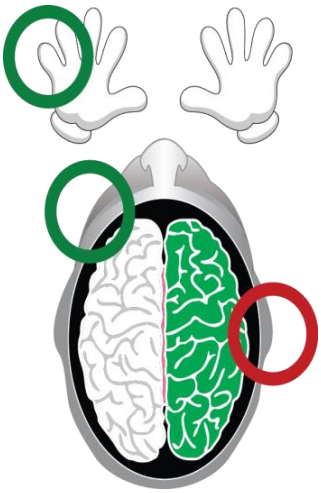
Expressive Frontal Lobes — Receptive Sensory Lobes

Rational/Emotional



Rational Thinker Cerebral — Emotional Feeler Limbic

Information Processing Style:



You have a very balanced, but right hemisphere preference

Left hand dominant/ communication learner - 0% preference

Left eye dominant/ visual learner - 50% preference

Right ear dominant, but balanced/ auditory learner - 50% preference

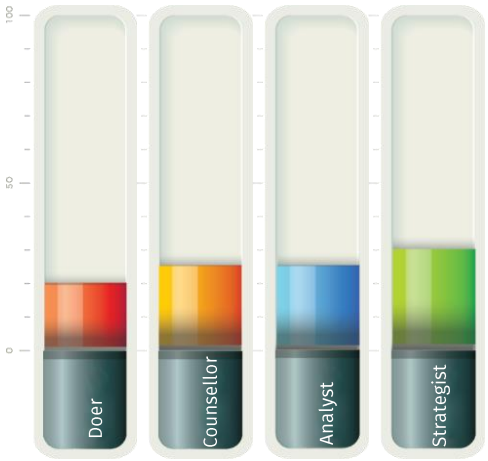
Potential risk for human error during stress:

None — Low — Moderate — High

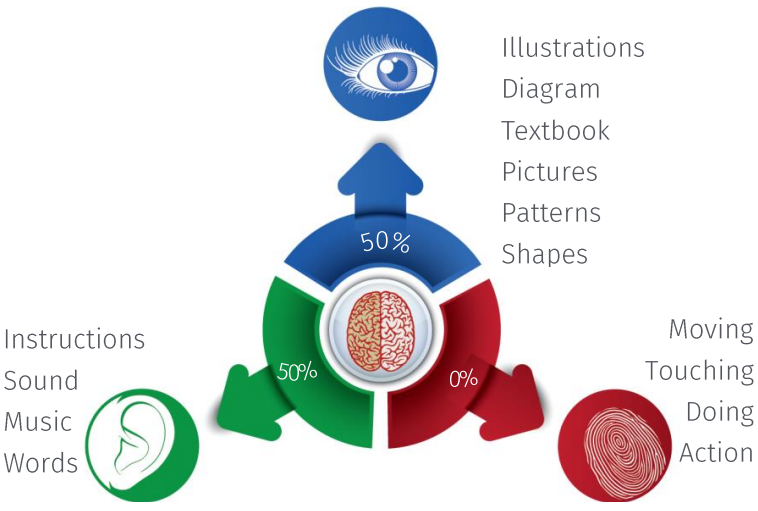
Four Quadrant Preferences:

You are a:

- Strategist



Sensory Preferences:

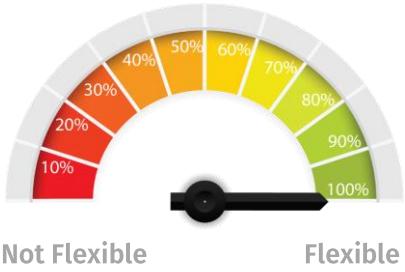


Summary: Your Neuro-Design Flexibility

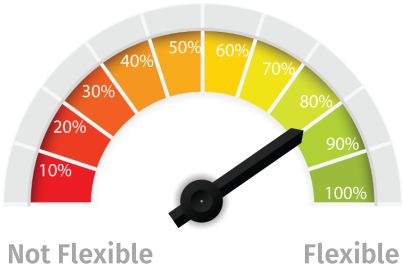
Balance/flexibility between the various modes of the neurophysiological components of your neurological design

