

1 Purpose

Did you know we spend 80% of our brain capacity on sensory processing? Unable to access top brain structures for creative thinking and problem solving if the sensory brain is dysregulated?

Employees who are regulated on a sensory level will present with calm emotions, exhibit more purposeful behaviour patterns and outperform competitors.

2 Task at hand

Competitiveness and profitability are driven by human resources – by employees who are healthy, happy and productive. Following the sensory revolution presented by Covid19, employees are still at a loss as to how to negotiate overwhelm, dysregulation, burn out, disconnect and workplace adjustments.

3 Challenge

Sensory pathways are entry points into the brain to effectively organise and energise the brain.

Sensory systems are under increased pressure, but once employees gain insight into their unique sensory workstyles, they can manage emotions, adjust behaviour patterns and optimise performance - the bottom-up sensory smart neuroscientific way.

4 Plan

Sensory science through the use of the Sensory Workstyle Assessment Profile (SWAP™) with report, assists employees in managing sensory brain needs: how quickly and intensely they register and respond to work environments, tasks and their colleagues.

Self-awareness and self-management will help them manage and prevent sensory over/under-load, practice sensory stress management and self-care, and improve effective support and dovetailing amongst sensory diverse teams.

As soon as an employee reaches the calm-alert optimal activation band through strategies and adaptations, they will experience true wellbeing and optimal performance in their places of work.

Sensory calm-alert employees will not only impress their employer and clients, but most importantly themselves. What a gift!



Brain Sense™

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