



NEURO-ELEVATION SKILLS

www.neuroelevationskills.com

NEURO-RESILIENCE SKILLS®

Learn to feel safe 'from the skin, all the way in'.



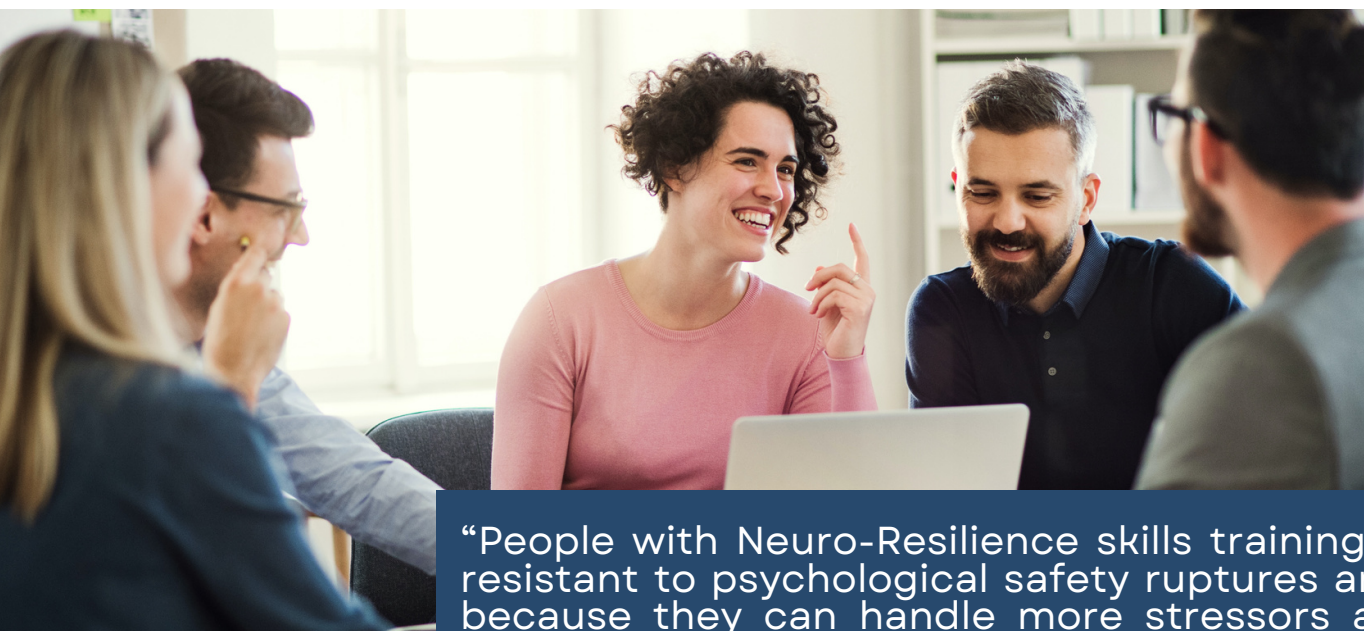


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What is **NEURO-RESILIENCE SKILLS®**

Neuro-Resilience skills training equips you with the tools to withstand and thrive amidst stressors and challenges, ensuring psychological safety and preventing trauma. It's about enhancing your capacity to manage stress effectively without compromising your well-being or performance.



“People with Neuro-Resilience skills training are more resistant to psychological safety ruptures and trauma because they can handle more stressors and stress without impairment”.



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Do you feel stress building steadily in your body over time?...

Do you find yourself being triggered more often?...

NEURO-RESILIENCE SKILLS® for Self-Mastery

Immunity to Triggers & Stressors

Neuro-Resilience skills training will give you rapid relief from the triggers and stressors you're grappling with right now, giving an energising boost to your mental and physical health and performance.

If you anticipate a future period of significant stress and emotional triggers, you will know how to shield yourself in advance. Whichever the case, you will become sharp as a tack, unflappable and socially confident with a wonderful sense of wellbeing.

In this skills-based seminar, some of the most fascinating recent discoveries in neuroscience and biology are turned into practical use. Indeed, this exciting meta-seminar draws from such fields as neuroscience, evolutionary biology, evolutionary psychology, Group Dynamics, Neuro-Linguistic Programming and meditative hypnosis.



NRS[®] for **Self-Mastery**

WHAT YOU'LL LEARN

The 'secret sauce' to this seminar is uncovering the unique patterns in your neurology, which significantly increases the effectiveness and durability of post-training skill-implementation. In short, your new skills will be resilient themselves!