Relative Laterality

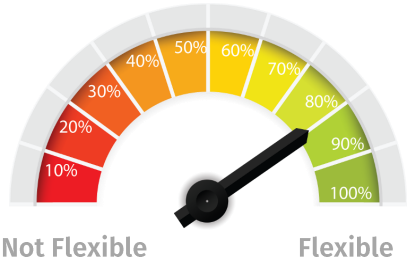
Expressive/Receptive



Rational/Emotional

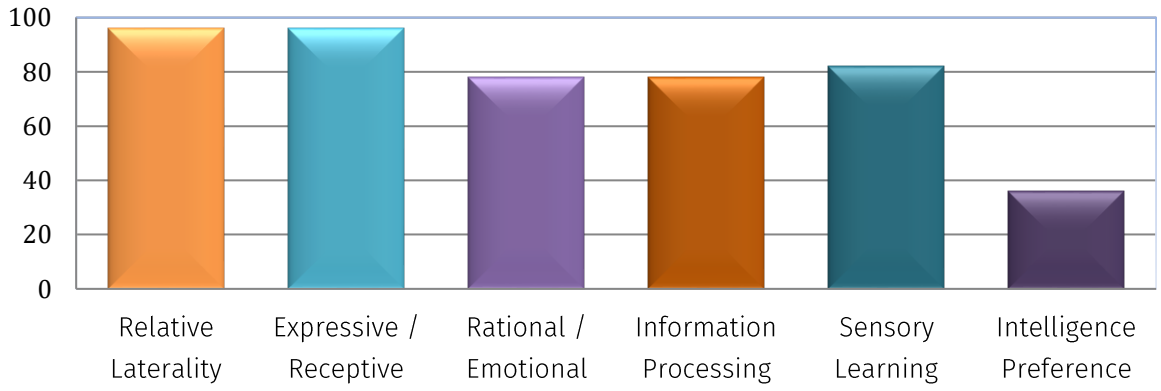


Information Processing



Sensory Preferences

Intelligence Preferences



Your Overall Neuro-Design Flexibility Score: 77%

Neuro-Design flexibility is about moving across ideas and understandings in such a way that you are able to maximize the potential learning value of a given experience and apply that learning to perform well under new or first-time conditions.

- A score of 90 - 100% indicates an excellent level of neuro-design flexibility. Well Done! Make sure you maintain this level of flexibility.
- A score of 80 - 89 indicates very good neuro-design flexibility. This is great! You can however still slightly improve this further by optimizing the appropriate components of your neuro-design flexibility that Is not on 80% yet.
- A score of 60 - 79 indicates that you are well on your way towards improving your neuro-design flexibility. For quickest results start optimising the components closest to 80% as soon as possible.
- A score of 0 - 59 indicates that optimising your neuro-design flexibility should be a major focus area for you. Start optimising all components of your neuro-design as soon as possible.

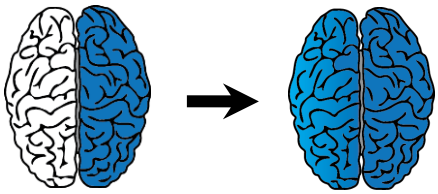
Drivers Influencing Brain Performance & Health

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, processing information in a homolateral (one sided) manner. In order to become and stay brain fit, we need to be bilateral, using both hemispheres simultaneously.



Limitations

Functioning in a homolateral mode, alternating between brain hemispheres when processing information, negatively impacts the speed, ease and flexibility with which people learn and think.

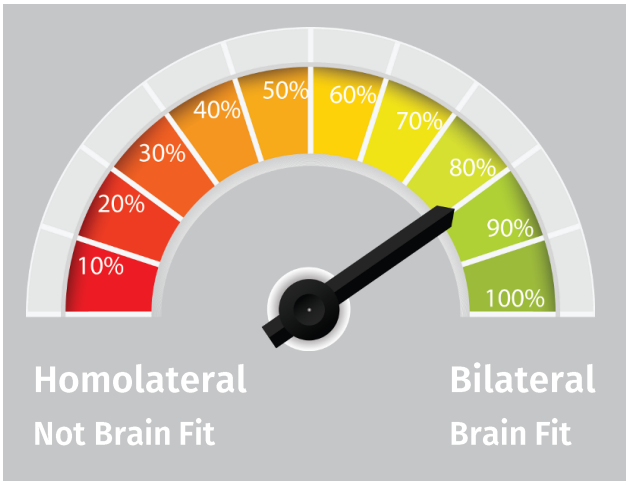
Brain Fitness

Brain fitness is functioning in a bilateral mode, where all areas of the brain is accessible, receptive and responsive to absorb and process information simultaneously, at optimum capacity, optimising the speed, ease and flexibility with which people learn, think and act.

