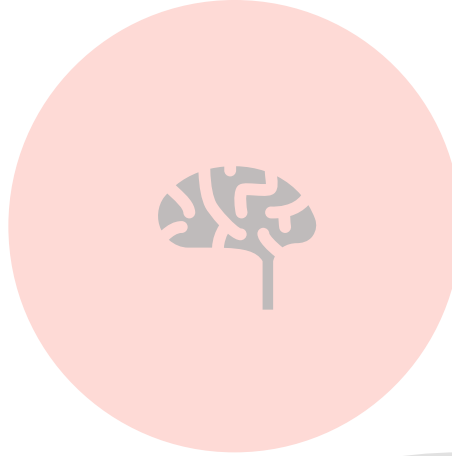




- Workplace Performance Services -



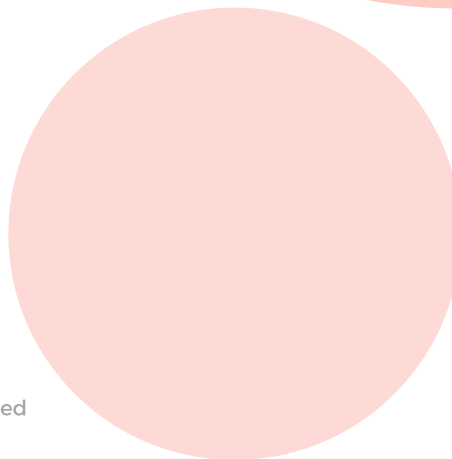
**All now
offered
virtually!**

Your Coaching Space

Workplace Performance
Coaching Services

Services

Technology Led
Powered by Neuroscience



Why we do what we do?

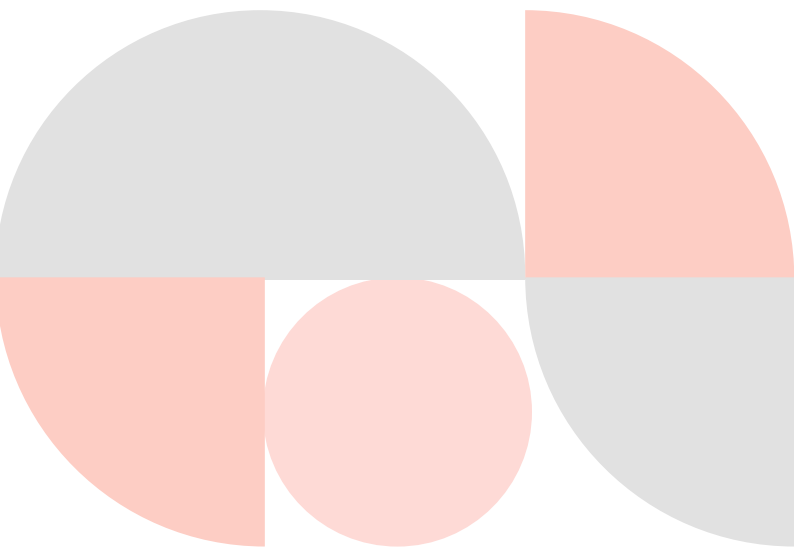
To support people to be able to give it their best!



- Workplace Performance Services -

How we do what we do?

By designing services which are fun, easy to use & give you back the control!



What we do?

We provide coaching services which are led by technology and powered by neuroscience to bring the science of performance to the workplace!

HELPING YOU AND YOUR TEAMS IMPROVE PERFORMANCE AND PRODUCTIVITY

OUR SERVICES PACKAGES *

LEVEL 1

FOUNDATION

Coach supported Performance Brain Training

Coach supported Resilience Boost Program

Package includes;

****20hrs - Performance Brain Training**

5 hrs (1hr sessions x 5) – Resilience Boost

Dedicated performance coach for duration

Daily monitoring of brain training sessions

Personalised progress updates direct to your Inbox

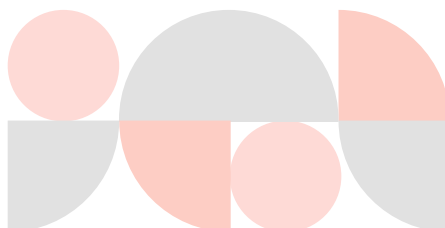
Client support packs

Pre & Post training reporting pack

Wrap up 1:1 session with your Performance Coach

4 week duration

€820



- Workplace Performance Services -



OUR SERVICES PACKAGES *

LEVEL 2

BUILD

Coach supported Performance Brain Training

**Coach supported Resilience Boost Program -
top up**

Package includes;

****20hrs - Performance Brain Training**

3 hrs (1hr sessions x 3) - Resilience Boost top up

Dedicated performance coach for duration

Daily monitoring of brain training sessions

Personalised progress updates direct to your Inbox

Client support packs

Pre & Post training reporting pack

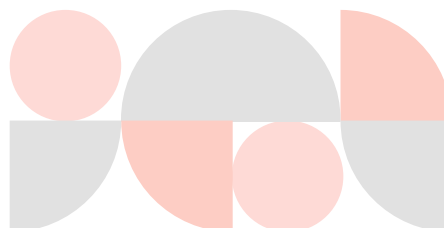
Wrap up 1:1 session with your Performance Coach

4 week duration

€660



- Workplace Performance Services -



OUR SERVICES PACKAGES *

LEVEL 3

EXTEND

Coach supported Performance Brain Training

Coach supported Resilience Boost Program - top up

Package includes;

