



# ASSESSMENTS CATALOGUE



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Neuro-Link is at the forefront of people development, combining cutting-edge neuroscience research with practical, impactful tools. Our primary focus is to equip individuals, teams, and organizations with the brain power to excel in a rapidly evolving world



## ABOUT NEURO-LINK

Neuro-Link is an international boutique consultancy specializing in the neuroscience of performance optimization since 1992. We translate neuroscience into practical assessments and learning solutions organizations use to develop agile, high-performing individuals and teams that drive extraordinary results.

Neuro-Link licenses business partners, and practitioners across the globe to use and sell our Neuro Agility assessments and learning solutions. We provide our business partners and practitioners with a state-of-the-art digital assessments and learning solutions delivery platform and support. So, we take care of the science, research, development, technology, and branding, so our business partners and practitioners can focus on building their practices / businesses and helping their clients succeed. Neuro-Link serves as the global executive and management body for anything Neuro Agility.

Through our scientifically-backed Neuro Agility Profile® (NAP™) assessments, we help people unlock their full mental potential by improving their brain performance, cognitive flexibility, and brain health.

At Neuro-Link, we believe that success in today's world requires more than just knowledge—it requires brain fitness and mental agility. By enhancing the speed, ease, and flexibility with which individuals think, learn and process information, we empower them to thrive in changing environments. Our solutions are specifically designed for those who seek to boost their brain fitness, improve mental agility, and enhance personal and professional performance.

# OUR ASSESSMENTS

## "You can't improve what you can't measure"

At Neuro-Link, we believe "one can't improve what one can't measure". We are in the performance optimization business and have developed unique assessments to do exactly that. Neuro-Link has developed various Neuro Agility Profile® assessments as well as the 12 Emotional Intelligence Competencies profile® assessments to help clients in business, education, and sports to measure and improve some of the most desired human skills needed to be effective, successful, employable, and competitive. The mind-brain assessments we use to improve performance are comprehensive and multi-dimensional.

Neuro-Link owns all Neuro Agility Profile® trademarks, copyrights, and patents and is the sole provider of various Neuro Agility Profile® assessments for adults, students, and children.

These assessments measure how neuro-agile people are and how to improve their brain's performance and mental flexibility. It has been registered and trademarked as a Neuro Agility Profile® and is abbreviated as NAP™.

The NAP™ assessments are comprehensive, multi-dimensional assessments. It measures the brain-mind elements that impact the ease, speed, and flexibility of people's thinking, learning, and information processing.

Developing Neuro Agility is the most fundamental point of departure in improving performance and developing talent. Just like an athlete has to practice to become fit and flexible to perform at an optimum level, you need to optimize your brain fitness and mental flexibility to have a fast, flexible, and focused mind that can learn, think, and solve problems quickly and easily.

A validated performance improvement process has to be followed. The starting point is to measure the brain-mind elements that impact people's overall brain fitness and mental flexibility. After performance improvement solutions are introduced, a post-assessment has to be conducted.

The NAP™ should be an essential tool in any people development professional's toolbox to develop those they are responsible for.

## SCIENTIFIC GROUNDING

Developed by Dr. André Vermeulen, in conjunction with neurophysiologists and neuroscientists, the NAP™ is grounded in published and peer-reviewed research. NAP™ assessments correlate with existing measures of other assessments in the expected directions.

Theoretical expectations in terms of the strength and direction of correlations were confirmed. Validity arguments/hypotheses for the NAP™ assessment findings were accepted and found to be true. NAP™ assessments are found to be highly reliable. A detailed report is available to NAP™ practitioners.

The Neuro Agility Framework consists of 6 drivers that optimize your brain performance and 7 brain-mind elements of your neurological design that will maximize the ease, speed, and flexibility with which you think, learn, and process information. This self-assessment reliably determines how the elements of Neuro Agility are cultivated in any given individual, team, or group. Based on these results, the NAP™ then provides actionable recommendations and solutions to increase brain performance and cognitive flexibility.



# DIFFERENT NEURO AGILITY PROFILES®

## Advanced+ for Adults

The Neuro Agility Profile® Advanced+ assessment is abbreviated as the NAP™ Advanced+. It measures 13 elements of Neuro Agility that impact people's brain potential, brain health, brain fitness, mental flexibility, and risk of human errors and mistakes. The NAP™ Advanced+ helps people increase the ease and speed of learning, thinking, and information processing. It is frequently used by business consultants, coaches, therapists, team leaders, HR, and L&D professionals to develop high-performing, agile employees, leaders, teams, and organizations. Ultimately, it helps people to develop a brain and mind that is fast, focused, and flexible.

## Toolbox for Children

The NAP™ Toolbox assessment is our flagship assessment to help children optimize their level of Neuro Agility and improve their learning performance and results. It measures 13 brain-mind elements of primary importance to identify the learner's brain potential, brain health, brain fitness, mental flexibility, and potential risk of human errors and mistakes. The NAP™ Toolbox is an assessment used to increase the ease, speed, and flexibility with which students learn, think, and process information.

## Student Performer for Students

The Neuro Agility Profile® Student Performer assessment is abbreviated as the NAP™ Student Performer. The Student Performer is our flagship assessment to help students who are still studying further improve their learning results and minimize learning difficulties. It measures 13 elements of Neuro Agility that impact their brain potential, brain health, brain fitness, mental flexibility, and risk of human errors and mistakes. The NAP™ Student Performer helps students increase the ease and speed of learning, thinking, and information processing. It is frequently used by teachers, lecturers, and therapists to develop high-performing, agile learners. Ultimately, it helps students to develop a brain and mind that is fast, focused, and flexible.

## 12 Emotional Intelligence Competencies Profile®

The 12 Emotional Intelligence Competencies Profile® provides insights into the intrapersonal and interpersonal competencies of people. The assessment offers a comprehensive view of a person's performance, EI skills, and strengths. It also gives suggestions for further development.

# DIFFERENT NEURO AGILITY PROFILES®

## Brain Potential

The NAP™ Brain Potential assessment is an instrument that measures elements of primary importance to identify people's brain potential and improve their mental flexibility. NAP™ Brain Potential is an assessment frequently used by business consultants, coaches, therapists, and team leaders to understand the thinking and communication preferences of the people they interact with. It is an assessment that helps people to identify their potential, and increase their self-awareness about their mental and communication preferences. It measures brain-mind elements that influence how mentally flexible they are. Ultimately, it helps people to develop a brain and mind that is fast, focused, and flexible.

## ThinkFlow

The Neuro Agility Profile® ThinkFlow offers a two-dimensional perspective on four elements that improve agile thinking, learning, and communication. NAP™ ThinkFlow is frequently used by business consultants, coaches, therapists, and team leaders to understand the thinking, learning, and communication preferences of the people they interact with. It helps team leaders and members understand who is in the team, and the unique contributions every team member can make. Ultimately, this assessment contributes to people having a brain and mind that is fast, focused, and flexible.

## Brain Fitness

The NAP™ Brain Fitness assessment is an instrument that measures drivers of primary importance to improve people's brain health and wellness, as well as their overall brain fitness. The drivers measured in this assessment will help people optimize the ease, speed, and flexibility with which they think, learn, and process information. NAP™ Brain Fitness is an assessment frequently used by business consultants, coaches, therapists, individuals, and team leaders to help others improve their brain health, and brain fitness and reduce the risk for errors. Ultimately, it helps people develop a brain and mind that is fast, focused, and flexible.



NEURO AGILITY  
FLEXIBLE | FAST | FOCUSED

# NEURO AGILITY PROFILE®

## ADVANCED+ FOR ADULTS

### Doing a NAP™

Advanced+ provides valuable answers to questions like:

- What is my brain potential and how can I develop it further?
- Who am I? How am I talented?
- Who am I coaching / teaching / counseling?
- Who are my team members? How do I complement them? How flexible is the team?
- What does my overall brain fitness look like?
- What does my brain health look like? How can I improve it?
- How can I improve my performance, employability, and success?
- How can I think, learn, and solve problems faster and easier?
- How do stress and fatigue impact my brain's performance?
- How can I cope with stress and fatigue better?
- How can I improve my mental flexibility?
- What is my potential risk for errors and mistakes during stress?
- What can be done to reduce the risk of errors and mistakes during stress?

### The purpose of the NAP™ Advanced+ is to:

- Improve your performance
- Identify and understand your unique potential (your Neuro Design)
- Align who you are (your potential) with what you do (your job functions and career choices)
- Optimize the drivers that impact your brain performance
- Improve your brain health
- Accelerate learning and thinking
- Develop your talent
- Reduce your risk for mistakes and human errors
- Increase brain fitness and mental flexibility
- Develop high-performing, agile individuals, leaders and teams
- Develop a fast, focused, and flexible mind
- Develop accurate awareness about your amazing Neuro Design



# ADVANCED+ CONTINUED

## What is the NAP™ Advanced+ used for?

- Performance improvement
- Mental agility improvement
- Brain fitness optimization
- Improving brain health and wellness
- Brain potential identification
- Talent development
- Reducing the risk of mistakes and human errors
- Accelerating learning and thinking
- Developing high-performing, agile individuals, leaders and teams
- Developing a brain and mind that is fast, focused, and flexible

## Features:

- 180 easy online questions (30-45 minutes to complete)
- 32-page online report illustrating 13 elements of Neuro Agility and offering suggestions to optimize your Neuro Agility
- Action plan to improve Neuro Agility
- Automated debriefing video
- Post-evaluation 6-12 months later
- Group report if needed
- Translated into various languages

## Benefits

- Understand your amazing neurological design
- Accurate awareness of your unique potential
- Understand how you are talented / smart
- Align your Neuro Design with your job functions and career choices
- Increase your mental flexibility
- Agile thinking and learning
- Optimize your overall brain fitness
- Strengthen your brain health
- Accelerate brain power skills like complex problem-solving and critical-creative thinking
- Cope with stress and fatigue more effectively
- Better work/life balance
- Reduce your risk of human errors and mistakes
- Better learning results
- Improve your confidence
- Enhance social awareness
- Understand the different roles of team members
- Optimize team agility
- Improve emotional intelligence and agility

## Elements Evaluated in the NAP™ Advanced+

### 7 Brain-Mind Elements of Your Neurological Design:

- Relative / functional lateral preferences
- Expressive – receptive preferences
- Figurative thinking and learning languages – brain quadrants
- Rational – emotional preferences
- Brain and sensory information processing styles
- Multiple intelligence preferences
- Sensory learning preferences
- Neuro Design Flexibility dashboard

### 6 Drivers that Optimize Brain Performance:

- Brain agility
- Stress coping skills
- Sleep
- Movement / Exercise
- Mindset / Attitude
- Brain food
- Overall Brain Fitness dashboard
- Neuro Agility dashboard



# NEURO AGILITY PROFILE®

## STUDENT PERFORMER

### FOR STUDENTS

Doing a NAP™

**Student Performer**  
provides valuable  
answers to questions  
like:

- What is my brain potential and how can I develop it further?
- Who am I? How am I talented? How do I prefer to learn?
- Is there alignment between my natural neuro-design and the subject and career choices I make?
- What does my overall brain fitness look like?
- What does my brain health look like? How can I improve it?
- How can I obtain better learning results?
- How can I think, learn, and solve problems faster and easier?
- How do stress and fatigue impact my brain's performance?
- How can I cope with stress and fatigue better?
- How can I improve my mental flexibility?
- What is my potential risk for errors and mistakes during stress?
- How can it help to reduce my risk for errors and mistakes?

**The purpose of the  
NAP™ Student  
Performer is to:**

- Identify and understand your Neuro Design (how you are talented)
- Align who you are (your Neuro Design) with what you do (your subject and career choices)
- Increase concentration
- Optimize memory
- Improve your learning results
- Measure your learning skills
- Optimize the drivers that impact your brain performance
- Improve your brain health
- Reduce stress and fatigue
- Reduce mistakes and your risk of human errors
- Improve your learning results
- Accelerate learning
- Promote whole-brain learning
- Promote learning ease, speed, and flexibility



# STUDENT PERFORMER CONTINUED

## Who will benefit from the NAP™ Student Performer assessment?

- Students between the ages 16-24 years who are studying further

## What is the NAP™ Student Performer used for?

- Learning performance improvement
- Potential identification
- Learning skills optimization
- Reducing the risk of mistakes and human errors
- Improving learning results
- Improving mental agility
- Optimizing brain fitness
- Improving brain health and wellness
- Accelerating learning and thinking

## Features:

- 180 easy online questions (30-45 minutes to complete)
- 32-page online report illustrating 13 elements of Neuro Agility and offering suggestions to optimize your Neuro Agility
- Action plan to improve Neuro Agility
- Automated debriefing video
- Post-evaluation 6-12 months later
- Translated into various languages