Human beings are uniquely designed with a brain that is divided into two halves, called brain hemispheres. The existence of these two brain hemispheres however, does not guarantee we automatically process information, using both hemispheres simultaneously.

Homolateral functioning slows mental processing down because people alternate between the hemispheres when processing Information, causing them to learn slower, longer and harder. This mode of processing information is referred to as difficulty with crossing the midline. Alternating between hemispheres, instead of processing with both brain hemispheres simultaneously, places stressful demands on our neurological system (brain and nerves), limiting your neuro-agility and the brain's performance.

To cope with disruptive stress and information overload, our species needs to be bilateral (two sided) for most movement skills, vision, hearing and skills that require hand-eye co-ordination, as it requires crossing the midline. Fortunately, bilateral functioning (simultaneous processing), is something all people can develop. 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, faster and smarter, increasing their performance substantially. Functioning in this integrated state of hemispheric balance is called being brain fit



BILATERAL

Well done! You function in a bilateral (two sided) manner, which means that you process information with both brain hemispheres simultaneously. You utilise your dominant brain hemisphere slightly more than the non dominant hemisphere and can still improve your brain fitness level by 20%.

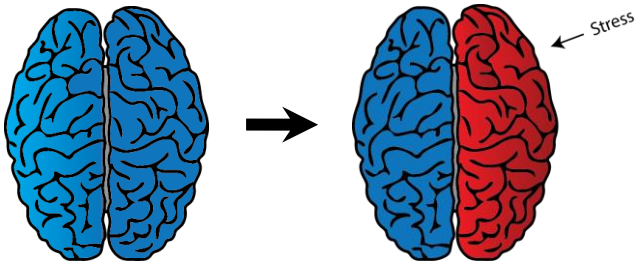
Stress

How stress impacts your brain's performance

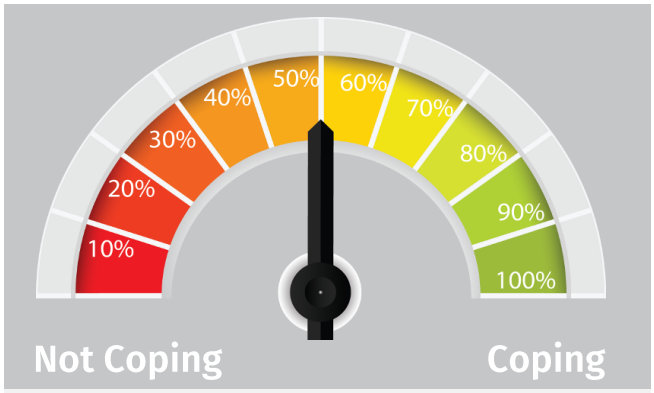
Disruptive change and information overload are causing people to work longer and harder rather than faster and smarter. Research findings indicate higher levels of people experiencing stress, feelings of burn-out and fatigue. Stress and fatigue are your brain's greatest enemies.

During continued stress, the brain releases cortical inhibitors called cortisol, which decreases or inhibits electro-chemical transmission between neurons. It 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. This becomes your natural default mode during stress and fatigue. Stress thus, limits your mental agility, learning effectiveness and information processing abilities, causing you to become either too logical (left hemisphere oriented), or too creative (right hemisphere oriented) than the whole brained, person you can and should be.

Switched off



When our levels of stress increase 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 rational brain areas. It limits our ability to think clearly. The more stress we experience, the more we lose control and the more negative the impact stress will have on our neuro-agility, risk for error and thinking and learning performance



Your habits and life style cause you to be moderately stressed. This may limit your information processing ability, learning effectiveness, thinking and performance. If this state prevails for weeks, or longer than a month, it will impact your health negatively! In order to increase your performance and be as effective as you possibly could, you need to develop coping skills and healthy life style habits to manage your stress more effectively.

