

Brain Gain Neurofeedback



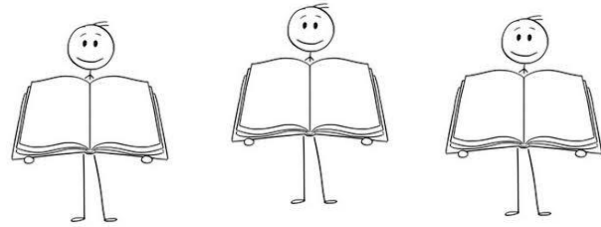
Changing lives is our passion!

2019





School



To whom it may concern

My name is Andrea Brann and I am the Principal of Trinityhouse Randpark Ridge Pre-Primary. I have three of my own children who attend Trinityhouse and I run a school consisting of 300 children, 600 parents and 30 staff members.

As a pre-school principal, you don't sit still for long. The School is divided into 3 different campuses and I spend much of my day walking around from building to building seeing the teachers and children there. Although I love my job and it is my passion in life, I am always exceptionally busy and deal with huge amounts of stress on a daily basis. Leonie recommended that I undergo Brain Gain as she really believed this would help in all areas of my life.

Having been assessed, the results showed that I needed 24 sessions of Brain Gain. I have just completed these and am absolutely astounded at the results! I feel much calmer and more able to cope with what my day throws at me. I work in an office, where, because of the nature of my active job and the needs of these precious children we take care of every day, I am consistently interrupted. As a result, I lose my train of thought and struggle to get back to the email/document etc. I am working with. I now find that I can focus and concentrate for much longer and when I do get disturbed, I am able to re-connect much quicker to the task at hand. I am finding myself being able to pinpoint a problem and come up with a solution much quicker, in my admin work and also in discussions I have to make instantly with parents, children and teachers.

I can only describe it as my mind being "clearer", as if I can move my thoughts into a "microscope tunnel" and the results are more positive and rewarding – both in and out of working hours. It truly has been an amazing experience. I enjoyed every appointment of my 24 sessions as I counted up and down and watched the green line grow and grow!

I can highly recommend Brain Gain for any adult. Having undergone this brilliant therapy myself, I can guarantee that it will improve all areas of your life – emotionally, socially, cognitively and physically.

Yours sincerely

Andrea Brann

Principal of Trinityhouse Randpark Ridge



Concentration



My daughter had a problem with concentration and it really affected her performance at school. Her results were not good although she was passing with average marks. Brain Gain assisted us to identify what causes her to not concentrate in class. Her school results have improved and she is getting high marks in all her subjects. She got an award this term for achieving above 75% in all her subjects.

From happy parents, Rendani & Phethani



Daar is 'n aansienlike verbetering in Charles se skoolwerk die kwartaal. Hy het ook meer selfvertroue en neem meer aktief deel in klasgesprekke. Hy pak sy skoolwerk baie meer entoesiasties aan. Hy werk ook noukeurig en baie netjies. Ons is geweldig trots op die manier waarop Charles homself die kwartaal vir ons bewys het.



Thank you Petro and Brain Gain, I see a great improvement in Conrad's concentration. His marks improved and he's not even done with the course. I would recommend this program to everyone out there. It really works! ~ Melinda

Lees & Spelling



Aan Jessica - Brain Gain

Re: Simnikiwe Galada – Grens Voorbereidingskool Gr3

Hiermee wil ons graag ons dank uitspreek teenoor jou vir die aanbeveling van die Brain Gain Lesse vir ons bogenoemde kind. Brain Gain het so 'n verskil in haar lewe gemaak ons staan verbaas oor die verandering in haar skoolwerk en huiswerk. Ons was regtig in twyfel of ons die stap moes neem om haar die lesse te laat doen, maar dit is elke sent werd gewees. Sy lees nou met gemak en haar spelling het 'n 100% ommekeer gemaak. Sy het gesukkel om te spel sonder dat sy die woorde geskryf het, maar na 2 weke en 6 lesse later was ons so oorstelp toe sy uit haar eie enige woord spel sonder om dit te skryf. Haar wiskunde het ook geweldig verbeter as gevolg van haar konsentrasie verbetering. Ons dank aan jou vir die manier waarop jy die lesse met haar deurgewerk het sy was so op haar gemak en het dit baie geniet. Ons sal enigietyd Brain Gain aanbeveel omdat ons die verandering in ons kind se lewe kon sien sy is baie meer op haar gemak en haar selfvertroue het toegeneem.

Weereens baie dankie. Jy kan gerus vir enige ower wat twyfel oor die program vra om ons gerus te skakel en met ons te gesels.

