

**IMPROVED PERFORMANCE**

**AND**

**BRAIN HEALTH**

**WITH**

**NeuroPod™**

DECREASES STRESS & INCREASES RESILIENCE



Develop Your Potential

<https://www.dyppeakperformance.com>



## How the NeuroPod™ Process Works

Personal, family and work pressures combined with the unrelenting demands created by our digital world are the major contributors of brain congestion. These pressures manifest themselves as stress and the consequences of this are readily seen in physical and mental consequences on humans.

The NeuroPod™ works like a physical gym with the focus on quickly relaxing, decongesting and re-focusing the brain. NeuroPod™ uses the latest devices and techniques available to neuroscience to combat stress and increase the resilience of the brain. This enables individuals to transform pressure into better performance - something all of us want to achieve.

## How to Get Started

### Location and Set-up

Typically, a reasonably quiet area [low traffic] is set aside for the NeuroPod™. Existing break out and relax areas can easily be used. The area needs 2 comfortable chairs and 1 lockable ½ cupboard to store equipment and materials. The arrangement of this is totally up to the organization.

### Duration

A brain workout in the NeuroPod™ is typically 15 minutes in duration but can also be 20 or 30 minutes depending on user time availability and/or the outcome sought. A NeuroPod™ with 2 chairs can support a minimum of 50 people in a 12-hour day.

### Getting Started

NeuroPod™ users complete The BrainEdge™ assessment questionnaire [~30 minutes]. When completed they receive an online induction which includes their personalised BrainEdge™ report together with a comprehensive 'How To' package. The package includes induction materials i.e. detailed notes about the process, rules, user info and booking system (Outlook driven). ALL users must complete the induction. Users can follow a set program provided by DYP at the induction stage or simply use whichever tool they wish for the time they have available during the day.

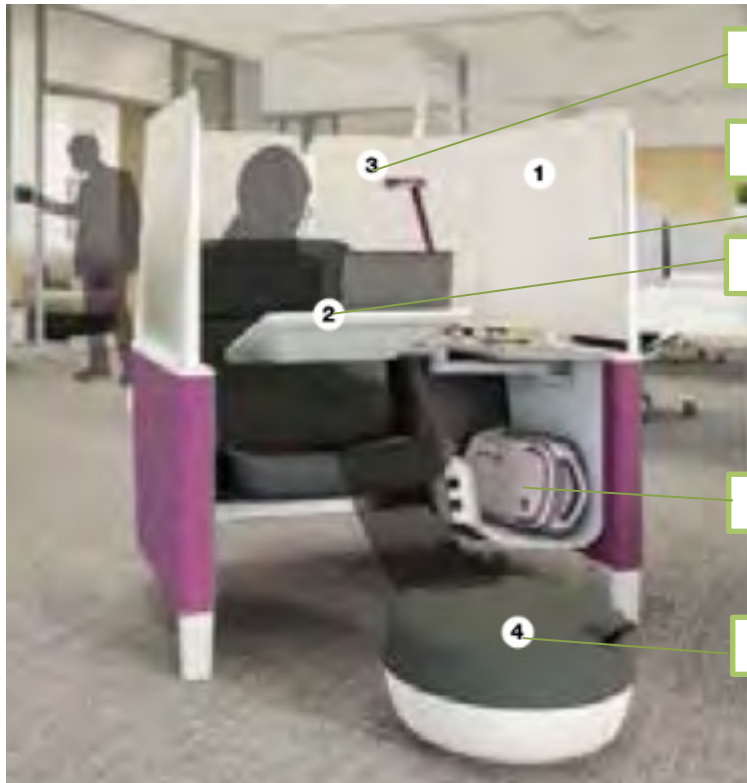
For those who wish to (or need to) an additional support is available in the form of a [myBrainEdge™](#) kit and [Improve your BrainEdge™](#) online support program. The kit and program allow participants to get the benefits of the NeuroPod™ away from the pod – either at their desk or at home to optimise the benefits.

### NeuroPod™ Tools

All equipment used in the NeuroPod™ is totally SAFE. This non-invasive technology stimulates and relaxes our senses externally. There are 4 neuro tools used, (See attached) which can be self administered to ensure ease and efficiency of use.



# NeuroPod™: Neuroscience working in the offices of the future to create BrainEdge™



COMPUTER WITH ADJUSTABLE LIGHTING

SOUNDSCREEN

ERGONOMIC DESK FOR COMPUTER & NEURO AIDES

NeuroPod™ EQUIPMENT STORAGE

ERGONOMIC FOOT STOOL

## NeuroPod™ Purpose

FOCUS - REGENERATION - INSPIRATION - ACTIVATION



NeuroPods™ CAN BE SET UP AS A STAND ALONE IN A GIVEN AREA OR DEPARTMENT.

NOTE: FURNITURE ILLUSTRATED IS FOR EXAMPLE PURPOSES. EXISTING FURNITURE CAN BE USED.