General considerations to manage stress more effectively and maintain access to all areas of the brain. Tick those you still need to improve:

- Maintain work – life – sleep balance.
- Maintain a constructive, optimistic mind-set.
- Strengthen your relationships. Develop as much personal and professional support as possible.
- Maintain a natural, healthy diet. Drink 8 glasses of water daily.
- Take appropriate supplements.
- Exercise at least 40 minutes daily for at least 5 days a week.
- Do physical brain integration exercises to "switch on" all areas of the brain – at least 50 cross-lateral exercises 3 times a day.
- Laugh, laugh and laugh again. Be humorous. Have fun. Enjoy life, work and learning!
- Get a neurotransmitter 'bath' by exposing yourself to nature's natural images, sounds, odours, textures, tastes and light.
- Take a brisk walk in nature every day.
- Do relaxing activities. Make time for stimulating hobbies. Develop new interests.
- Do progressive relaxation exercises before and after work
- Do breathing exercises 3 times a day – (4 x in, 4 x hold, 4 x out).
- Listen to Baroque music. Play a musical instrument if you can.
- Practice spirituality. Live your purpose. Create meaning out of life's experiences. Live with a clear life vision.
- Do mental integration exercises like playing chess.
- Practice mindfulness daily.

Sleep

How sleep impacts your brain's performance

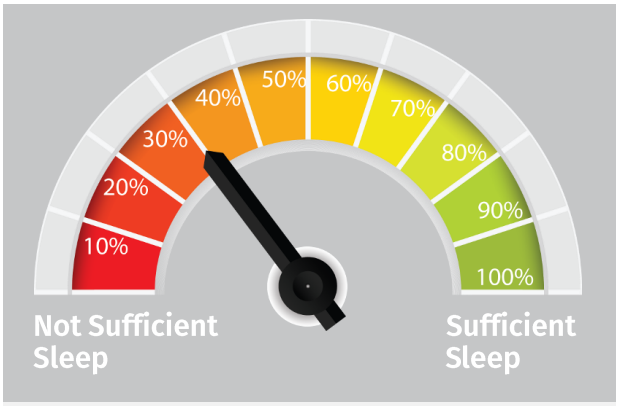
Fatigue

Sleep is essential for brain health, optimum brain performance and alertness. Lack of sleep decreases mental alertness and is a primary cause of fatigue. 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.

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



You are not maintaining sufficient sleeping habits and patterns at all. This will cause you to be highly fatigued and increase your risk for human error. If this continues for weeks or longer than one month it will negatively impact your health, memory, concentration and energy significantly. In order to increase your brain performance and be as effective as you possibly could, you definitely need to implement the appropriate sleeping considerations mentioned on this page.

General considerations to improve your sleep. Tick those you still need to improve:

- 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 quality mattress.
- Do relaxing activities before going to bed.
- Avoid taking your worries to bed.
- Maintain a healthy diet consisting of natural foods.
- Avoid drinking alcohol or caffeine 4 hours before you go to bed.
- Finish your meal 3-4 hours before you go to bed.
- Nap for 20-30 minutes during the day

Movement and Exercise

How movement impacts your brain's performance

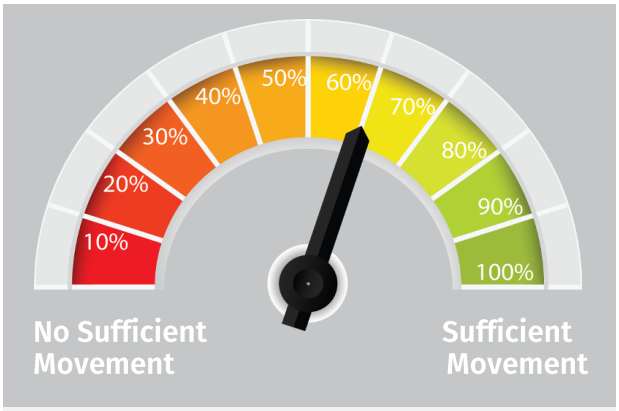
"Movement is the door to learning." - Dr. Paul Dennison

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.



You are not moving sufficiently at all. Lack of movement will negatively impact oxygen flow to your brain, memory, concentration and brain health. In order to activate your brain for optimum energy and brain health, you need to implement the necessary movement considerations mentioned on this page.

General movement considerations to optimise brain performance. Tick those you still need to improve:

- Exercise 40-60 minutes per day.
- Do stretching exercises at least three times every day.
- Do Yoga and/or Pilates daily.
- Do aerobic exercises for at least 20 minutes per day.
- Walk 3-4 km (2-3 miles) daily.
- Constantly move throughout the day.
- Do physical activities that you enjoy, like playing a sport daily, or at least 3 times per week.
- Do 50 or more repetitions of cross-lateral exercises at least 3 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.

