



# NATURAL INTELLIGENCE SYSTEMS WITH HUMAN SYSTEMS HACKING

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## PROGRAMME OFFERINGS

Discover | REnew | Thrive



"All Progress Requires Change  
But Not All Change Is Progress"

- @/HUMANSYSTEMSHACKING

# Table Of Contents

**04**

Our Value Statement

## **Performance Optimisation**

**05**

Super Human Performance.

**07**

Super Human Intelligence.

**09**

Super Human Learning.

**11**

Fatigue Dissipation Masterclass.

## **Integrated Mind Body Wellness**

**13**

Super Human Health & Wellness.

**15**

Ultimate Stress Inoculation and Relaxation Clinic.

**17**

Ultimate Mental Health Solution Clinic.

## **NIS Bespoke Training**

**19**

Super Human Longevity.

**21**

Sleep Optimisation and Insomnia Reversal Masterclass.

**23**

3-Day Executive Rejuvenation Retreat.

**25**

Mind REprogramming Solution Clinic.

**27**

Ultimate Weight Loss and Weight Management.

# OUR STATEMENT OF VALUE AND WHY WE STAND OUT

At Natural Intelligence Systems, we are pioneering revolutionary solutions for individual and organisational transformation.

We offer cutting-edge programmes deeply rooted in systems thinking and network science. Our solutions are carefully curated and targeted towards achieving bold outcomes across the organisational spectrum

Integrated in our revolutionary solution, is a psychometric assessment designed to empower individuals and teams with deep insights into overall well-being, helping both the organisation and its people thrive.

Our best-in-class trainings, coaching, certification and consulting solutions are built on the foundation of more than fifteen interconnected disciplines, ensuring we leave no stone unturned. This approach assures a holistic approach that consistently delivers sustainable outcomes for the benefit of our clients.

If you are looking to achieve quantum leaps at any level - whether it's catalysing performance, improving health and well-being, enhancing intelligence or accelerating learning - look no further. Our suite of programmes is specially curated to put you ahead of the curve

**We are your number one choice globally!**

*Tony Aagbile*





# Super Human Performance

**EXPEND LESS THAN 30% OF YOUR DAILY ENERGY QUOTA AND  
ACHIEVE MORE THAN 300% OUTCOMES AT WORK AND IN LIFE.**



## Programme Overview

The Super Human Performance Training Programme is designed to elevate individuals and teams to their peak potential by enhancing energy flow, unlocking quantum productivity and optimising overall organizational performance. This comprehensive programme integrates basic to advanced techniques and strategies in mind and energy management, cognitive enhancement, physical and physiological conditioning to empower participants to achieve superhuman levels of efficiency and peak performance in their personal and professional lives.

### Key Deliverables

- Supercharge physical, mental and emotional states for peak performance.
- Optimise energy levels using our specially curated frameworks and protocols.
- Overcome fatigue, lack of focus and concentration.
- Hack the flow state and perform at peak levels all day.
- Deal with mild to intense pressure and stressors with ease.
- Produce outstanding performance outcomes in professional and personal life.



**Duration:  
2 Days**

# Content Outline

## Super Human Performance Programme

- 1. The Science of Habit Formation and Maintenance.**
- 2. Understanding the Human System as a Complex, Interconnected Machinery.**
- 3. The Psychology, Neuroscience, and Physiology of Optimum Performance States.**
- 4. Metabolic Flexibility: Shifting Fuel Sources for Energy Production.**
- 5. Synchronising and Aligning Bodily Rhythms.**
- 6. The Science of Mind and Energy Management.**
- 7. Operating Beyond the Confines of Time.**
- 8. ...AND MORE.**



### → Target Audience

- Executives and managers in energy-demanding roles.
- Entrepreneurs and innovators seeking peak performance.
- Professionals in high-stress industries.
- Athletes and coaches aiming to enhance mental and physical performance.
- Individuals committed to enhancing personal performance and excellence.

### → Methodology

- Interactive lectures supported by real-world examples.
- Group discussions to encourage collaborative learning.
- Hands-on workshops and simulations for skill application.
- Assessment tools to identify strengths and improvement areas.
- Development of actionable performance improvement plans.

### Learning Objectives

1. Develop a comprehensive understanding of performance science.
2. Enhance ability to stay focused with greater energy level and motivation.
3. Build resilience against stress and burnout.
4. Gain actionable strategies for sustained peak performance.
5. Design a personalised performance optimisation blueprint.

