

CogniFit

Personal Coach
For a Fit and
Healthy Mind

Today's executives deal with the most rapid-fire, always-on workplace the world has ever seen. Are your people fit for the challenge?

Anyone who's been in the workforce for more than a decade has lived through an unprecedented rate of change. Your most valuable people – your mid and senior level executives – began their working lives at a time when there were fewer priorities to juggle, fewer inputs to manage and no minute-by-minute pulls on their attention.

While most organisations happily invest in developing the subject-matter expertise of their key team, high performance businesses also give their people the tools to cope and thrive in a complex and fast-paced working environment.

Are your key people fit for the challenge of 21st century-style business?

Imagine if you could deliver to their desktops a customised cognitive workout designed to increase mental sharpness, and improve the ability to perform and cope with pressures and stress.

In an ideal marriage of neuroscience and computer technology, CogniFit can help your people gain and maintain cognitive fitness in a number of key areas:

- Increased speed of thought
- Increased concentration
- Improved memory
- Increased capacity to cope with change
- Reduced stress

This is the only web-based brain training program that gives people a baseline assessment across 14 cognitive abilities critical to productivity and mental wellbeing, and then delivers customised workouts that target the areas each individual will benefit from most.

The result? Increased output, improved mental stamina and Improved mental wellbeing.

To find out more, call 1300 766 077.



Successful Executive | **Cognifit Personal Coach – For a Fit and Healthy Mind**

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