You have a moderately negative approach towards learning and thinking. In the medium to long term, this can still have a negative impact on your memory, concentration and brain health. In order to increase your performance and be as effective as you possibly could, you definitely should implement the appropriate attitude adjustment considerations on this page that you are still not applying.

It is not only your thought patterns that impact your success and performance, but also the bio-chemical responses that positive or negative thoughts evoke. Chemicals produced by positive thoughts and feelings complement learning, thinking, wellness and agility. 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 mind-set, where a person is governed by a constructive mind and have hope for the future, is vital for success, brain health, and optimum performance.

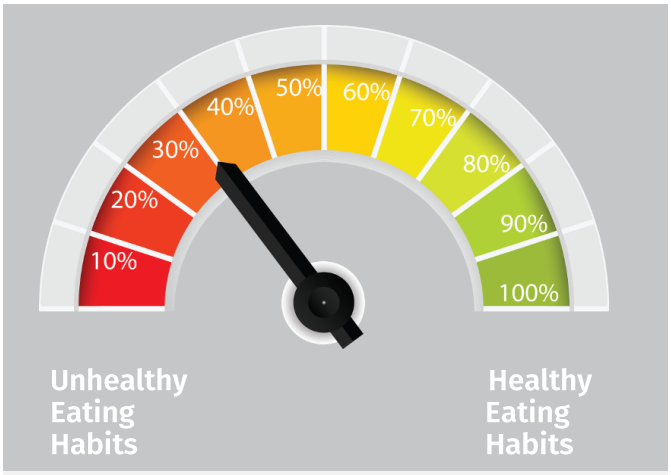
General considerations to develop and maintain a positive attitude. Tick those you still need to improve:

- Choose to find purpose and meaning in every situation.
- Choose to think more positive than negative thoughts. Practice possibility thinking. Maintain a growth mind-set.
- Contemplate the things you are thankful for daily.
- Spend time with positive, uplifting people who inspire you.
- Challenge yourself. Constantly expose yourself to new experiences. Growth happens outside your comfort zones.
- Interact with others in constructive and supportive ways.
- Focus on what you like more, than what you don't like.
- Seek counsel and support from others when you feel stuck.
- Feed your mind with positive, constructive information.
- Be hopeful of the future. Create clear vision.

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.



You have unhealthy eating habits. Your diet does not consist of "brain friendly" foods and therefore may limit your brain performance. You definitely should consider changing your eating habits and following the brain food considerations suggested on this page!

General considerations to improve a brain friendly diet. Tick those applicable to you:

- Drink 8 glasses of water per day.
- Eat 5 portions of salads, fresh fruits and vegetables daily
- 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 and fast foods.
- Reduce alcohol, caffeine, nicotine and too much sugar and salt intakes.
- Avoid flavourants and colourants
- Eat less but smarter
- Keep In mind: Variation and moderation

PLEASE NOTE:

The techniques and activities and suggestions mentioned 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. . Should you have a specific medical condition, you have to consult with your doctor and follow their instructions.

Summary: Your Brain Optimization Dashboard

Drivers That Influence Your Brain Performance

Brain Fitness

Homolateral Not Brain Fit — Bilateral Brain Fit

Stress

Not Coping — Coping

Sleep

Not Sufficient Sleep — Sufficient Sleep

Movement

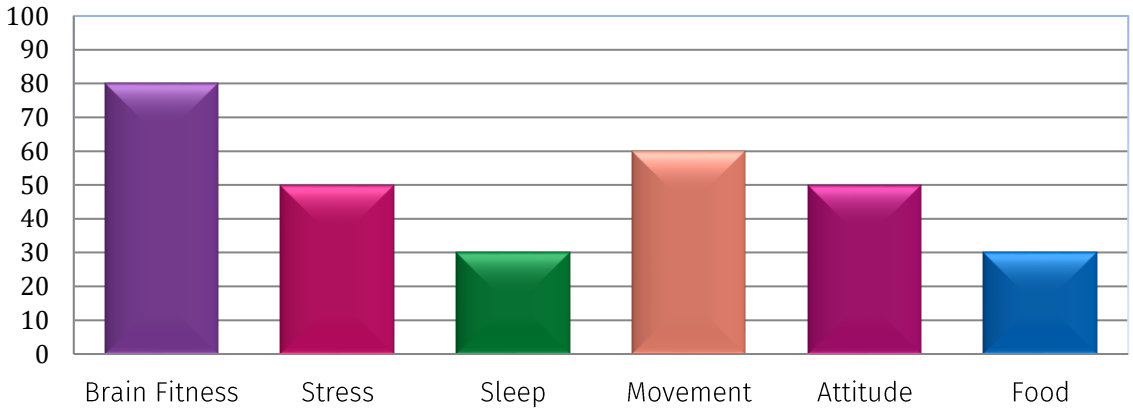
Not Sufficient Movement — Sufficient Movement

Attitude

Negative Attitude — Positive Attitude

Food

Unhealthy Eating Habits — Healthy Eating Habits



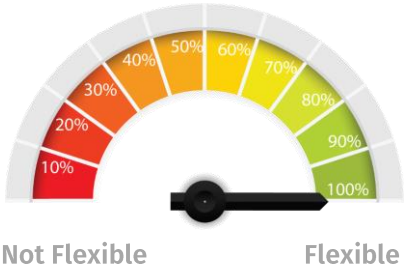
Your Level of Overall Brain Optimisation: 50%

- A score of 90 - 100% indicates an excellent level of optimisation of your overall brain fitness. Well Done!
- A score of 80 - 89% indicates very good optimisation of the drivers that improve your overall brain fitness. Great! You can however still slightly optimize your brain performance further.
- A score of 60 - 79% indicates that you are on your way towards overall brain fitness. To get the quickest result for improving your overall brain performance, consider starting to optimize those drivers closest to 80%.
- A score of 0 - 59% indicates that you are not brain fit yet. To optimize your brain performance further, start optimising those drivers closest to 80%.

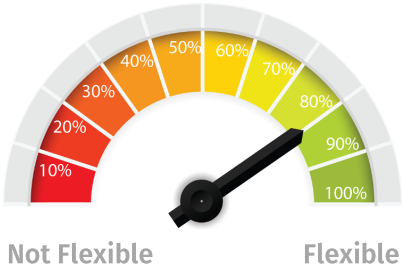
Summary: Your Neuro-Design Flexibility

Relative Laterality

Expressive/Receptive



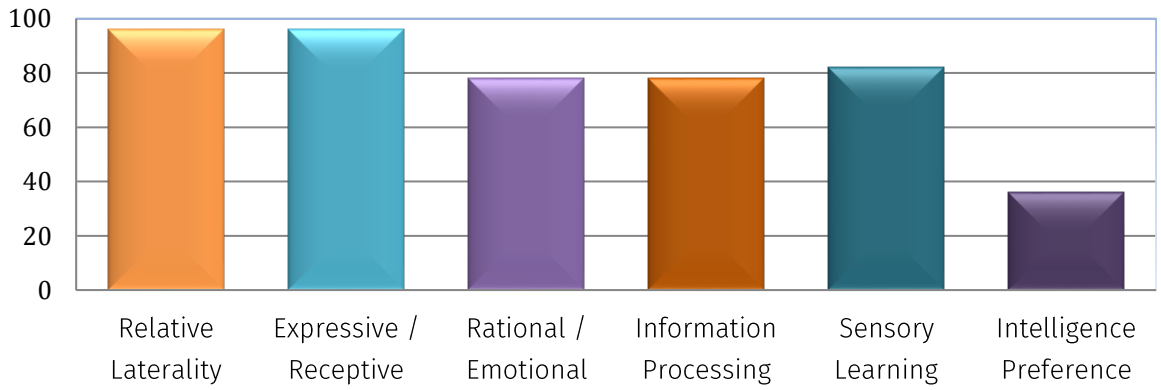
Rational/Emotional



Information Processing

Sensory Preferences

Intelligence Preferences



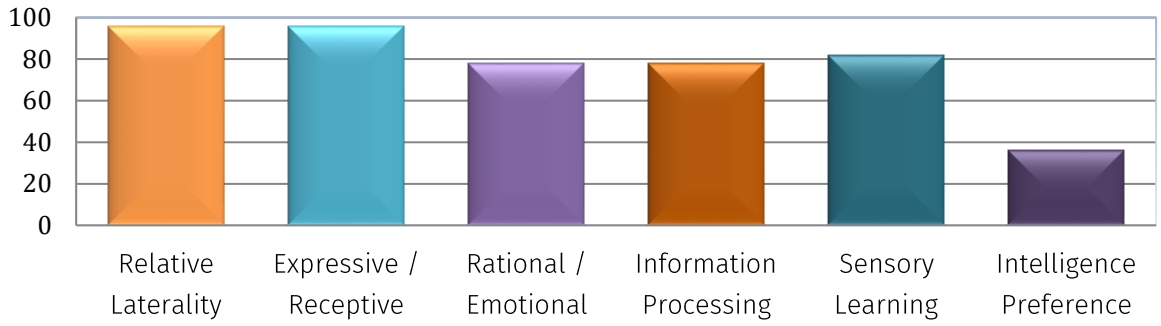
Your Overall Neuro-Design Flexibility Score: 77%