# Super Human Intelligence Training



**HACK YOUR BRAIN AND MIND TO BECOME THREE TIMES SMARTER AND MORE INTELLIGENT THAN YOU ARE NOW.**



## Programme Overview

This programme is the gold standard for upgrading individual, team and organisational intelligence, brilliance and creativity to quantum levels. It offers participants an immersive experience while adopting a biopsychological approach, which focuses on the neural, physiological and psychological basis of intelligence.

By intelligence, we refer to a complex array of constructs that enable us to adapt skilfully to the world around us. The capacity to deconstruct problems and to generate novel solutions, the ability to shift perspectives and adopt new frames of reference.

### Key Deliverables

- A structured guide for developing high-impact intelligence-boosting habits.
- Personalised Superhuman Intelligence Blueprint.
- Brain synchronisation and flow state protocols.
- Strategies for using sight, sound, movement, and scent to improve learning and creativity.
- Practical tools for reprogramming the subconscious mind for enhanced creativity and intelligence.
- A research-backed nutrition and supplementation plan to boost brain performance.



**Duration:  
2 Days**

# Content Outline

## Super Human Intelligence Training Programme

- 1. Strategies for Rewiring the Brain for Peak Learning and Problem-Solving.**
- 2. The Brain-Body Connection in Intelligence and Cognition.**
- 3. Key Brain Networks Underpinning Creativity, Flow, and Intelligence.**
- 4. Transient Hypofrontality – The Cornerstone of Altered States of Consciousness.**
- 5. Brain Networks Synchronisation.**
- 6. Using Multisensory Hacking to Enhance Creativity and Intelligence.**
- 7. Enhancing Metacognitive Abilities.**



### → Target Audience

- Professionals looking to enhance cognitive abilities for workplace success.
- Innovators, leaders, and entrepreneurs seeking to boost problem-solving and decision-making skills.
- Educators and students committed to optimising learning outcomes.
- Anyone passionate about personal development and mental performance enhancement.

### → Methodology

- Interactive Seminars: Engaging presentations by experts to simplify complex concepts.
- Practical Workshops: Hands-on application of cognitive tools and strategies.
- Case Studies: Real-world scenarios illustrating the programme's principles.
- Personal Assessments: Tools to evaluate and track cognitive strengths and areas for improvement.
- Group Activities: Collaborative exercises to encourage idea-sharing and creative thinking.

### Learning Objectives

1. Increase cognitive fluency and flexibility.
2. Improve speed to generate and deconstruct complex ideas.
3. Generate novel solutions to problems and challenges using the mind's creative powers.
4. Sharpen intuitive powers, and expand creative intelligence.
5. Learn the skills to be in the flow state throughout the day.
6. Cultivate mental focus and efficiency without fatigue.



# Super Human Learning System



**LEARN AT THE SPEED OF THOUGHT; SOAK IN INFORMATION FOR LONG TERM STORAGE AND RECALL**



## Programme Overview

This transformative training programme focuses on building a foundation for accelerated quantum learning. It is packed with evidence-based strategies for increasing your brain's absorption capacity, encoding and processing speed, retention power, recognition and recall reaction time. It also provides a powerful guide for reversing age and lifestyle-related cognitive decline, which affects our capacity to learn. Finally, the programme unravels simple but powerful hacks for boosting the performance of your 'Supercomputer' so you can learn at the speed of thought.

### Key Deliverables

- Comprehensive understanding of the principles behind quantum learning systems.
- Practical tools to accelerate your learning capacity and memory systems
- Techniques to hack into your brain's learning machinery.
- Skills to develop a spongy mind and brain at any age.
- A customised action plan for integrating advanced learning techniques to transform your professional career so you can be the best in your field.



**Duration:  
2 Days**

# Content Outline

## Super Human Learning System Training Programme

- 1. How Learning Habits Impact Intelligence and Memory Retention.**
- 2. Understanding the Human System as a Complex, Interconnected Machinery.**
- 3. Key Brain Networks Underpinning Creativity, Flow, and Intelligence.**
- 4. Transient Hypofrontality – The Gateway to Super Learning.**
- 5. Brain Networks Synchronisation.**
- 6. Smart Molecules in the Brain and Body**
- 7. Neurotransmitters Essential for Learning (Dopamine, Acetylcholine, GABA).**

### → Target Audience

- Professionals looking to master new skills quickly and efficiently.
- Educators seeking advanced methodologies for teaching and learning.
- Students aiming to excel academically through improved learning techniques.
- Lifelong learners committed to personal and intellectual growth.

### → Methodology

- Interactive Lectures: Expert-led sessions to simplify and explore complex concepts.
- Hands-On Workshops: Practical exercises to apply advanced learning techniques.
- Group Discussions: Collaborative activities for knowledge exchange and peer learning.
- Case Studies: Analysis of successful learning models and their applications.
- Personal Assessments: Tools to identify individual learning styles and areas for improvement.

