

STUDY: Executives and Brainwave Training

EXECUTIVE PROFILING: QEEG AND BF IN ASSESSMENT AND TRAINING OF EXECUTIVES

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Introduction.

This pilot project investigated the use of neurofeedback and biofeedback within an integrated assessment and training program for enhancing the health and performance of top-level executives.

Method.

Five pharmaceutical executives had a QEEG, IVA continuous Performance Test, a Stress Profile (HR, RR, 2EMG, RR, Temp) under baseline, stressors and recovery, and a paper and pencil Self Regulation Assessment to determine personal risk factors (personality, family background, life style) and success enhancement factors (hardiness, attention, cooperation, etc).

Results.

Results showed three had abnormal QEEGs while the other two had moderately abnormal results as assessed by a neurologist. Three had elevated EMGs, three had breathing disorders, two had extremely low temperatures and four EDRs did not return to baseline during testing. The IVA showed high impulsivity and mind wandering in three executives. Type A behavior with perfectionism, poor life style habits, and family histories were common risk factors among most executives. Enhancement factors were universally high hardiness scores and good communication/cooperation scores. Subjective assessments were more favorable than objective measures. Intensive feedback interviews confirmed the validity of the profiles and determined the areas for training. All executives reported that the QEEG was the most impactful and the first they wish to train.

Conclusion.

In conclusion, performance and health enhancement must include objective and subjective assessment of both the mind and body prior to training top level executives. Top-level highly functioning executives have areas that can be improved and the use of the QEEG is highly viewed as part of self-discovery and personal enhancement.

Link:

<http://www.acure-group.com/research/article147.pdf>