****20hrs - Performance Brain Training**

3 hrs (1hr sessions x 3) - Resilience Boost top up

Dedicated performance coach for duration

Daily monitoring of brain training sessions

Personalised progress updates direct to your Inbox

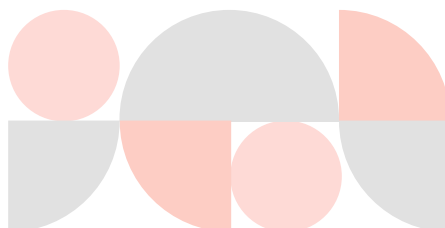
Client support packs

Pre & Post training reporting pack

Wrap up 1:1 session with your Performance Coach

4 week duration

€630



- Workplace Performance Services -



*Prerequisite for all initial packages only is a stand alone 'Get Started' one to one session . This covers all bespoke programme set up, orientation and Q&A. Price €100 (1hr) .
**Maximum number of hours available in package

OUR SERVICES PICK & MIX



- Workplace Performance Services -



Coach supported Performance Brain Training add a colleague/family member/friend using same Brain Sensing Muse headband*

€400 per month



Coach supported Performance Brain Training 'bring your own' hardware - Brain Sensing Muse headband*

€450 per month



Coach supported Resilience Boost Program -SSP (5hrs)

€300



Coach supported Resilience Boost Program top up - SSP (3hrs)

€160



Seminars

Price on request



Workshop

Price on request



Face to Face Coaching - Programme (6 sessions x 1hr)

Price on request



Face to Face Coaching - stand alone session

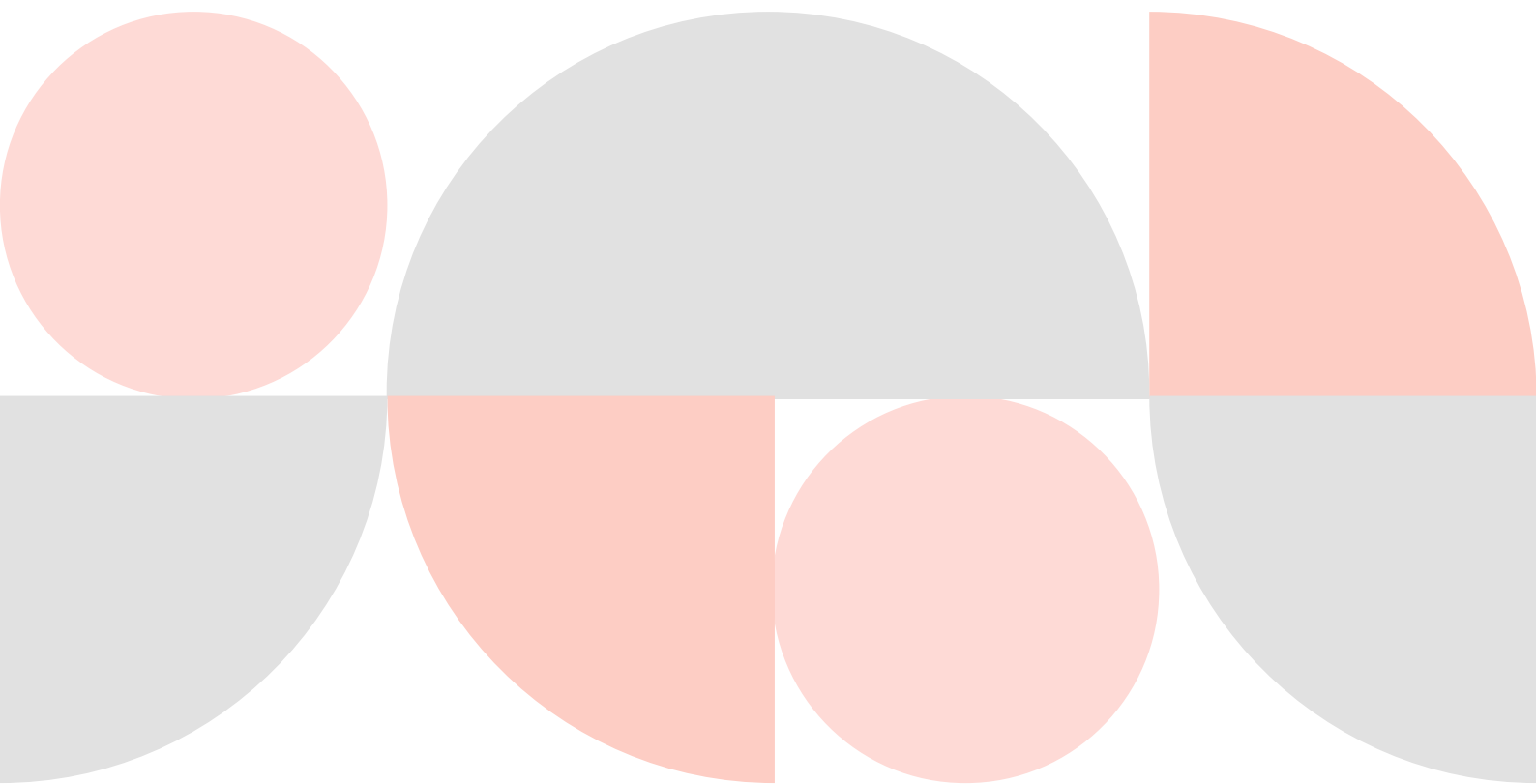
Price on request

*Prerequisite for all initial packages only is a stand alone 'Get Started' one to one session . This covers all bespoke programme set up, orientation and Q&A. Price €100 (1hr) .





- Workplace Performance Services -



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