### Learning Objectives

- 1. Practice research-backed exercises for activating peak learning states.**
- 2. Apply learning strategies that leverage multisensory inputs.**
- 3. Unlock the power of the subconscious mind for improved learning and retention.**
- 4. Master basic to advanced super learning techniques based on latest learning science.**
- 5. Develop a customised strategy to optimise their learning potential.**



# Fatigue Dissipation Masterclass



**LEARN TO BECOME A PROFESSIONAL ENERGY RECOVERY ARTIST**



## Programme Overview

Fatigue can significantly impair cognitive performance, physical stamina, and emotional balance, leading to decreased productivity and increased health risks. This training programme provides participants with evidence-based insights into the physiological and psychological aspects of fatigue. It emphasises strategies for optimising and sustaining energy, preventing burnout, and fostering psychological resilience. Through this transformative training programme, participants will gain actionable skills to dissipate fatigue in personal and professional contexts.

## Key Deliverables

- Understand the Science of Fatigue: Insights into how fatigue affects the brain, mind and body.
- Energy Optimisation Toolkit: Strategies for balancing physical, mental, and emotional energy.
- Workplace Applications: Techniques for managing fatigue in high-performance environments.
- Personalised Fatigue Management Plan: Tailored approaches to sustain energy levels daily.



**Duration:  
1 Day**

# Content Outline

## Fatigue Dissipation Masterclass

- 1. Rewiring the Brain for Energy-Boosting Habits.**
- 2. Using Habit Stacking for Sustainable High Performance.**
- 3. Identifying Systemic Imbalances Causing Chronic Fatigue.**
- 4. Psychology, Neuroscience, and Chemistry of Optimum Performance States.**
- 5. Synchronising and Aligning Circadian Rhythms.**
- 6. Mobilising the Power of the Reticular Activating System (RAS).**
- 7. The Science of Mind and Energy Management.**

### → Target Audience

- Professionals in high energy-demanding industries.
- Entrepreneurs, athletes, healthcare professionals.
- Individuals experiencing chronic fatigue or burnout
- Health and wellness practitioners seeking additional expertise.

### → Methodology

- Lectures and Expert Talks: Evidence-based knowledge-sharing by industry professionals.
- Interactive Workshops: Hands-on activities and group discussions to deepen understanding.
- Case Studies and Role-Playing: Real-life scenarios to apply fatigue management techniques.
- Self-Assessment Tools: Personalised evaluations to identify fatigue triggers and solutions.
- Action Plan Development: Participants create customised strategies to manage fatigue effectively.

### Learning Objectives

- 1. Enhance awareness of root causes and effect of fatigue.**
- 2. Learn practical tools for sustained energy management and optimisation.**
- 3. Improve psychological resilience and reduce burnout.**
- 4. Strengthen capacity to maintain productivity in demand environments.**
- 5. Learn strategies to foster a healthier and more energised workplace culture.**



# Super Human Health & Wellness

**BECOME 3X HEALTHIER THAN YOU ARE NOW. EXPERIENCE WELLBEING AT ALL LEVELS AND LIVE LIFE TO THE FULLEST.**



## Programme Overview

The superhuman health and wellness programme is rigorously designed to help you achieve quantum health, and experience wellbeing at all levels. By tapping into a unified model based on systems thinking and network science, participants will acquire skills to prevent, slow down or reverse disease conditions, and become whole again, thereby reducing the global burden of disease and healthcare; become more present and productive at work, and improve the overall quality of their lives. This training programme also emphasises the connection between physical health, cognitive function, and emotional wellness, enabling participants to achieve holistic well-being.

### Key Deliverables

- Strategies and exercises to establish and maintain habits that promote lifelong wellness.
- Tools to analyse and address key areas of health from a systems perspective.
- Exercises and practices to activate the body's innate healing mechanisms and strengthen psychoneuroimmunology.
- Evidence-based subliminal and metacognitive exercises to enhance positive states and mindsets that lead to healthy behaviors.
- Strategies to maintain progress and integrate wellness into the fabric of everyday life.



