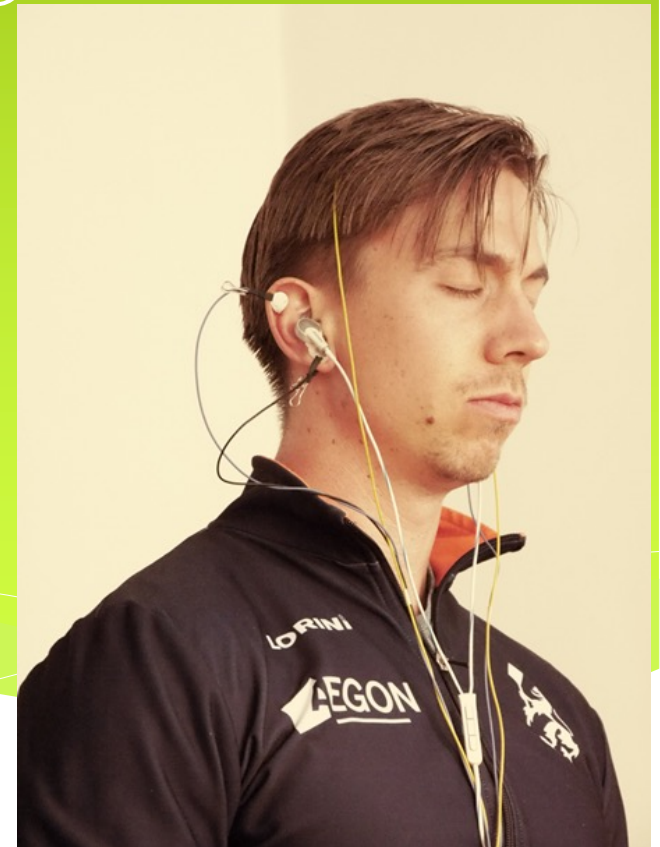


An athlete's adventure with NeuroOptimal®

Peakperformers benefit from the use
of NeuroOptimal®



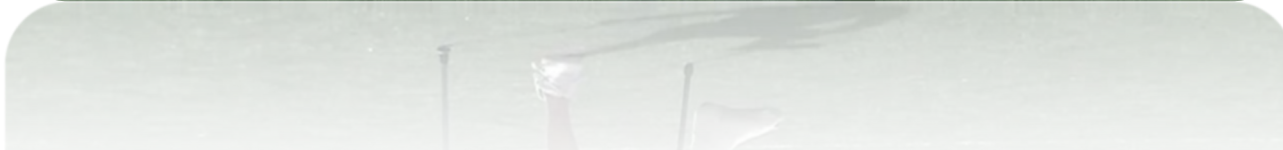
A short explanation on Rowing, category M4- Coxless 4

- 4 men in one boat
- 1st man is stroke = Govert Viergever
- Teamwork
- 2 kilometers
- As fast as possible, best within 6 mins.
- Explosive workout
- Stress both physical and mental
- PAIN
- ENDURANCE
- STRENGTH
- MORE PAIN
- FUN



How did our journey start?

