



Performance Optimization

biofeedback /neurofeedback

With over 20 years of experience in industrial and organizational psychology, Matte Consulting Group is introducing a Performance Optimization Program (POP) using high technology biofeedback and neurofeedback systems.

Executives are continuously exposed to high levels of stress and performance pressure. Their reality is similar to that of world class athletes. In order to optimize their performance, a great number of professionals turn to biofeedback and neurofeedback. Based on over 50 years of scientific research, this process has helped individuals in the fields of sport, art and business to significantly improve their performance.

Biofeedback and neurofeedback are methods of applied psychophysiology in the training of self-control of physiological activity and, in particular, the nervous system. Different physiological responses are measured and presented in a visual and auditory feedback process in

order to better control and regulate the psychophysiological activity in different situations. The measures are taken with small sensors and sophisticated electronic equipment.

The objectives of this training are to improve:

- The ability to quiet the mind and relax.
- Stress and anxiety management.
- Attention and focus abilities.
- Specific work related performance.
- Mental agility and flexibility.
- Physical and psychological well-being.

What distinguishes MATTE Consulting Group:

- Our scientific approach.
- Personalized program adapted to your needs.
- Professional supervision.
- Training protocols based on psychophysiology and neurosciences studies.



Our methodology

- 1** Initial assessment: questionnaires, interview, psychophysiological profile.
- 2** Analytical report following initial assessment.
- 3** Identification of objectives and development of a personalized training program.
- 4** Training sessions and personalized supervision.
- 5** Reassessments and reviews of objectives.
- 6** Booster sessions and follow-ups.