An athlete’s adventure with NeurOptimal®

Peakperformers benefit from the use of NeurOptimal®
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 NeurOptimal®

Train (almost) daily and monitor
• Stress management
• 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)     Jasper TISSEN
Vincent VAN DER WANT  Govert VIERGEVER (S)
Let the race begin
NeurOptimal® 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

**Stress Management** *

- I had no problem in managing my stress [ ] [ ] [x] [ ] [ ]
  - I had huge problems in managing my stress [ ] [ ] [ ] [ ] [ ]

**Overall Mood** *

- My mood has always been great [ ] [ ] [x] [ ] [ ]
  - My mood was bad most of the time [ ] [ ] [ ] [ ] [ ]

**Concentration** *

- Great concentration [ ] [ ] [x] [ ] [ ]
  - Very poor concentration [ ] [ ] [ ] [ ] [ ]
Focus *

1  2  3  4  5

My focus was great

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

I have always found it hard to stay focused during my performance

Feelings of anxiety before performance *

1  2  3  4  5

I have never had feelings of anxiety related to performing

I had severe feelings of anxiety before performing
How about repetitive thoughts before performance? *

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How about repetitive thoughts during performance? *

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How about repetitive thoughts after performance? *

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* Please rate on a scale of 1 to 5, where 1 is the lowest and 5 is the highest.
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

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
And then his first 3.0 session
Questions?