Neuro-Design flexible is about moving across ideas and understandings in such a way that you are able to maximize the potential learning value of a given experience and apply that learning to perform well under new or first-time conditions.

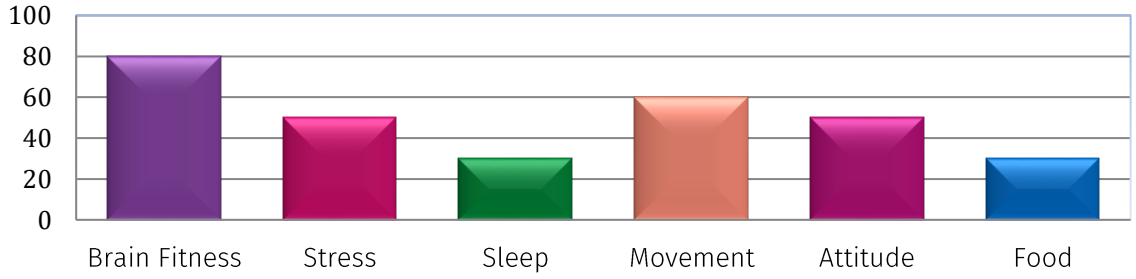
- A score of 90 - 100% indicates an excellent level of neuro-design flexibility. Well Done! Make sure you maintain this level of neuro-design flexibility.
- A score of 80 - 89% indicates very good neuro-design flexibility. This is great! You can however still slightly improve this further by optimizing those components closest to 80%.
- A score of 60 - 79% indicates that you are well on your way towards neuro-design flexibility. For quickest results, start with improving those components closest to 80%.
- A score of 0 - 59% indicates that your neuro-design flexibility in that specific domain of your overall neuro-design should be a major focus area for you if you want to improve your learning agility and overall learning ability.

Summary: Overall Neuro-Agility

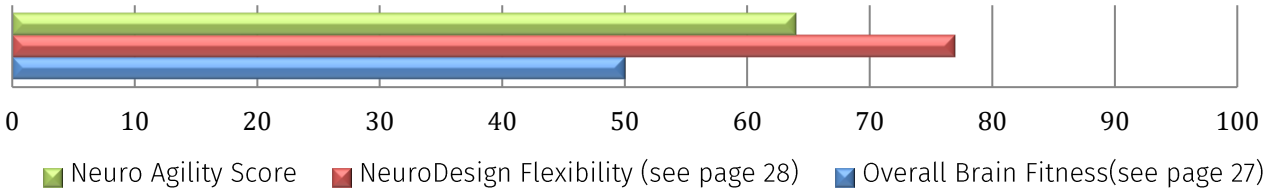
Neuro-Design Attributes That Impact Your Neuro Flexibility



Drivers That Optimise Your Brain Performance



Average For Your Overall Neuro-Agility:



Your Neuro Agility Score: 64%

Neuro-agility is essential for you to learn and think quickly, easy and be flexible in moving across ideas and understandings in such a way that you are able to maximize the potential learning value of a given experience, display cognitive flexibility and ease with complex problem solving and decision making. It is crucial to your future survival, progress and competitiveness.

- A score of 90 - 100% indicates an excellent level of Neuro-Agility. Well Done! You will truly be an asset to any organization as you learn quickly and easy and flex mental muscle in new and stressful situations.
- A score of 80 - 89% indicates a strong level of neuro-agility which helps you to be a great asset to your organization as you learn quickly and easy and display flexibility to apply previous experiences in new situations. This is great! You can and should however still slightly optimize your neuro-agility further.
- A score of 60 - 79% indicates that you are on your way towards overall neuro-agility. Focus on developing the areas closest to 80% as you will have the quickest results for improving your overall neuro-agility.
- A score of 0 - 59% indicates that your level of neuro-agility is still an area for further development if you want to be more effective, competitive and learning agile. Focus on developing all areas indicated in this profile further.