



Necessity

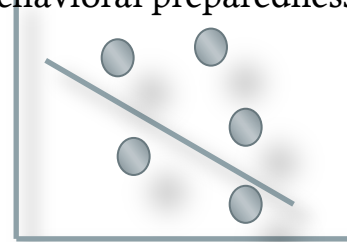
You can actually change your own brain blood flow to become more resilient

- ☛ Learn ten new ways to make your brain more resilient
- ☛ Become more effective at managing stress
- ☛ Optimize your resilience to improve personal and form performance
- ☛ Empower your colleagues
- ☛ Be confident that your approach is research-based

FIND OUT MORE ABOUT
BURNOUT BUSTER and
BEND

solutions@neurobusinessgroup.com

Behavioral preparedness



Resilience

Being resilient and agile helps product innovativeness and firm performance

Int. Journal Production Research, 2014

**NBG's Leader Featured in
The Wall Street Journal
When the CEO Burns Out**

**NBG Featured in Wall Street
Journal
The Executive Brain**

**NBG's Leader Featured in
Pittsburgh Post Gazette
Burnout often communication
issue**



NeuroBusiness Group

One Mifflin Place, Suite 400
Cambridge, MA 02138

www.neurobusinessgroup.com

BEND

Online Self Paced Learning



The World's First
Online
Brain-Based Resilience
Building Tool

NBG
NeuroBusiness Group®



Tap into your brain
Develop new resilience
competencies
Learn the latest research



You can't change the world-But you can change your brain

At last-a research based tool that you can use at your own pace to learn how to change your brain to become more resilient.

BEND allows you to develop TEN new ways to make your brain more resilient in 8 weeks.

Learn from Harvard expert and NBG CEO, Srini Pillay, M.D. Dr. Pillay is Assistant Clinical Professor at Harvard Medical School and Invited Faculty at Harvard Business School. He is also a world-renowned expert on stress, anxiety and burnout. In his former life, he directed the Outpatient Anxiety Disorders Program at McLean Hospital, Harvard's largest psychiatric teaching hospital. He is currently a certified master coach, a brain imaging researcher for the past 17 years, and an award-winning author of "Life Unlocked: 7 Revolutionary Lesson to Overcome Fear." He has

recently written "Your Brain and Business: The Neuroscience of Great Leaders" voted one of the 12 Best Business Books in 2012 by The Slovak Spectator.

NBG was voted "Top 20 Mover and Shaker in Leadership Development in the World." (Training Industry, 2013). NBG brings an unprecedented level of academic rigor combined with practical-real world business-impact driven research and interventions.

Despite these and many other accolades, NBG's motto is:

PERFORMANCE BEFORE PEDIGREE

Your Bottom Line is Our Top Line Priority

Q&A

Is BEND research-based?

Yes. Burnout Mate is based on years of research on burnout and the business world.

Why is the program called BEND?

Years of research shows that that mental flexibility is key to resilience. BEND symbolizes mental flexibility, agility and resilience

Will BEND change my stress level?

BEND will give you new competencies to manage stress. A systematic approach will help you train your brain using methods that are simple and easy to implement.