**Duration:  
2 Days**



# Content Outline

## Super Human Health and Wellness Programme

- 1. The Role of Habits in Health and Wellness.**
- 2. Understanding the Human System as a Complex Machinery.**
- 3. Adopting preventive and Integrative Health Strategies Based on Human Systems Thinking.**
- 4. Metabolic Flexibility: Switching and Shifting Fuel Sources for Optimal Wellness.**
- 5. Turning on the Body's Innate Pharmacy.**
- 6. How Thoughts and Emotions Influence the Immune System.**
- 7. ...AND MORE.**



### → Target Audience

- Professionals experiencing work-related stress and emotional burnout.
- Team leaders and managers seeking to improve workplace emotional health.
- Individuals struggling with Health and wellness, stress, or emotional challenges.
- Students, caregivers, or educators looking to optimize their health and wellness.
- Anyone interested in improving their well-being for personal or professional success.

### → Methodology

- Interactive Lectures: Science-backed explanations of emotional health concepts.
- Workshops: Hands-on activities to practice stress management, mindfulness, and emotional regulation.
- Self-Assessments: Tools to identify emotional triggers and patterns.
- Case Studies: Real-world scenarios to apply emotional intelligence and resilience techniques.
- Action Planning: Development of individualised emotional wellness strategies for long-term impact.

### Learning Objectives

- 1. Overcome barriers to habit formation and sustaining long-term change.**
- 2. Understand the Feedback loops and interdependencies within human physiology.**
- 3. Gain practical skills for metabolic flexibility.**
- 4. Optimise sleep-wake cycles to boost recovery and enhance energy levels.**
- 5. Recognise and fix signs of nervous system dysregulation.**
- 6. Create a personalised wellness and recovery plan.**

# Ultimate Stress Inoculation and Relaxation Clinic



**BECOME A MASTER DE-STRESSOR: SAY GOODBYE TO ALL FORMS OF STRESS.**



## Programme Overview

Globally, chronic stress and stressors contribute to significant loss of man-hours, amounting to trillions of dollars. Our signature stress inoculation programme is a structured, science-based approach to stress dissipation that combines biological, cognitive-behaviour techniques, relaxation methods and mental reprogramming. Our expertly curated programme prepares individuals to "immunise" themselves against stress and stressors of modern life by adopting strategies that enable them to live above distress. The programme ensures individuals not only understand stress but also develop personalised strategies that promote improved mental wellbeing, focus, and productivity.

### Key Deliverables

- A personalised roadmap for managing and inoculating against stress
- Neurochemical Optimisation Guide.
- Science-backed nutrition and supplement recommendations to boost resilience.
- Master relaxation techniques such as deep breathing, mindfulness, and guided meditation.
- Build sustained resilience by leveraging cognitive and behavioural strategies.
- Identify personal stress triggers and develop customised coping plans.



**Duration:  
2 Days**

# Content Outline

## Ultimate Stress Inoculation and Relaxation Clinic

**1. Understanding How Stress-Related Habits Form and Persist.**

**2. How Stress Impacts Different Body Systems.**

**3. Understanding the Dysregulated Nervous System.**

**4. Psychology, Neuroscience and Chemistry of Stress.**

**5. Biohacking Techniques to Reset the Nervous System for Optimal Functioning.**

**6. Psycho and Somatic Therapies for Boosting Resilience and Stress Inoculation.**

### → Target Audience

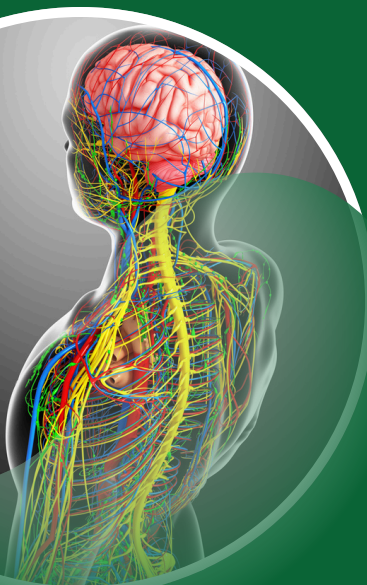
- Professionals in high-stress industries (e.g., healthcare, corporate sectors, first responders).
- Individuals experiencing burnout or chronic stress.
- Leaders and managers seeking tools for team stress reduction.
- Educators, mental health professionals, and coaches.

### → Methodology

- Interactive Lectures: Scientific explanations of stress mechanisms and strategies.
- Guided Practice Sessions: Hands-on experience with relaxation exercises.
- Group Activities: Sharing experiences and fostering peer support.
- Individual Assessments: Identifying stress triggers and creating customised action plans.
- Mindfulness and Biofeedback Tools: Real-time demonstrations of relaxation practices.

### Learning Objectives

1. Gain a thorough understanding of stress, its causes, and its consequences.
2. Build a mental toolkit to manage stress effectively and improve emotional resilience.
3. Develop a proactive mindset through stress inoculation strategies.
4. Master practical relaxation techniques for immediate and long-term stress relief.
5. Improve focus, productivity, and overall mental well-being.
6. Leave with an actionable, personalized plan to manage stress sustainably.





