



Dyslexia

A study conducted by the British Dyslexia Association estimates that 10 percent of children have some degree of dyslexia and about 4 percent will be affected severely.

It has been demonstrated that the *Brainwave Conditioning System*© can significantly improve the quality of life for someone with **dyslexia** or other special educational needs, such as **Attention Deficit Disorder (ADD)**

The training protocol requires regular short sessions rather than intensive training over two days. The individual has an initial consultation and **EEG assessment** which is then followed by a suitable **AVE session**. Each training session lasts one-hour and is repeated at intervals of seven days.

A series of five sessions is recommended and is available as a package. After successful completion of this series of training sessions, the client would then be responsive to accelerated learning such as memory and reading techniques.



"Thank you for giving my son back to me. The training produced instant results. The transformation in him is nothing short of miraculous." JD West Sussex



Sport

"This brainwave technology is the future of competitive sports. Peak Performance Training helped me to focus and concentrate, keeping cool under pressure."

Richard Faulds MBE, Olympic gold medal winner, Sydney 2000



Another area where PPT has been very successful over the last few years has been in sports training. Successes to date from using the *Brainwave Conditioning System*© include one **Olympic Gold Medal, four World Championship titles, two European titles and numerous national titles**. The main sports targeted have been golf and clay shooting, though this has been applied to many different sports.

Top athletes are always looking for an edge over their fellow competitors. Until recently an athlete's primary focus has been on physical training.

However it has always been known that at top-level competition, it is often **mental resilience** and control which wins or loses the day.

The *Brainwave Conditioning System*© of PPT provides this solution. Simply by balancing the hemispheres of the brain bringing ratios into correct alignment in itself can create significant improvements in performance. The individual feels more in **control**, is less susceptible to **performance stress**, better **hand-eye coordination** and improved **mind-body connection**.

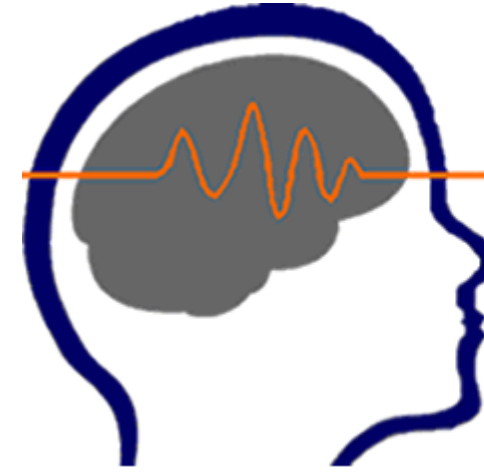
Contact Information

For more information and to discuss the solution most appropriate for you please call:

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Peak Performance Training

We can help you balance your brainwaves and teach you skills enabling you to...

- ◆ **Boost your study skills** ◆
- ◆ **Develop a powerful memory** ◆
- ◆ **Control dyslexia, ADD, ADHD** ◆
- ◆ **Improve sports performance** ◆
- ◆ **Eliminate unwanted stress** ◆
- ◆ **Increase concentration** ◆

"Our life is what our thoughts make it."

- Marcus Aurelius Antonius

Why so special?

Peak Performance Training is unlike any other company. We specialise in teaching people how to better use their brain in everyday life, be that to enhance **memory**, **read faster**, overcome **dyslexia** or play a **better** game of **golf**.

What makes PPT so special is that we have developed a ground breaking training technology called the **Brainwave Conditioning System**®, which enables your thought activity to be monitored and then trained to its optimal state. It is the application of this technology which makes PPT unique and gives you such fantastic results.

"You know you've got to exercise your brain just like your muscles."

- Will Rogers, American Actor

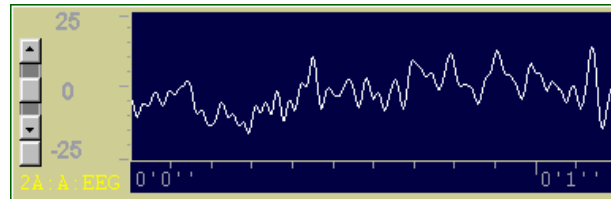
What is the Brainwave Conditioning System®?

