

Innovative. Ingenious.
Science-Based.
Relevant. Fresh.
Effective.

We first sense, then feel, then act. This brain hierarchy makes sensory awareness and management crucial for a healthy, happy and productive life. We all process the environment differently. Learn how to optimise and accept your unique and diverse sensory self, and team.

What we offer:

- **Online Sensory Profiling** with a 12 page report packed with sensory strategies to implement at work.
- **Sensory Feedback Sessions** to establish knowledge and awareness, and assist in mental, physical, social and spiritual wellbeing, as well as optimal performance.
- **Group Feedback Sessions** to improve team communication, empathy, effectiveness, trust, and know-how around sensory diversity.
- **Sensory Webinars:** A variety of themes according to company needs: sensory regulation, sensory smart behaviour, relationships at work, optimal environments, optimised teams, resilient employees despite bombarded sensory systems, and optimal performance.
- **Sensory Audits of the environment** (home and traditional work space) with reports and strategies for scientific redesign and optimal productivity.

About Ida Doyer

Ida is a passionate sensory integration specialist with over 25 years of experience in both clinical and consulting fields of sensory integration occupational therapy. She understands the profound impact that sensory self-awareness and self-management can have on emotions, behaviour, performance, relationships, and the creation of optimal environments. Sensory brain regulation is essential for calming emotions and fostering an alert mind. It serves as the first step in enhancing emotional intelligence and engaging the thinking brain.

Ida is known for her authenticity and passion. She excels at identifying needs and provides innovative capability training through immersive, multi-sensory, action-based client experiences that are unforgettable. By implementing practical, non-threatening sensory strategies and environmental adaptations, she ensures a strong return on investment - every time.

If you're looking to make a real and lasting difference in the lives of your employees and clients, contact Brain Sense. I would love to assist.



Sensory Integration (SAISI)
M Phil Industrial Psychology (US)
B Occupational Therapy (UFS)

Mobile +27 (0) 83 948 3628
Mail ida@brainsense.co.za
www.brainsense.co.za

Sensory Integration Specialist