# Ultimate Mental Health Solution Clinic



**UNLOCK THE SECRETS OF MENTAL RESILIENCE. EQUIP YOURSELF TO OFFER MENTAL HEALTH FIRST AID IN ORGANIZATIONS.**



## Programme Overview

12 billion working days (50 million years of work) are lost each year to depression and anxiety alone, not to mention the myriad of other mental health challenges, such as trauma and post-traumatic stress disorders, ADHD, sleep disorders, etc.

Our Ultimate Mental Health Solution Clinic is a revolutionary programme based on our signature Mental Health Revolution initiative and is geared towards showcasing evidence-based tools and strategies for effective prevention and treatment of mental disorders, from mild to severe.

## Key Deliverables

- Develop a new mindset about mental health based on latest scientific findings.
- Become mentally resilient in an increasingly tensed world.
- Develop the skill set to provide mental health first-aid services in organisations.
- Create a mental wellness optimisation blueprint for personal and organisational wellbeing.



**Duration:  
1 Day**

# Content Outline

## Ultimate Mental Health Solution Clinic

- 1. The Science of habit formation.**
- 2. Understanding the human system as a complex machinery.**
- 3. Psychoneuroimmunology- how the mind affects health in concrete ways.**
- 4. Fixing dysregulated nervous system.**
- 5. Synchronising and aligning circadian rhythms.**
- 6. Understanding the mechanisms for fixing all mental health issues.**
- 7. Basic raw materials for brain repair and mental health restoration.**

### → Target Audience

- C-Level Executives & Senior Leaders; CEOs, CFOs, COOs operating in high-stake environments.
- Entrepreneurs & Business Founders.
- Corporate Executives & High-Performance Professionals; Senior Managers, Directors, and Professionals in high-stake roles (e.g., finance, law, technology).
- Government Officials & Policy Makers.
- Senior Military & Special Forces Personnel

### → Methodology

- Lectures and Expert Talks: Evidence-based knowledge-sharing by industry professionals.
- Interactive Workshops: Hands-on activities and group discussions to deepen understanding.
- Case Studies and Role-Playing: Real-life scenarios to apply fatigue management techniques.
- Self-Assessment Tools: Personalised evaluations to identify fatigue triggers and solutions.

### Learning Objectives

- 1. Learn a new approach to dealing with mental health issues based on systems thinking and network science.**
- 2. Comprehend and appreciate the global shift from mental disorders to brain dysfunctions.**
- 3. Articulate the unifying theory of all mental disorders - from cause to effects to treatments.**
- 4. Understand the interplay between genes, environment and lifestyle in precipitating mental disorders.**
- 5. Integrate psychological, neurological and physiological solutions to resolving mental health issues.**
- 6. Design mental health interventions for organisational wellbeing.**



# Super Human Longevity - AKA Hacking The Aging Process



**SIGNIFICANTLY CUT DOWN BIOLOGICAL AGING; BECOME 10 TO 30 YEARS YOUNGER THAN YOU ARE NOW.**



## Programme Overview

Our superhuman longevity programme leverages cutting-edge research and practices on aging and longevity science. It uses these insights to curate solutions that hack the aging clock, thereby simultaneously improving health and lifespan. It leverages basic to advanced research from neuroscience, genetics, nutrition science, cellular biology, and functional medicine to unlock the fountain of youth. The programme introduces participants to powerful tools and protocols that reinforce adaptive habits for sustained vitality and longevity.

## Key Deliverables

- Describe the biological pathways of aging and longevity.
- Understand the key biomarkers of aging, how to assess them, and interventions for rapid improvement.
- Activate the body's longevity genes through strategic lifestyle changes.
- Hack into the body's fountain of youth and cut down biological age by up to 50%.
- Practical, daily implementable anti-aging protocols.
- Tools for tracking and improving biological age, brain health, and lifestyle habits. A sustainable "Super Human Longevity Blueprint" tailored to individual needs.



**Duration:  
2 Days**



# Content Outline

## Super Human Longevity Programme

- 1. How Habits Shape Long-term Health and Longevity.**
- 2. The interplay of body systems in aging.**
- 3. Decoding the Blueprint of Aging and Longevity.**
- 4. The Twelve Signature Biological Markers of Aging.**
- 5. Longevity Genes and Biological Programming.**
- 6. Daily Protocols to Reverse Aging and Renew the Fountain of Youth.**

### → Target Audience

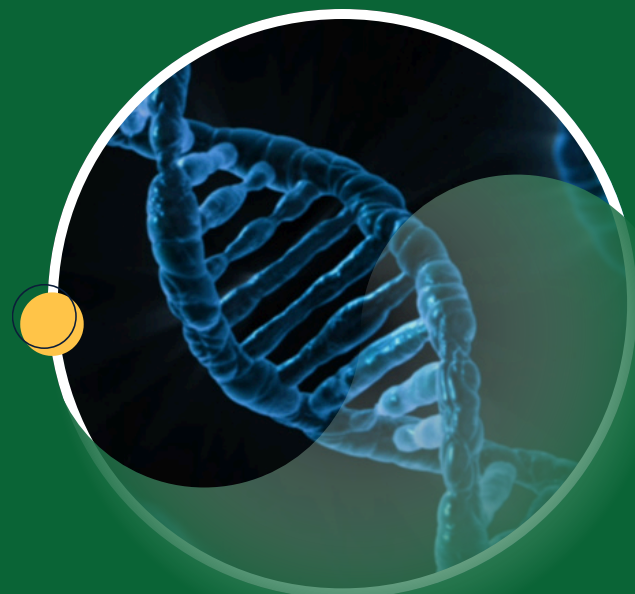
- Executives and professionals seeking to optimise their youthful energy and productivity.
- Wellness and health coaches interested in advanced longevity techniques.
- Individuals focused on preventing age-related decline and diseases.
- Athletes, biohackers, and high performers aiming for peak performance.
- Health enthusiasts who want to achieve sustainable and healthy aging.

### → Methodology

- Interactive Workshops: Practical exercises to apply longevity tools immediately.
- Expert Lectures: Facilitated by leading professionals in neuroscience, nutrition, and cellular biology.
- Biofeedback Demonstrations: Using advanced technology to measure biomarkers.
- Group Discussions: Collaborating to explore real-world applications.
- Case Studies: Insights into success stories of individuals achieving extended quality of life.
- Personalised Assessments: Custom plans based on individual health data.

### Learning Objectives

- 1. Gain a deeper understanding of the science behind longevity and healthy aging.**
- 2. Incorporate daily exercises, mindfulness practices, and environmental optimisations to slow down aging.**
- 3. Understand the role of biofeedback, regenerative practices, and habit optimisation in slowing biological aging.**
- 4. Walk away with a personalised, actionable plan to achieve and maintain Super Human Longevity.**



# Sleep Optimisation and Insomnia Reversal Masterclass



UNLOCK THE SECRETS TO RESTORATIVE SLEEP



## Programme Overview

The Sleep Optimisation & Insomnia Reversal Workshop is a science-backed, deep dive into the art of rest and rejuvenation. The workshop is a neuroscience-driven, results-oriented transformation experience.

In this powerful and immersive workshop, you will learn how to optimise your sleep cycles, biohack your nervous system, and use sleep as a tool for peak performance. Whether you are an executive, athlete, entrepreneur, or wellness enthusiast, you will walk away with a personalised sleep optimisation blueprint to help you fall asleep faster, stay asleep longer, and wake up recharged and refreshed.

## Key Deliverables

- How to use sleep as a superpower for enhancing creativity, intelligence, peak performance, and longevity.
- Mastery over nervous system regulation for deep, restorative sleep.
- A Personalised Sleep Optimisation Blueprint tailored to one's unique biology.
- Techniques to establish an optimal sleep environment.
- Strategies to create and maintain healthy sleep routines.
- Tools for overcoming common sleep barriers and disorders.



**Duration:**  
**2 Day**

# Content Outline

## Sleep Optimisation and Insomnia Reversal Workshop

- 1. Understanding why habits fail and how to rewire behaviour for long-term sleep optimisation.**
- 2. Understanding the Human System as a Complex, Interconnected Machinery.**
- 3. Deconstructing the Sleep Epidemic of the Modern Era.**
- 4. The Science of Sleep.**
- 5. Fixing a Dysregulated Sleep Pattern.**
- 6. Sleep Engineering: Using Sleep for Therapy, Problem-Solving & Performance Enhancement.**
- 7. Optimising the Sleep Environment.**
- 8. Sleep Hygiene Protocols for a New Sleep Regime.**



### → Target Audience

- Professionals experiencing sleep challenges due to demanding schedules.
- Individuals looking to improve their physical and mental health through better sleep.
- People Suffering from Insomnia & Sleep Disorders – Those struggling with chronic sleep deprivation
- Biohackers & Neuroscience Enthusiasts – Those interested in cutting-edge sleep optimisation techniques.

### → Methodology

- Interactive Workshops: Discussions on the science of sleep and best practices.
- Hands-on Exercises: Sleep environment assessments and routine planning.
- Case Studies: Real-world scenarios to identify and solve common sleep issues.
- Self-assessment Tools: Personal sleep trackers to monitor and improve habits.
- Group Activities: Peer discussions to share tips and insights.



### Learning Objectives

1. Understand the biological and psychological mechanisms of sleep and how they impact health and performance.
2. Identify the root causes of insomnia and other sleep disorders and apply strategies to reverse them.
3. Optimise circadian rhythms and sleep hygiene for deep, restorative sleep.
4. Implement mind-body techniques and neurohacks to improve sleep quality and duration.
5. Use sleep as a tool for memory consolidation, emotional resilience, and cognitive enhancement.



# 3-Day Executive Rejuvenation Retreat

**STEP AWAY FROM THE BOARDROOM AND INTO A WORLD OF RENEWAL, RESTORATION AND PEAK PERFORMANCE.**



## Programme Overview

The Executive Rejuvenation Retreat is a one-in-a-million opportunity for busy entrepreneurs, senior business executives and management of organisations to become SUPERHUMAN.- to significantly cut down their daily energy expenditure, become exceptionally productive, creative, healthy, whole, and immune to the traditional stressors that plague them.

### Key Deliverables

- Executive Burnout Assessment & Recovery Plan – Personalised strategies to avoid long-term burnout.
- Peak Performance Toolkit – Practical biohacking techniques to optimise energy and focus.
- Customised Sleep & Nutrition Blueprint – Tailored recommendations for cognitive and metabolic health
- Stress Inoculation Protocols – Strategies for transforming stress into executive power.



**Duration:  
3 Days**

# Content Outline

## 3-Day Executive Rejuvenation Retreat

- 1. Habit stacking techniques for effortless routine optimisation.**
- 2. The Executive Brain and Biological Rhythms' Impact on Decision-Making.**
- 3. How Sleep Cycles impact on Executive Performance.**
- 4. Psychology, Neuroscience and Chemistry of Stress.**
- 5. Resetting Dysregulated Nervous Systems.**
- 6. Mobilising the Power of the Reticular Activating System (RAS).**
- 7. Exploring the Power of Adaptogens for Building Resilience.**
- 8. Nootropics and Smart Supplements for Cognitive Enhancement.**

### → Target Audience

- C-Level Executives & Senior Leaders; CEOs, CFOs, COOs operating in high-stake environments.
- Entrepreneurs & Business Founders.
- Corporate Executives & High-Performance Professionals; Senior Managers, Directors, and Professionals in high-stakes roles (e.g., finance, law, technology).
- Government Officials & Policy Makers.
- Senior Military & Special Forces Personnel

### → Methodology

- Lectures and Expert Talks: Evidence-based knowledge-sharing by industry professionals.
- Interactive Workshops: Hands-on activities and group discussions to deepen understanding.
- Case Studies and Role-Playing: Real-life scenarios to apply fatigue management techniques.
- Self-Assessment Tools: Personalised evaluations to identify fatigue triggers and solutions.

### Learning Objectives

- 1. Develop resilience against burnout and achieve optimal energy balance.**
- 2. Rewire the nervous system to shift from stress and exhaustion to vitality and peak performance.**
- 3. Implement executive wellness and stress-inoculation techniques for sustained productivity.**
- 4. Apply advanced biohacking strategies to improve health, longevity, and professional effectiveness.**
- 5. Enhance cognitive function, focus, and emotional intelligence for high-performance decision-making.**



**UNLOCK YOUR MIND'S INFINITE POTENTIAL AND TRANSFORM YOUR LIFE.**



## Programme Overview

The Mind Reprogramming Masterclass is an advanced cognitive transformation programme designed to help participants take control of their subconscious programming, rewire their mental patterns, and unlock new levels of personal success and well-being. The masterclass provides a scientific, practical, and experiential approach to understanding and reshaping the mind, breaking free from limiting beliefs, and installing new mental scripts for a high-performance life.

### Key Deliverables

- Understand how the mind operates and how to regulate it.
- Dissolve deeply embedded limiting beliefs based on past conditioning.
- Develop a high-performance mental operating system.
- Reprogramme the subconscious and unconscious for peak confidence, success, and well-being.
- Learn powerful tools, such as self-hypnosis, creative visualization and mental rehearsal.
- Experience a profound shift in mindset, motivation, and ultimate performance.



