

UNLOCKING THE MENTAL POTENTIAL IN THE WORKPLACE - GET IN SYNC WITH TEAMFLOW

In sync with colleagues

Balanced mental abilities are useful in all areas of life for achieving, maintaining and developing good cooperation. In a workplace environment, it is important to have good decision-making skills, a proper focus on task performance, increase attention, return to balance and coping with stress. Based on research, the human brain is capable of reaching new heights similarly to the development experienced during physical training.

People with trained mind are calm, open-minded, inspired, effective and aware. They can make good decisions, establish better connections with their teammates and maintain high performance. They also achieve a higher level of harmony with themselves and each other, thereby increasing their ability to anticipate and overcome challenges, solve difficult situations.



If people in the workplace have such problems as...

- tense atmosphere among employees or integration difficulty of a new colleague
- emotional processing of difficult situations (or just finding the "bad apple" in the team)
- broken concentration due to fatigue
- decrease in productivity

...the TeamFlow Cognitive Development System has solutions:



- Comfortable dry electrodes headbands are used, with under a minute setup (no "lab syndrome").
- Dozens of thematic neuro- (or HRV) feedback lessons are available for tune-up.
- Lessons are recommended by adaptive assessment, tailored to personal development.
- Individual results and progress are demonstrated on graphs and textual description of potentials.
- Push and pull result reporting on *Telegram*.

Unique training technology for managers and colleagues

- The software uses a special "state of mind compass" model for neurofeedback and evaluation.
- Synchronized **team neurofeedback training** (*from pairs up to 12 people*) is unique feature, with the graph analysis of group cohesion and even role-in-group affinity.
- Optional synchronized audio and video recording are also available.
- Our experience with the system also supports external applications and devices with appropriate context (e.g. measurement of mind states with event marks, during various activities, using VR, etc.).

Various software configurations are available for various needs from simple training to deep HR analysis.

**WE BRING STATE-OF-THE-ART MENTAL TRAINING TECHNOLOGY TO THE MARKET AND OPEN UP
HIGHER DIMENSIONS FOR OPTIMAL WORKPLACE PERFORMANCE.**



TeamFlow

the intelligent training technology

Contact: