



Advanced Course in Neuroscience Coaching

Presented by the Department of Physiology, University of Pretoria

The **Online Advanced Certificate in Neuroscience Coaching** short course aims to develop and enhance knowledge on exercise science and to provide advanced personal trainers with essential information on exercise physiology, biomechanics, anatomy, motor learning and nutrition. To validate and improve practices like coaching, teaching, talent development and performance improvement, it has to be grounded in neuroscience to ensure better efficiency, accuracy and results.

During the course you will learn how to screen clients, do strength, flexibility and risk assessments and to develop training programs that focus on cardio-respiratory, resistance and flexibility training.

Course content

Mental literacy

- 12 emotional intelligence competencies
- Understand your unique neurological wiring

Purpose

- Formulate your purpose, find meaning, and create a vision

Mind power

- How the brain works
- Brain basics

Coping with change, managing stress and maintaining wellness

- Understanding change and stress
- Mental wellness

Coping skills

- 11 brain-based coping skills

Social awareness

Interpersonal communication skills

- Whole brain interpersonal communication
- Conflict resolution

Social cohesion and team functioning

- Team functioning

Leadership

- Servant leadership
- Values-driven leadership

Brain and body agility

- Health related fitness index
- Skill related fitness index
- Neuro-agility index

Learning outcomes

After successfully completing this course, you will be able to

- enhanced personal impact in society and the workplace
- lead through inspirational example
- create accurate self-awareness and understanding
- enable coping with change, managing stress and maintaining wellness

- enhanced team effectiveness
- create purpose alignment
- promote social awareness and a better understanding of others
- enable constructive social interactions with others, and
- create values-driven leaders.

Who should enrol?

This course is ideal if you are a coach, educator, trainer, therapist, counsellor, psychologist, consultant, doctor or medical official.

Course fees

R25 000.00 per delegate (VAT incl.)

Course fees include all course materials and refreshments during contact days.

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.

Admission requirements

Prospective delegates should have successfully completed the course on Introduction to Online Neuroscience Coaching, Higher Neuroscience Coaching and/or Higher Exercise Science.

Accreditation and certification

Enterprises University of Pretoria (Pty) Ltd is wholly owned by the University of Pretoria. As a public higher education institution, the University of Pretoria functions in accordance with the Higher Education Act 101 of 1997. Enterprises University of Pretoria offers short courses on behalf of the University and these short courses are not credit-bearing, and do not lead to formal qualifications on the National Qualifications Framework (NQF) – unless stated otherwise. Delegates who successfully complete a short course and comply with the related assessment criteria (where applicable) are awarded certificates of successful completion and/or attendance by the University of Pretoria.

Registration and enquiries

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Shifting knowledge to insight