We refer to this unique skillset development as the '**Inner Game**'



The Inner Game

Two days of discovering, understanding, training and practicing:

- How your own particular neurology operates both within and transiting between the different kinds of connected and disconnected states
- How to track your own particular patterns of protection and patterns of connection
- How to intervene and control these subconscious neurological patterns, consciously
- How you can build your own personal "auto-regulation" practices and routines, and developing skills interventions specific to your body's own neurology



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NRS[®] for **Self-Mastery** **BENEFITS**



From Triggers to Triumphs

After completing this programme, you will:

- Handle more stressors without feeling the stress
- Engage more triggers without being triggered
- You will receive a 1-hour coaching session worth \$900, available only to early birds
- You will receive a FREE quarterly newsletter which will include 2000-word article
- FREE membership to our online libraries of audio, video, and written materials



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NEURO-RESILIENCE SKILLS®

for Leaders and Coaches

“Leaders with Neuro-Resilience Skills training have more emotional stability, more flexible neurologies, effortless social engagement behaviours and higher team cohesion. Their ability to challenge their teams to adapt their practices and raise their performance means that their teams thrive, whilst others are diminished by stress and anxiety.”



Elevate Your Leadership with Neuro-Resilience Skills Training

In today's fast-paced and unpredictable world, leaders, managers, and coaches face an unprecedented array of challenges. From the relentless pressure of competition and technological advancements to personal and professional stressors, these obstacles can severely impact mental health and organisational performance. Recognizing and addressing these challenges is not just a responsibility—it's a necessity for anyone in a leadership or supportive role.

Introducing Neuro-Resilience Skills® for Leaders & Coaches: A transformative seminar designed to empower you with cutting-edge insights from neuroscience and psychology, enabling you to master both your Inner Game and Outer Game with unparalleled proficiency.



NRS® for Leaders and Coaches

WHAT YOU'LL LEARN

Transform Your Professional and Personal Life:

This four-day seminar is not just another team-building or motivational event. It's a deep dive into the skills needed to foster a profound sense of neurological safety within yourself and others. Prepare to embark on one of the most impactful personal and interpersonal change journeys of your career and life.

Embrace the power of Neuro-Resilience Skills® for Leaders & Coaches and transform how you lead, coach, and support. Your journey to mastering resilience starts here.

Day 1 & 2: Inner Game Focus

- Morning Session: Introduction to Neuro-Resilience; Understanding Your Neurological Patterns.
 - Activities include personalised assessments and discoveries, interactive discussions on the biological basis of resilience.
- Afternoon Session: Mastering Self-Regulation Techniques.
 - Practical exercises on developing personal auto-regulation practices, including neurological repatterning, breathing techniques.

Day 3 & 4: Outer Game Focus

- Morning Session: Recognising and Influencing Others' Neurological States.
 - Training on observing and interpreting non-verbal cues, with role-playing scenarios to practice detection and calibration.
- Afternoon Session: Advanced Non-Verbal Resilience Skills.
 - Workshops on enhancing social engagement systems, using body language for co-regulation, and strategies for managing conflict and hostility.



NRS[®] for Leaders and Coaches

BENEFITS

- **Personalised Resilience Skills:** Tailor resilience techniques to your neurological makeup, boosting your capacity for self-regulation and connection.
- **Interpersonal Resilience Techniques:** Learn to support others' neurology positively, fostering co-regulation and enhancing social engagement behaviors.

Unique Value Propositions:

- **Inner Game Resilience:** Discover your personal neurological patterns for more effective post-training skill application.
- **Outer Game Resilience:** Embrace the neuroscience-backed premise that human connection is vital for safety and mental health.



Who Can Benefit?

This seminar is meticulously crafted for leaders, coaches, and professionals across various sectors—including therapy, psychology, medicine, education, emergency services, sales, law, and consultancy. If your role involves guiding, supporting, or influencing others, this programme will significantly expand your behavioural flexibility, especially in interactions with distressed or challenging individuals.



NEURO-RESILIENCE SKILLS® COURSE DATES & PRICES

Course	Date	Price
NRS® for Self-Mastery	13 - 14 May	\$947
NRS® for Leaders and Coaches	13 - 16 May	\$1,470

Grab your 15% early bird discount, use the code: **NRS15OFF**. For groups of 4 or more, please email us at sales@neuroelevationskills.com.

Need help enrolling? Please email us at paul@neuroelevationskills.com.

Upcoming Course:

Licensed Practitioner of NLP™ (\$4,470)

Foundations of NLP: Understand the core principles and methodologies of Neuro-Linguistic Programming.

- Effective Communication Strategies: Learn to communicate persuasively, resolve conflicts, and build meaningful connections.
- Advanced Change Techniques: Master powerful techniques to overcome challenges, set compelling goals, and create lasting change.
- Practical Application: Gain hands-on experience through interactive exercises and real-life case studies.