**Duration:  
2 Days**



# Content Outline

## The Mind Reprogramming Masterclass

- 1. Understanding the Mind as an Information & Energy Flow System.**
- 2. Understanding the Levels of the Mind and Neuroplasticity in Creating New Experiences.**
- 3. Biology of Belief.**
- 4. Formatting the Faulty Software of the Mind.**
- 5. Installing a New Software of Experience.**
- 6. Understanding Your Life Scripts.**
- 7. Rewriting Your Life Scripts.**
- 8. Breaking Free & Living Free.**

### → Target Audience

- Executives & Entrepreneurs.
- Therapists & Coaches.
- Personal Development Enthusiasts.
- Athletes & Performers.

### → Methodology

- Guided Interactive Sessions: Hands-on activities and group discussions to deepen understanding.
- Live Case Studies & Testimonials.
- Guided Exercises & Real-Life Applications
- Subliminal Programming & Self Hypnosis to install empowering thought patterns.
- Peer-to-Peer Coaching & Discussions.
- Life Script Rewriting Exercises – Helping participants identify and replace outdated subconscious narratives.
- Accountability & Follow-Up Strategies to ensure continued progress and reinforcement post-training.

### Learning Objectives

- 1. Deconstruct the structure and function of the mind as an energy-information system.**
- 2. Reprogramme subconscious patterns and limiting beliefs that fuel thoughts, emotions, and actions.**
- 3. Utilise neuroplasticity and cognitive hacking to create rapid and lasting behavioural change.**
- 4. Rewire life scripts and mental software to align with desired life goals and outcomes.**
- 5. Apply self-hypnosis, autosuggestion, and subliminal techniques for effortless transformation.**



# Ultimate Weight Loss and Weight Management

**DISCOVER THE SECRETS TO SHEDDING POUNDS AND MASTERING YOUR WEIGHT LIKE NEVER BEFORE.**



## Programme Overview

The Ultimate Weight loss and Weight Management Training programme is designed to help participants achieve sustainable weight loss and long-term weight management by integrating cutting-edge science, psychology, and holistic wellness strategies. It moves beyond conventional diet and exercise methods, focusing on habit formation, metabolic flexibility, hormone balance, circadian rhythm optimisation, and mental reprogramming for effortless weight regulation.

### Key Deliverables

- Personalised Habit-Tracking System for sustainable weight loss.
- Guided Hormonal Reset Protocols to optimise metabolism.
- Circadian Rhythm Synchronisation Plan for enhanced fat-burning.
- Metabolic Flexibility Toolkit for switching between fat and carb metabolism.
- Mind Reprogramming Guide for effortless weight control.
- Meal Timing & Nutritional Blueprint tailored to individual needs.



**Duration:  
2 Days**

# Content Outline

## Ultimate Weight Loss & Weight Management Training Programme

- 1. The Science of Habit Formation and Eating Behaviour.**
- 2. How to Reprogramme Automatic Responses to Food, Cravings, and Exercise.**
- 3. The Role of Gut-Brain Axis, Stress and Sleep in Weight Management.**
- 4. Biology of Belief and Body Image.**
- 5. Natural Weight Loss & Metabolic Flexibility.**
- 6. How Disrupted Circadian Rhythms Lead to Obesity and Metabolic Disorders.**
- 7. Hacking the Signature Hormones that Make or Mar Your Weight Loss Journey.**
- 8. Human Systems Hacking Protocols for Weight Management and Body Positivity.**



### → Target Audience

- Corporate Professionals and Entrepreneurs struggling with stress-related weight gain and poor eating habits.
- Women & Men Seeking Body Transformation, facing hormonal imbalances, emotional eating, and metabolic resistance.
- Athletes & Fitness Enthusiasts interested in cutting-edge weight loss and performance-enhancing strategies.
- Professionals in nutrition, fitness or mental health organisations who want to expand their expertise.

### → Methodology

- The training will combine strategic approaches to drive learning:
- Guided Interactive Sessions: Hands-on activities and group discussions to deepen understanding.
- Case Studies and Role-Playing: Real-life scenarios to apply weight management techniques.
- Self-Assessment Tools: Training on self-tracking metrics like HRV, glucose monitoring, and metabolic rate analysis to sustain long-term success.
- Action Plan Development: Participants create customised strategies to ensure long-term weight management success.

### Learning Objectives

- 1. Deconstruct the science behind weight gain and weight loss at holistic levels.**
- 2. Implement sustainable lifestyle changes that promote long-term weight management without extreme dieting.**
- 3. Develop a metabolically flexible body that efficiently shifts between fuel sources for optimal energy and fat-burning.**
- 4. Recognise and regulate hormonal influences on body weight and energy metabolism.**





# CONTACT US

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