## Benefits

- Improve learning results
- Understand your amazing neurological design
- Accurate awareness of your unique potential
- Understand how you are talented/smart
- Align your Neuro Design with your subject and career choices
- Increase your mental flexibility
- Agile thinking and learning
- Optimize your overall brain fitness
- Improve ease and speed of learning
- Strengthen your brain health
- Accelerate brain power skills like complex problem-solving and critical-creative thinking
- Cope with stress and fatigue more effectively
- Reduce mistakes and your risk of human error
- Improve concentration and memory
- Improve your confidence

## Elements evaluated in the NAP™ Student Performer

### 7 Brain-Mind Elements of Your Neurological Design:

- Relative / functional lateral preferences
- Expressive – receptive preferences
- Figurative thinking and learning languages – brain quadrants
- Rational – emotional preferences
- Brain and sensory information processing preferences
- Multiple intelligence preferences
- Sensory learning preferences
- Neuro-Design Flexibility dashboard

### 6 Drivers that Optimize Brain Performance:

- Brain agility
- Stress coping skills
- Sleep
- Learning skills
- Mindset / Attitude
- Brain food
- Overall Brain Fitness dashboard
- Neuro Agility dashboard

## TOOLBOX FOR CHILDREN

### Doing a NAP™

Toolbox provides valuable answers to questions like:

- What is the learner's brain potential and how can it be developed further?
- Who am I raising? How is my child talented? How does my child prefer to learn?
- Is there alignment between the child's potential and the subject and career choices we make?
- What does my child's overall brain fitness look like?
- What does my child's brain health look like? How can I improve it?
- How can I help my child obtain better learning results?
- How can I help my child think, learn, and solve problems faster and easier?
- How do stress and fatigue impact my child's brain performance?
- How can I help my child cope with stress and fatigue?
- How can I improve my child's mental flexibility?
- What is my child's potential risk for errors and mistakes during stress?
- How can I help my child reduce their risk for errors and mistakes?

The purpose of the NAP™ Toolbox for children is to:

- Improve their learning performance
- Identify and understand their neuro-design (how they are talented)
- Understand how they prefer to learn and think
- Align who they are (their Neuro Design / potential) with their subject and career choices
- Improve their learning results
- Measure their learning skills
- Optimize the drivers that impact their brain performance
- Improve their brain health
- Reduce stress and fatigue
- Reduce the risk of mistakes and human error
- Increase confidence and happiness
- Accelerate learning
- Improve memory and concentration



# TOOLBOX CONTINUED

## Who will benefit from the NAP™ Toolbox assessment?

- Children between the ages of 11 to 16.

## What is the NAP™ Toolbox used for?

- Potential identification
- Measuring learning skills
- Learning skills optimization (learning how to learn)
- Reducing the risk of mistakes and human error
- Improving learning results
- Increasing concentration
- Mental agility improvement
- Brain fitness optimization
- Improving brain health and wellness
- Accelerating learning and thinking
- Reducing learning difficulties
- Improving memory

## Features:

- Face-to-face assessment of 180 easy online questions (45-60 minutes to complete)
- 32-page online report illustrating 13 elements of Neuro Agility and offering suggestions to optimize your Neuro Agility
- Action plan to improve Neuro Agility
- Automated debriefing video
- Post-evaluation 6-12 months later
- Translated into various languages

## Benefits

- Understand their amazing neurological design
- Accurate awareness of their unique potential
- Understand how they are talented/smart
- Align their Neuro Design with their subject and career choices
- Increase their mental flexibility
- Agile thinking and accelerated learning
- Optimize their overall brain fitness
- Strengthen their brain health
- Accelerate brain power skills like complex problem-solving and critical-creative thinking
- Cope with stress and fatigue more effectively
- Reduce their risk of mistakes and human error
- Measure and develop learning-how-to-learn skills
- Better learning results
- Improve their confidence
- Increase concentration
- Improve memory

## Elements Evaluated in the NAP™ Toolbox

### 7 Brain-Mind Elements of Neurological Design:

- Relative / functional lateral preferences
- Expressive – receptive preferences
- Figurative thinking and learning languages – brain quadrants
- Rational – emotional preferences
- Brain and sensory information processing preferences
- Multiple intelligence preferences
- Sensory learning preferences
- Neuro-Design Flexibility dashboard

### 6 Drivers that Optimize Brain

#### Performance:

- Brain agility
- Stress coping skills
- Brain ergonomics
- Learning skills
- Mindset/Attitude
- Brain food
- Overall Brain Fitness dashboard
- Neuro Agility dashboard



# 12 EMOTIONAL INTELLIGENCE COMPETENCIES PROFILE®

## Assessment Overview

Neuro-Link's EI assessment is called the 12 Emotional Intelligence Competencies Profile®. It provides insights into the intrapersonal competencies and interpersonal competencies of people. The assessment offers a comprehensive view of a person's performance, EI skills, and strengths. It also gives suggestions for further development.

