

Online Introduction to Neuroscience Coaching

Presented by the Faculty of
Health Sciences, University of
Pretoria

SAMA : 30 Clinical CPD Points

Brief description

The Online Course: **Introduction to Neuroscience Coaching** is presented by the Centre for the Study of Resilience and the Departments of Physiology, University of Pretoria. The course is designed to provide an introduction to the neuroscience approach to coaching within the organisational and personal context. It will explore what brain-based coaching is, what makes it different from other coaching methods and how it delivers professional and personal results faster in a sustainable manner. The two primary modules are Neurophysiology and Psychophysiology. The aim of the Neurophysiology module is to demonstrate knowledge of the basic anatomy and functional structure of the central and peripheral nervous systems. The Psychophysiology module is to provide learners with knowledge and understanding of the basic principles of psychophysiology. In order to attain this aim, attention will be paid to the extent at which key elements of certain psychological processes interact with the physiology of the human body.

The course explores the advances in neuroscience which now provide guidance for the development of a new view of health and performance.

Course content

Neurophysiology

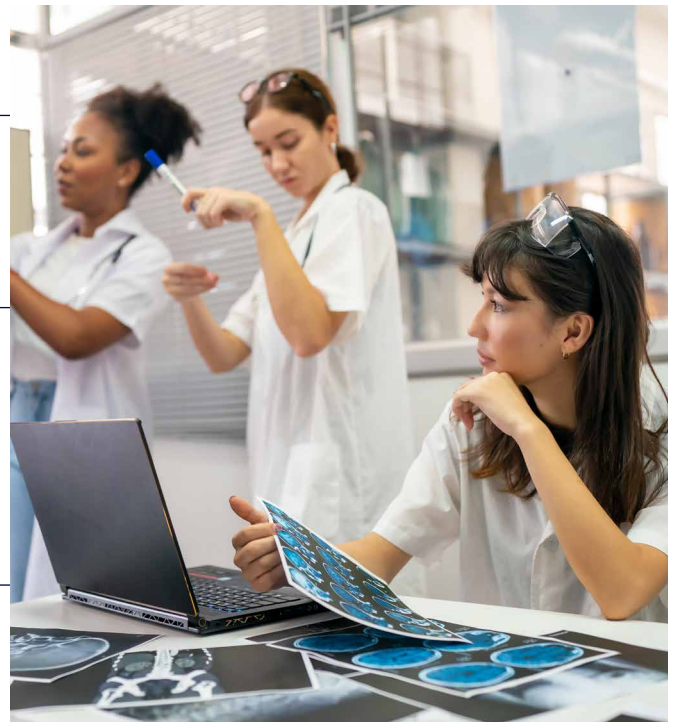
Module 1: Introduction and organisation of the nervous system

Psychophysiology

Module 1: Introduction to psychophysiology
Module 2: Personality and psychophysiology
Module 3: The role of cognition
Module 4: Emotional states
Module 5: Psychophysiology and well-being
Module 6: Measures used in psychophysiological research

Coaching

Module 1: The Genetic Potential Model
Module 2: The Neuroplasticity Model
Module 3: Memory systems in the brain
Module 4: Cognitive and emotional processes
Module 5: Social Neuroscience Models
Module 6: fMRI and other Technology applied by Neurologists
Module 7: The Unconscious Brain



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Learning outcomes

After successfully completing this course, you will have an understanding of

- ✓ Neurophysiology
- ✓ Psychophysiology
- ✓ the 7 insights about the brain that changes everything
- ✓ the neuroscience of leadership
- ✓ your brain at work and play
- ✓ Physiology for Psychopharmacology, and
- ✓ the brain's social bias.

Who should enrol?

This course is ideal for you if you are a/an

- professional person wanting to learn more about brain based coaching
- manager, leader, HR and OD professional, executive coaches
- Neuroscience and Neurophysiology students
- anyone wanting to gain a better understanding of the brain, and the role and value of Neuroscience Coaching in organisations today
- corporate Personal and Executive Coaches who want to build the empirical evidence of neuroscience into their work, and
- new and experienced coaches who want to take the guess work out of coaching and apply medical technology to ensure measurable benefits.



Course dates

03 March – 29 August 2025

Admission requirements

You must be familiar with the mechanisms that enable us as humans to sense changes in the external and internal environments, how the information is relayed along specific pathways towards the spinal cord and/or brain where meaning is given to the incoming information, stored and where appropriate action is formulated, and the pathways that will carry the information back to specific muscles and organs to elicit a specific response or reaction



Programme fees

R9 500.00 per delegate (VAT incl.)

Course fees must be paid in full 14 days prior to course start dates. Proof of payment can be submitted to enrolments@enterprises.up.ac.za



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Accreditation and certification

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Registration and enquiries

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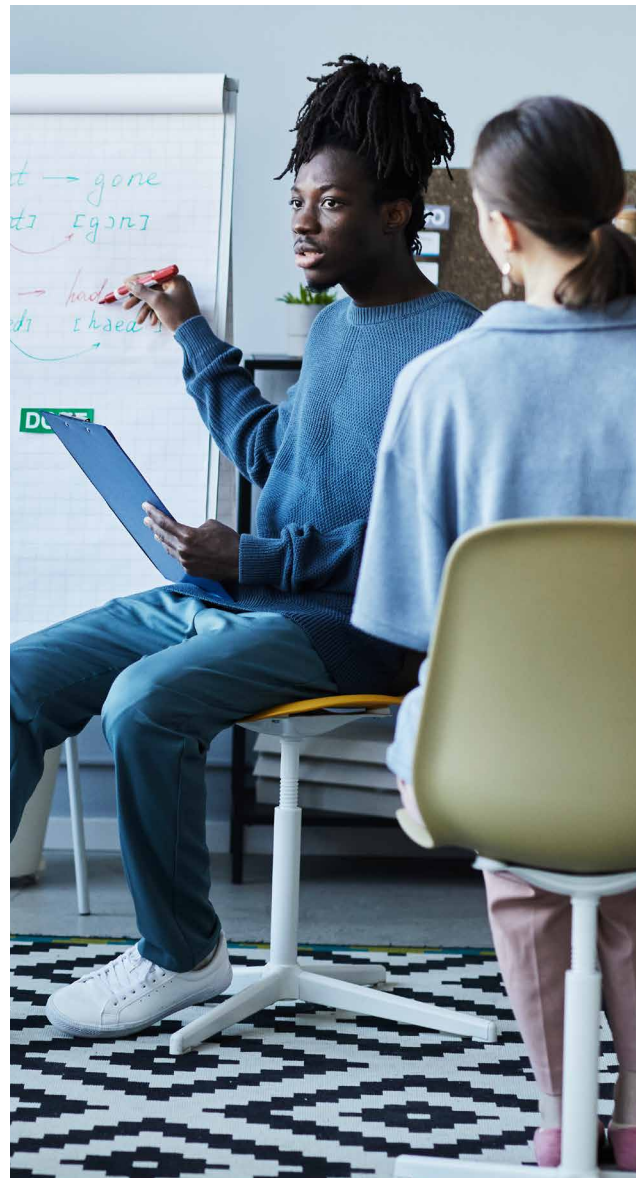
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