<https://www.youtube.com/watch?v=4qMKUvQ8xEA>



8 Weeks using NeuroOptimal®

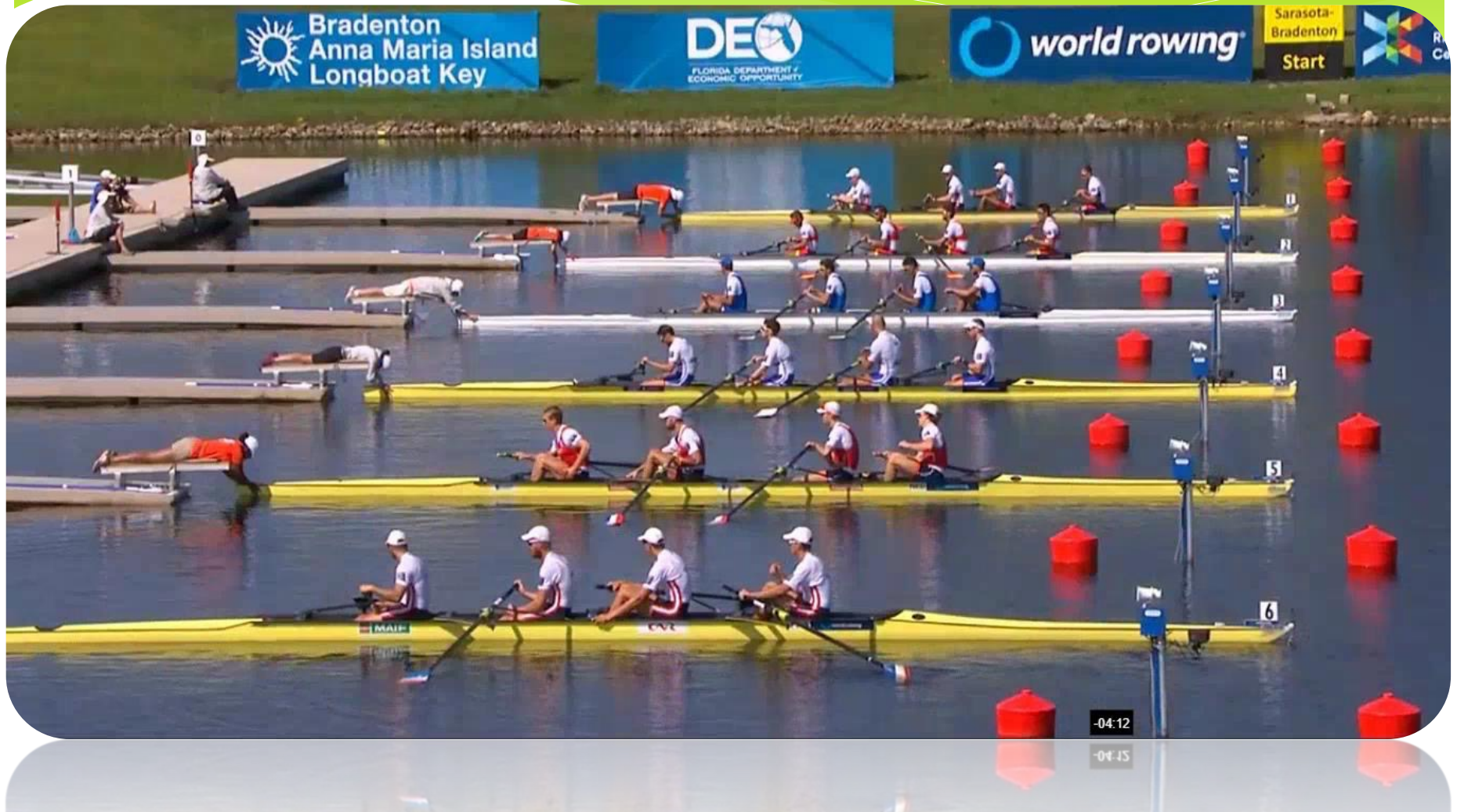
Train (almost) daily and monitor

- Stressmanagement
- Overall mood
- Concentration
- Focus
- Focal awareness during performance
- Anxiety before performance
- Repetitive thoughts before performance
- Repetitive thoughts during performance
- Repetitive thoughts after performance

A short movie on his daily routine
video allowed by BlacksheepCreatives
Amsterdam



What goes on in a rower's head before a race.....



Pace of stroke?

Windy?
Direction ?

I think I have to P!

TIME?

What are the guys behind me doing?



6  NETHERLANDS

Harold LANGEN (B)

Vincent VAN DER WANT

Jasper TISSEN

Govert VIERGEVER (S)

Let the race begin



NeuroOptimal® entered the game

- Stressmanagement
- Overall Mood
- Concentration
- Focus
- Focal awareness during performance
- Feelings of anxiety before performance
- How about repetitive thoughts before performance?
- How about repetitive thoughts during performance?
- How about repetitive thoughts after performance?

Please relate the following questions to the time before you started using
NeurOptimal

Stressmanagement *

	1	2	3	4	5	
I had no problem in managing my stress	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	I had huge problems in managing my stress

Overall Mood *

	1	2	3	4	5	
My mood has always been great	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	My mood was bad most of the time

Concentration *

	1	2	3	4	5	
Great concentration	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very poor concentration

Focus *

	1	2	3	4	5	
My focus was great	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	My focus was poor

focal awareness during performance *

	1	2	3	4	5	
I have always been able to focus 100% of the time during my performance	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I have always found it hard to stay focussed during my performance

Feelings of anxiety before performance *

	1	2	3	4	5	
I have never had feelings of anxiety related to performing	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	I had severe feelings of anxiety before performing

How about repetitive thoughts before performance? *

	1	2	3	4	5	
I had no repetitive thoughts before my performance	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	I had ongoing repetitive thoughts before my performance

How about repetitive thoughts during performance? *

	1	2	3	4	5	
I had no repetitive thoughts during my performance	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	I had ongoing repetitive thoughts during my performance

How about repetitive thoughts after performance? *

	1	2	3	4	5	
I had no repetitive thoughts after my performance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	I had ongoing repetitive thoughts after my performance

If you had any repetitive thoughts, please tell us in your own words what went on in your mind?

Of ik wel goed zou herstellen van mijn training, of ik wel goed zou slapen, of ik wel genoeg deed om te herstellen

How would you rate your awareness before you brought NO to your routine? *

	1	2	3	4	5	
My sense of awareness has always been good	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	I found it difficult to stay aware of things going on

How did the sessions impact him?



- Less vulnerable to stress
- Overall better mood
- Longer concentration
- Impressive improvement meditation
- Easier to intercept negative thoughts
- Letting go of stuff is easy now
- Quiet mind prior to races
- Increased awareness

How did the sessions impact him?



- They have created more inner calmth
- And that calmth allows me to stay more focussed during a race
- Results impacted my personal life big time as I was less stressed and my overall mood became so much better

NeurOptimal® increased conscious awareness...



And eventually led to a gold medal



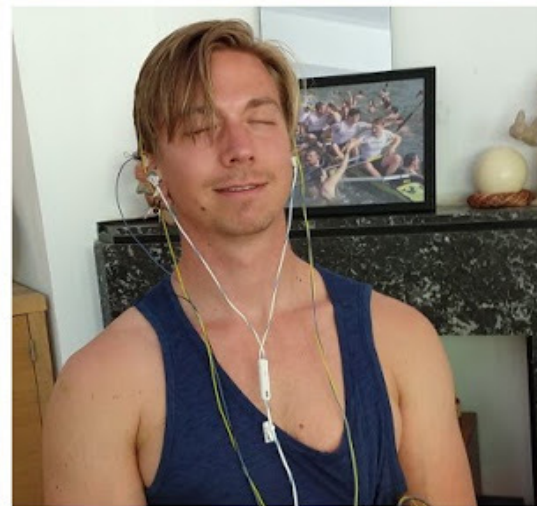
“No-one is a self-made man....Thank you NeurOptimal® and Hannie Ruinen for this transformational journey”...Govert Viergever



-04.12

00:00

And then his first 3.0 session



Questions?

