

FAQ Repair, Enhanced, Elite Performance Program

Talk about Elite Performance.

For those who want to sharpen their cognitive skills and thinking, the Elite Performance program can work as a “warm up” and fine-tune decision making, memory, attention, focus, etc. As we use our brain, it naturally fatigues. With greater resilience and more robust capacity, less energy is expended to allow better processing and faster connections between brain systems, thus less fatigue over a longer period of time.

- For elite performers in athletics this can mean the difference between good play and great play and extending playing career.
- For students this can mean more efficient study time (less study time) or the difference between studying and passing a test to retaining more information during study and better retrieval of information and mastering the test.
- For the career employee or executive, it can mean the difference in keeping your competitive edge for ongoing promotions and expanding career opportunities.
- For military personnel it can mean completing the mission’s objectives during high stress operations.

In the NeuroCoach® program we monitor and observe the brain during task for “in the moment” feedback to the client. These measurements show when/if the client is fully engaged in the task or drifting, which in turn trains the brain to stay engaged during the activity or task. Strengthening that ability and resiliency will then allow the individual to stay more focused, paying attention to multiple inputs at the same time and still make instant proper decisions, quickly and accurately.

What is the Enhanced Brain Performance NeuroCoach® Program?

Over the years we have developed a number of bio-markers and measures indicating what rhythms and frequencies the brain should be operating for optimal functioning. These brain profiles are distinctive at different ages and under various circumstances.

We work with many elite performers in business and industry; athletes, executives, performers, etc., who wish to keep their leading edge as long as possible. Working with these elite groups of individuals we have found many brain signatures are common to this group of individuals. So, we have been able to enhance those areas of the brain that may have become weakened or fatigued, either through normal stresses in daily life, or athletic head injuries, or just the normal aging of the brain. We also have many individuals who just want to strengthen their brain abilities because they wish to excel and extend at their craft, career, or abilities. For executives this can mean keeping their edge and maintaining or enhancing their positions within their corporate structures. For athletes this can mean extended their play for their field, sport or career.

What is the difference between the Repair and Enhanced and Elite NeuroCoach® Programs?

The difference between the three programs is the entry point of the individual. Did they come into the program compromised? How compromised? Most individual that come into the program for *Cognitive Repair or Remediation* are coming from a treatment facility or under the care of a psychologist or other health care professional (substance abuse facilities, mental health facilities, head injury facilities, neurodevelopment providers, schools, etc.). They are a lot more compromised and need a lot more assistance at the beginning of their programs with a one-on-one coach. Most of those clients, as they progress through the program will advance into the *Enhanced* program. These clients meet 3 times per week with their coach.

At *Enhanced* level, the client may not need as many sessions per week, or they may not need as much coaching as at the beginning of their program. They are much more independent while they continue the program and their cognitive improvement. They progress through the activities and levels faster and more consistently. If the client enters the program at the *Enhanced* level, they are generally referred by their therapist or academic teacher as needing some cognitive improvement, but they are not as compromised as those who enter from the repair/remediation start point.

Enhanced clients typically will meet 1 to 2 times per week with their personal coach and the remainder of the sessions they can do independently, at their home, remotely.

For the *Elite Performer*, typically the NeuroEval® and NeuroCodex® show no repair or remediation is needed. These clients are trying to keep their “edge” and/or their cognitive abilities as optimized as possible. There are typically several categories these Elite Performers fall into; they are athletes (collegiate or professional) or other performers, military special ops, NASA astronaut candidates, executives wishing to keep their leadership edge, or academic students who wish to accel at their studies and grades. After working with a coach for a week or two, this group typically works independent and remotely, either from home, work, or travel. They truly represent the optimized brain.