Our 12 Emotional Intelligence Competencies Profile® is a 360° evaluation that combines feedback from you and observers including your managers, peers, direct reports, and internal customers who know you well and do not have an ax to grind with you.

If you are doing the 12 Emotional Intelligence Competencies Profile® for personal development purposes, your observers will be your life partner, friends, and family. It illustrates your perspective, your observers' perspectives, and the average between your and their perspectives on the 12 emotional intelligence skills essential to your happiness, effectiveness, relationships, success, and leadership.

The feedback includes a debriefing with a trained consultant to provide an in-depth understanding of your EI report results. An atomized, online debriefing video is also provided with each report.

Neuro-Link's 12 Emotional Intelligence Competencies Profile® can be done by individuals as a stand-alone. It also complements various development initiatives like developing high potentials, leaders and high-performing teams. It is also the point of departure for Neuro-Link's cutting-edge High Achiever Emotional Intelligence Program. It serves as a world-class EI framework to develop yourself and others.

This assessment is offered as a self-paced, online, Emotional Intelligence Practitioner Training Program to people development practitioners and business partners worldwide. During the practitioner training, you will learn how to debrief people on their EI profiles and offer learning solutions to improve people's emotional intelligence. They also obtain the license to sell the EI assessment and learning solutions for financial gain.



# EI 360 CONTINUED

## 6 Intrapersonal Competencies:

- Accurate emotional awareness
- Accurate self-assessment
- Self-esteem
- Self-control
- Self-motivation
- Adaptability

## Features:

### Content:

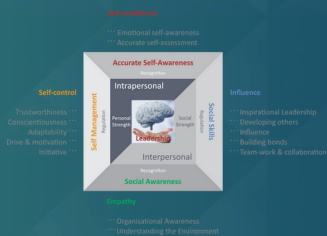
- 12-page report
- Illustrates self-evaluation table of the 12 emotional intelligence skills
- Illustrates 1-5 observer's evaluations of the 12 emotional intelligence skills
- Illustrates average of self-evaluation and observer evaluations

### Online:

- Questionnaire – 60 easy questions (takes about 15-20 minutes)
- 12-page report
- Post-evaluation
- Automized debriefing videos

### Practitioner Training:

Neuro-Link presents online, Emotional Intelligence Practitioner Training for teachers, lecturers, trainers, therapists, coaching professionals, and consultants about emotional intelligence skills that are of primary importance to optimize people's performance. This self-paced program certifies practitioners to compile and debrief our EI profiles. The training includes videos, manuals, assessments, and practical and theoretical assignments.



## 6 Interpersonal Competencies:

- Empathy
- Service orientation
- Organizational awareness
- Interpersonal communication skills
- Social cohesion and team functioning
- Leadership

## Why do a 12 Emotional Intelligence Competencies Profile®?

Emotional Intelligence (EI) is one of the most desired human skills for the workplace. These skills are measured in the 12 Emotional Intelligence Competencies Profile® and our High Achiever Emotional Intelligence Program. Employees, leaders, and teams must develop emotional intelligence skills to stay employable, successful, competitive, and relevant. You can't improve what you can't measure. The 12 Emotional Intelligence Competencies Profile® enables you to:

- Identify high-potentials and top performers
- Use it as a framework for talent selection and development, leadership development, and employee wellness
- Promote workplace happiness
- Promote employee engagement
- Create accurate emotional self-awareness
- Increase social cohesion and team synergy
- Promote strong social bonds between people
- Enhance positive self-esteem
- Enhance mental wellness
- Create social awareness
- Promote self-leadership
- Improve interpersonal communication
- Resolve conflict more effectively
- Maintain constructive relationships with others
- Develop agile leadership
- Improve customer service
- Practice empathy

# NEURO AGILITY PROFILE®

## BRAIN POTENTIAL

### Doing a NAP™ Brain Potential will answer questions like:

- Who am I?
- Who is my client?
- Who am I coaching?
- Who am I interacting with?
- Who are my team members?
- Who am I in a relationship with?
- What is the figurative language I speak?
- How can I improve my mental flexibility?
- What is my brain potential and how can I develop it further?
- What is my potential risk for errors and mistakes during stress?

