

3 Step Resilience & Performance Coaching



- Workplace Performance Services -

3 Train & Review

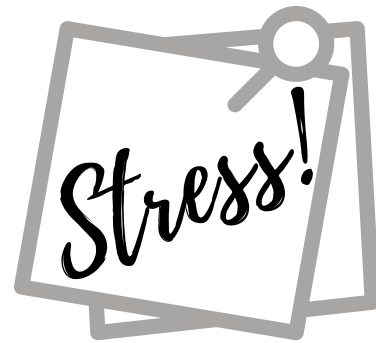
How?



Starting with the Resilience Boost to strengthen the nervous system. Post assessments carried out showing down regulation in sympathetic activation.



Next a bespoke Coach supported neurofeedback brain training programme rolled out supporting emotional regulation. Building on gains here a Level 2 programme supporting attention followed by Level 3 to sharpen focus. Weekly, monthly, pre and post progress reporting provided. Results show sustained improvement in brain function goals. Self report assessments & feedback support goals met.



1 Share & Prepare

Why?

1:1 virtual meeting my client to discuss what has brought her to seek support & discuss their goals for coaching. Chronic dis-organisation, overwhelm at work & home causing her great distress and stress.

2 Measure & Agree

What?

Clear base line established. Specialised assessments are carried out to determine her current autonomic state & emotional awareness. Results show;

1. Hyper arousal of sympathetic nervous system (auditory & visual function).
2. While emotional awareness & regulation is good overall there is difficulties in regulating negative emotions (e.g. lacking motivation to complete tasks when feeling stressed). Agree her specific performance goals to be measured.