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Each **NeuroPod™** is equipped with the latest neuroscience-based tools. A baseline assessment and individual plan is developed around 10, 20 & 30 minute sessions to rejuvenate the brain.



**FRONTAL & TEMPORAL LOBES RELAXATION - USES HEAT & STIMULATION**



**EEG BRAIN STIMULATOR FOR MOOD REGULATION**



**5 BRAIN REGION RELAXATION & STIMULATION**



**NOISE REDUCING HEADPHONES FOR AUDITORY CORTEX RELAXATION**



# NeuroPod™ CASE STUDY: TRADERS from a TOP TIER BANK

THE **NeuroPod™** LEVERAGES THE LATEST NEUROSCIENCE APPLICATIONS TO IMPROVE THE PERFORMANCE OF FINANCIAL MARKETS TRADERS. TEAMS USING THE **NeuroPod™** ARE DELIVERING SIGNIFICANT IMPROVEMENTS IN REVENUE, RISK MANAGEMENT, HEALTH & WELLBEING, EMPLOYEE ENGAGEMENT AND RETENTION.

**NeuroPod™** ENSURES TRADERS CAN MAINTAIN WITHIN THE PEAK PERFORMANCE ZONE, TRAINING THEIR BRAINS TO IMPROVE CONCENTRATION, WORKING MEMORY VISUAL AND AUDITORY ATTENTIVENESS. THE RESULTS ARE IMPRESSIVE.

TRADING IN FINANCIAL MARKETS (Equities, Currencies, Interest rates, Commodities and Credit) INVOLVES A SIGNIFICANT AMOUNT OF PRESSURE AND STRESS TO THE INDIVIDUAL COMBINED WITH SIGNIFICANT RISK EXPOSURE TO THE ORGANISATION. TRADERS TYPICALLY WORK UNDER SUB OPTIMAL [BRAIN] CONDITIONS THAT INCLUDE HIGH LEVELS OF DISTRACTION, MULTIPLE DATA INTERFACES, INTERRUPTIONS AND SLEEP DEPRIVATION. EACH OF THESE FACTORS CAN IMPACT RATIONAL DECISION MAKING, ABILITY TO MAINTAIN CONCENTRATION AND PRUDENCE IN THE EXERCISE OF RISK, ALL OF WHICH COMBINE TO DELIVER PROFITABLE FINANCIAL PERFORMANCE.

**NeuroPod™** EMPLOYS STATE OF THE ART NEURO-TECHNOLOGY DESIGNED SPECIFICALLY TO ASSIST TRADERS IN IDENTIFYING THEIR LEVELS OF BRAIN CONGESTION AND MOVE THEMSELVES BACK INTO THE PEAK PERFORMANCE ZONE IN REAL TIME TO IMPROVE THEIR TRADING DECISIONS AND SUBSEQUENT REVENUE.

ONE OF THE MOST FREQUENT CHALLENGES TRADERS EXPERIENCE IS BEING ABLE TO CONCENTRATE SUFFICIENTLY AT PEAK TIMES TO MAKE GOOD TRADING DECISIONS. THE HUMAN BRAIN IS NOT DESIGNED TO MULTI-TASK, AND YET TRADERS ARE BOMBARDED WITH INFORMATION FROM MULTIPLE SOURCES AND ARE REQUIRED TO PROCESS ALL THIS INFORMATION TO MAKE A RATIONAL AND HIGH STAKES DECISIONS. TYPICALLY ALL OF THIS HAPPENS IN VERY HIGH PRESSURE CIRCUMSTANCES. THROUGH THE USE OF **NeuroPod™** NEURO-TECHNOLOGY TRADERS IMPROVE THEIR LEVELS OF CONCENTRATION, VISUAL AND AUDITORY ATTENTIVENESS AND WORKING MEMORY.

THE **NeuroPod™** HAS THE ABILITY TO TRAIN THE BRAIN TO CONCENTRATE INTENSELY WHILE PROCESSING MULTIPLE INFORMATION SOURCES. **NeuroPod™** TECHNOLOGY HAS BEEN DEPLOYED IN THE GLOBAL MARKETS DIVISION OF A LARGE COMMERCIAL BANK WITH ASTOUNDING RESULTS. WE MEASURED THE PERFORMANCE OF A TRADING TEAM IN THE 5 MONTHS PRIOR TO USING NEUROSCIENCE TECHNOLOGIES AND AGAIN FOLLOWING A 5-MONTH USE OF THE **NeuroPod™**. WHILST ALL TRADERS REPORTED MORE DIFFICULT TRADING CONDITIONS DURING THE STUDY PERIOD, THE PERFORMANCE OF THOSE TRADERS USING THE **NeuroPod™** TECHNOLOGIES IMPROVED BY 170%. IN ADDITION, ALL TRADERS IN THE STUDY GROUP REPORTED SIGNIFICANT IMPROVEMENT IN HEALTH AND STRESS REDUCTION.

## TO IMPLEMENT THE **NeuroPod™** IN YOUR ORGANIZATION, CONTACT:

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