### What is the NAP™ Brain Potential used for?

- Mental agility improvement
- Brain potential identification
- Talent development
- Increasing the ease and speed with which you think and learn
- Reducing the risk of mistakes and human error
- Enhancing agile mindsets
- Developing high-performing, agile individuals, leaders and teams
- Enhancing social cohesion in teams
- Strengthening relationships
- Improving communication and resolving interpersonal conflict
- Improving emotional intelligence

### Who will benefit from doing a NAP™ Brain Potential assessment?

- Anyone who wants to understand themselves better
- Any person who wants to think faster and easier
- People who want to strengthen their relationships
- People who want to communicate more effectively and resolve conflict
- Companies aspiring to be more agile organizations and effective
- Companies that want to reduce their risk of human errors and mistakes
- Leaders
- Team members

### Elements Evaluated in the NAP™ Brain Potential

#### Brain-Mind Elements of Your Neurological Design:

- Relative/functional lateral preferences
- Expressive – receptive preferences
- Figurative thinking and learning languages – brain quadrants
- Rational – emotional preferences
- Brain and sensory information processing preferences
- Sensory learning preferences
- Neuro-Design Flexibility dashboard

# BRAIN POTENTIAL CONTINUED

## Benefits

- Increase your mental agility
- Agile thinking, learning, and communication
- Accelerate brain power skills like complex problem-solving and critical and creative thinking
- Increase personal awareness and understanding of yourself
- Manage yourself more effectively.
- Clearer social awareness of others
- More effective management of others
- Adapt faster and easier to symbolic thinking and learning languages of others
- Strengthen relationships with others
- Understand the different roles and contributions of team members
- Optimize team agility
- Manage errors and mistakes more effectively, especially during stress
- Optimize cognitive flexibility (one of the most desired human skills for success and employability)
- Improve emotional intelligence (one of the most desired human skill sets for success and employability)



**BRAINPOTENTIAL**



## BRAIN FITNESS

### Doing a NAP™ Brain Fitness will answer questions like:

- What does my overall brain fitness look like?
- How can I improve my overall brain performance?
- What does my brain health look like?
- How can I improve my brain health?
- How can I think and learn faster and easier?
- How do stress and fatigue impact my brain's performance?
- How can I cope with stress and fatigue better?
- How can I reduce my risk for errors and mistakes?

### What is the NAP™ Brain Fitness used for?

- Increasing the ease and speed with which you think and learn
- Brain agility improvement
- Brain fitness optimization
- Reducing the risk of mistakes and human error
- Improving brain health and wellness
- Accelerating learning and thinking
- Coping with stress and managing fatigue
- Enhancing agile mindsets

### Features

- 60 easy online questions (15-20 minutes to complete)
- 14-page online report illustrating 6 elements of brain fitness and offering suggestions to improve it
- Group report if needed
- Translated into various languages

### Who will benefit from doing a NAP™ Brain Fitness assessment?

- Any person who wants to improve their brain health, performance, and overall brain fitness
- Any person who wants to reduce their risk for errors and mistakes and cope with the debilitating effects of continued stress and fatigue.

### The purpose of the NAP™ Brain Fitness is to:

- Improve your brain's performance
- Improve brain health and wellness
- Learn and think faster and easier.
- Manage stress and fatigue more effectively.
- Minimize your risk for errors and mistakes.
- Develop a fast, focused, and flexible mind
- Increase your overall brain fitness.

### Elements Evaluated in the NAP™ Brain Fitness

#### 6 Drivers that Optimize Brain Performance:

- Brain agility
- Stress coping skills
- Sleep
- Movement / exercise
- Mindset / attitude
- Brain food
- Overall Brain Fitness dashboard

# BRAIN FITNESS CONTINUED

## Benefits

- Learn and think faster and easier
- Use all brain regions at optimal level simultaneously
- Cope well with stress during disruptive change
- Manage fatigue effectively during stressful times
- Commit fewer errors and mistakes, especially during stress
- Maintain higher levels of energy during stress
- Agile thinking and learning
- Optimize your overall brain fitness
- Strengthen your brain health
- Improve mental agility



# NEURO AGILITY PROFILE®

# THINKFLOW

## Doing a NAP™ ThinkFlow will answer questions like:

- Who am I?
- Who am I coaching?
- Who are my team members?
- Who am I in a relationship with?
- What is the symbolic language I prefer to speak?
- How can I improve my mental agility?

## What is the NAP™ ThinkFlow used for?

- Mental agility improvement of individuals, leaders, and teams
- Accelerating learning and thinking
- Developing team agility
- Developing social cohesion in teams
- Strengthening relationships
- Improving communication and resolving interpersonal conflict
- Improving emotional intelligence

## Features

- 60 easy online questions (15-20 minutes to complete)
- 14-page online report illustrating 6 elements of brain fitness and offering suggestions to improve it
- Group report if needed
- Translated into various languages

## Who will benefit from doing a NAP™ ThinkFlow assessment?

- Anyone who wants to understand themselves better
- Any person who wants to think faster and easier
- People who want to strengthen their relationships
- People who want to communicate more effectively and resolve conflict
- Members of teams

## The purpose of the NAP™ ThinkFlow:

- Learn and think faster and easier.
- Think creatively and analytically, simultaneously
- Maintain multiple ideas and understandings simultaneously
- Quickly recognize patterns and connections
- Move between various modes of learning and thinking fast and easy
- Learn, unlearn, and relearn quickly and easily
- Adjust mindsets faster
- Solve complex problems faster and easier
- Understand how your thinking flows
- Understand the role you play in teams and the roles of others
- Contribute more effectively to the team
- Understand your symbolic communication preference
- Communicate more effectively
- Be expressive and receptive, verbal and non-verbal simultaneously
- Increase your overall brain fitness.

# THINKFLOW CONTINUED

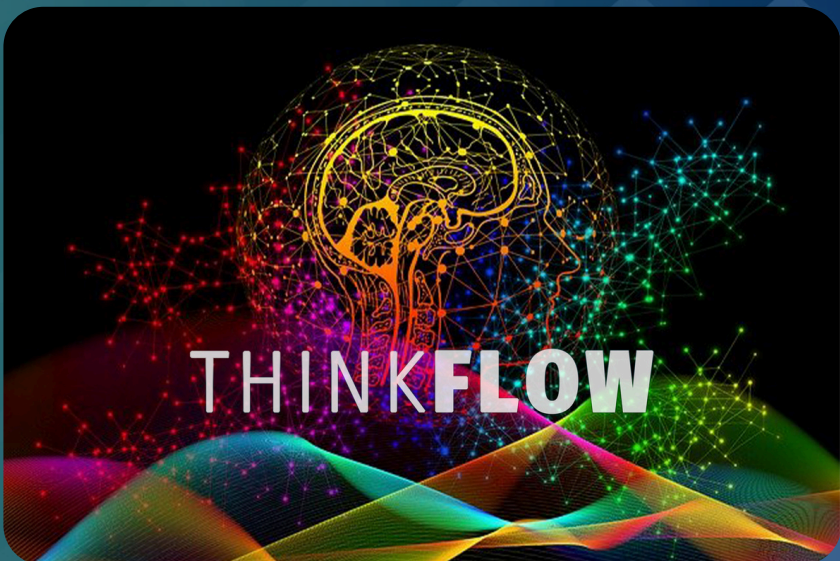
## Elements Evaluated in the NAP™ ThinkFlow

The four elements of your two-dimensional brain that are measured in this assessment are:

- Relative / Functional Lateral Preferences (left & right hemispheres)
- Brain Agility
- Expressive – Receptive Preferences (front & back regions of the cerebral cortex)
- Two-Dimensional Perspective – Four Quadrants

## Benefits

- Learn and think faster and easier
- Use all brain regions at optimal level simultaneously
- Cope well with stress during disruptive change
- Manage fatigue effectively during stressful times
- Commit fewer errors and mistakes, especially during stress
- Maintain higher levels of energy during stress
- Agile thinking and learning
- Optimize your overall brain fitness
- Strengthen your brain health
- Improve mental agility







# CONTACT INFORMATION



Let's Connect!  
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