There are two main components :

Assessment:

ELECTROENCEPHALOGRAM

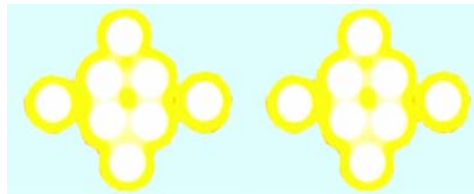
An EEG is recorded viewing the brain's activity on a computer screen. It is then possible to identify any electrical imbalances which may be hindering the performance of the individual.



Training:

AUDIO-VISUAL ENTRAINMENT

A special headset with light glasses and earphones is put on and a series of pulsating frequencies and combinations are emitted. This trains the brain to adopt a more beneficial state in a natural, non-invasive manner.



The different brainwave frequencies can be categorised into...

Beta:	15-30 Hz.	High level of mental activity often associated with decision making, logic and problem solving.
SMR:	12-14 Hz.	Ideal for heightened concentration, memory, and being, "in the zone"
Alpha:	7-11 Hz.	Alert state of mind allowing total focus and concentration. Best for reading, listening and optimal sporting performance.
Theta:	4-6 Hz.	Best state of mind for memorising and recalling information, also for creativity and development of IQ.
Delta:	1-3 Hz.	Deep physical relaxation, and utilised for pain relief as well as stress control.

"The greatest discovery of my generation is that man can alter his life simply by altering his attitude of mind."

- William James (1842-1910)

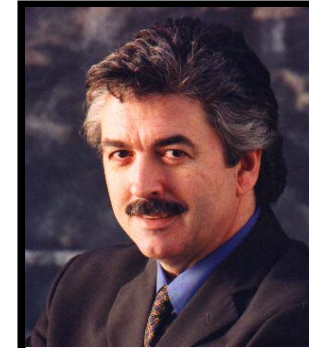
For optimal performance we must be able to access all of these frequencies. However, someone who is too stressed, may be 'stuck' at too high a level. Someone with poor attention may be 'stuck' at too low a level!

The *Brainwave Conditioning System*® trains full mobility of the brainwaves.

"Learning these techniques was a major factor in helping my son pass his GCSE's. Without this training, it just wouldn't have been possible."

LB London

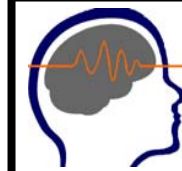
Who is behind Peak Performance Training?



Dominic O'Brien is the eight times World Memory Champion. He is the holder of many world records in memory and has written numerous books on the subject. National and international publications, television and radio programmes have, globally, made Dominic a household name. Since 1996 Dominic has been researching and developing the **Brainwave Conditioning System**®. In a desire to understand how the electrical activity of the brain can affect one's cognitive performance Dominic has taken literally thousands of EEGs from hundreds of his clients with wide ranging conditions from high performance individuals suffering from stress to children with special educational needs.

The result is a database which Dominic now believes reveals a startling truth: That there is an optimal template of brainwave activity for the brain that we can all be trained to access to achieve peak performance in everything we do. Balance is the key.

Who can benefit from this training?



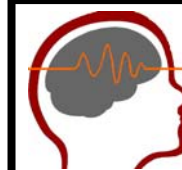
Corporate Training

"The mind is like a parachute - it works only when it is open."

Working with one or more corporate executives, we carry out detailed assessment of individual brainwave activity followed by induction of the *Brainwave Conditioning System*®. Once tuned, the group is receptive to advanced training in the following areas:

Memory skills **Stress management**
Creative thinking **Speed reading**
Accelerated learning

By placing electrode sensors to key areas of the scalp you will have instant feedback on the **frequency**, **amplitude** and overall **balance** of both hemispheres of **your brain**. The results may prove to be very revealing and may indicate if you are a dreamer or a doer, whether you work in detail or from the overall picture. Which one are you?



Private Training

"It's a long time since I've felt this relaxed. I sleep like a log, wake up refreshed and my energy levels are boosted for the whole day."



If you are an individual with the desire to enhance your own mental performance, then we have a comprehensive package for you and your family. This includes: **Memory** training, **Speed reading**, **Study skills**, **Stress management**, and much more.

You may be a high-performance individual, perhaps running one or more businesses, or working as a successful company executive. We design the training to suit your busy schedule and individual needs. Typically the course is two days of **1:1 intensive training**.

We will work with you training your mental performance with the *Brainwave Conditioning System*®. You will then learn the skills of learning, thinking and optimal mental management.