Johan en Theolene Lotz

Tel: 082 349 4889 of 084 4775 910

Insomnia



I started training at Brain Gain in August 2017. After my 5th neurofeedback training session, my sleep pattern changed from struggling to sleep, to 8 hours of uninterrupted sleep! I go to bed around 21:30 and only wake up at around 6:00 in the morning. Currently I am working on my FET PGCE and I find that I am a lot more task driven.

Brain Gain changed my life.

Bastie

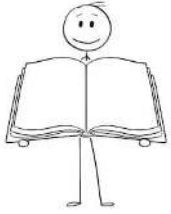
Brain Gain Western Cape

Brain Gain het my baie gehelp. Ek het beter begin slaap, ek kan ook moeilike situasies beter hanteer. Ek het ook agtergekom ek "tob" nie meer so baie oor dinge wat my pla nie. Dankie tannie Elmarie! Dankie dat tannie my gehelp het en so geduldig met my was as ek negatief was. Om eerlik te wees, ek is so dankbaar dat ek nou minder pille gebruik.

Michaela Cloete
Springbok

Neurofeedback therapy is a clinically proven treatment for insomnia. There are many research studies that show positive support for neurofeedback as a treatment for insomnia. Read more:

<https://www.ncbi.nlm.nih.gov/pubmed/23099283>



Homework Breakthrough

WE HAVE A BREAKTHROUGH!!!!

Kyryn and Sharla doing homework the fun way as taught to me in a “Homework is fun” course in the holidays by Leoni Rood from Brain Gain at Weltevreden Farm. They have been going to Leoni at Brain Gain for about 2 months and what a difference in concentration, focus, attitude towards tasks!

I am soooo excited to see the progress in both my girls, especially because Kyryn has epilepsy, therefore her concentration and memory is compromised. Sharla wouldn't sit still but with Leoni and the Brain Gain course I'm seeing progress each and every lesson.

I'm sorry I didn't know about Brain Gain sooner...

Ek is dankbaar om te kan sê dat ek 'n besliste verbetering waarneem by Herman se skoolwerk. Halfpad deur sy 24 sessies het hy al verbetering in Wiskunde getoon. Ek was ook baie verras dat hy uit sy eie uit, baie opgewonde, gesê het dat die maat wat voor hom in die klas sit, 3de in die klas is met die spoedtoets, en dat hy ook so goed wil doen.

Hy het dit reggekry! Hy het van 13de in die klas, opgeskuif na 3e! Sy aandagspan, VERAL as dit by huiswerk kom, is beslis baie beter. Ek sal enige dag weer van jul dienste gebruik maak.

Groete
Dalene Pretorius ~ Vredenburg





Akademie

Hi Des, hope you are well? To let you know that Aaryan sat so well today and did his maths homework. No wriggling, he concentrated and finished within the allocated time. Normally he doesn't complete his homework on time and struggled to concentrate

16:20

Tiaan se storie:

My seun Tiaan het gesukkel met volgehoue konsentrasie, impulsiwiteit en tempo in die klas. Na twee jaar se arbeidsterapie en 'n opvoedkundige sielkundige was ek raadop. Neuroloë en chemiese intervensie was die volgende stap, maar na navorsing het ek daarteen besluit, aangesien ek gevoel het dat die newe-effekte van Ritalin en ander medikasies 'n te groot risiko was. Goed raadop, het ek te hore gekom van Brain Gain. Na die Tesca toets is wel vasgestel dat hy nie 'n kandidaat is vir medikasie nie.

Na volgehoue sessies het Tiaan se gemiddeld in bestek van 'n kwartaal met 6% gestyg. Die einde van die jaar was sy punte steeds beter. Sy gedrag het verander van 'n teneergedrukte, gefrustreerde kind na 'n rustiger outjie vol selfvertroue.

Ek sal ter eniger tyd BRAIN GAIN aanbeveel aan ouers wat soek na 'n ondersteunende behandeling vir hulle kind wat sukkel met konsentrasie en skoolwerk.

- Hester Grimsell.

Wie dit mag aangaan

I/S Kerishé Ann de Beer

Met verwysing na bogemelde aangeleentheid wil ek u werklik bedank vir u goeie dienste hierin gelewer

Ek bevestig na 24 sessies wat Kerishé by u was het sy werklik groot vordering en verbetering getoon en is ek innig dankbaar vir u harde werk en behulpsaamheid

Ek sal enigeemand aanbeveel en definities verwys na u toe aangesien ek die vordering kan sien

Ek dank u vir u samewerking in die verband. Kontak my gerus indien u enige verwysing nodig het.

By voorbaat dank

Mev. A de Beer

Daar is 'n groot verbetering in Herman se skoolwerk die kwartaal. Hy werk vinniger en meer akkuraat. Hy voltooi ook sy huiswerk daaglik. Oor die algemeen lyk dit of hy baie gelukkiger in die klas en op die speelgrond is.

Brain Gain
Neurofeedback Training

Focus



My experience with Brain Gain is truly
UNFORGETTABLE!

When I 1st started with sessions, I struggled to remember work that I had studied and thinking outside the box was really hard for me. This all changed! Now I can really focus on what I am learning. I've also learned a few study tricks that I never knew 😊.

~ Ancha Gulia

Brain Gain

My experience with Brain Gain is truly unforgettable. When I first had lessons with Brain Gain, I struggled to remember study work and struggled to think outside the box. This all changed as I made good progress. I learnt study tips I never knew and my focus boosted a lot! I now know the efficient study method for me and use it the best I can. I am grateful for the experience as I got to learn facts and theories I never knew. I also got a better idea of the path I need to take for my career choice. It is very beneficial, I recommend to anyone who wants to boost their intellectual ability.

Much appreciated, thank you.

TESTIMONIAL

I signed my 5 YEAR OLD SON up with Brain Gain as we realised his ability to **FOCUS** and manage his **IMPULSES** had become a challenge both at home and school. From day 1 he was **RELAXED**, content and could **REPEAT** what I said to him straight after. He completed 24 sessions and the evidence of improvement was echoed by his **TEACHER** within 10 days without her **KNOWING** he attended Brain Gain. I would recommend the process to anyone. **CHANTEL SAMANEK**



Brain Gain made me realize that my concentration levels were not up to standard and that I needed to work on staying focused for longer periods of time. After a few sessions I could feel the difference. The program helped me focus and concentrate for longer continuous periods of time and focus more intensely.

JH VENTER (Sports Scientist and Personal Trainer)





How Brain Gain helped my Champion

Imagine that as a tennis coach you saw star quality in a player, but you weren't allowed to suggest any corrective interventions to this talented girl. Imagine the excitement of her first junior provincial tournament at the age of six and then having to carry your potential star through the gate at the venue.

Fear of failure can be very destructive in a player in any sport. How will she reach the heights you perceive for her when anxiety moves her to run away at the first likelihood of opposition and losing? Potential and talent have no bearing if inner barriers block the path to activation. Something had to give, or a solution needed to be found. As the coach you want the best for your player. By Grace she and I found our way to Brain Gain Neurofeedback HEG. In Sonia's case it was not a matter of not being able to concentrate but much rather a need for emotional control.

Sonia started her sessions at the age of 7. The progress was nothing less than remarkable. After a few sessions she could walk herself into a tournament. The first full complement of sessions yielded accelerated results. She was able to come back for positive feedback and instruction after a loss and a crying tantrum. Previously she would run away and not even pitch for her next match. With Brain Gain, she was now able to face players five years her senior and literally twice her size.

Today, Sonia's greatest weapon on court is her mind. She can make instant quality decisions and analyse opponents. As a coach I have not pressured her into performance tennis at all.

She is 14 years old, beating most boys her age and most girls up to student level in her region.

She still has a Brain Gain session every week! As her coach and dad, I am now comfortable to start pushing her towards her goal . . . Wimbledon! She is emotionally mature and mentally tough enough to start the journey.

Brain Gain had a real impact in preparing her and her dreams are far less cumbersome.

All this because of Brain Gain. You are a blessing to us!
J.C. Botha



Thanks a million.. Was at the parent's meeting yesterday and his teacher say his concentration has improved and unlike before, he now finishes his work in class 🥳👏. He is also improving with his maths.

2:27 PM

Academics



Both my girls have undergone sessions with Willemien at Brain Gain in Clubview, Centurion. There was such a vast improvement in my 11 year old daughter when she did this a couple of years ago that we did not think twice to also send her sister when she reached an age where she needed to learn to focus more. They both showed a great improvement in several aspects like impulsiveness, focus, consequential etc. and an added bonus is that they love the therapy

as they can watch their favourite movies whilst training their brains. My little boy is now 2 years old and I will surely also bring him for this amazing revolutionary brain development training and my girls for further sessions in a couple of years. My kids will surely thank us one day for enabling them to train their brains! Thank you Willemien for your patience and kindness.



Ek heg vir jou 'n getuigskrif en puntestaat aan van Lerishe-Ann - 'n gr.6 dogter met wie ek vanjaar gewerk het. Ek het haar in April by die skool getoets (sy is in 'n skool vir kinders met spesiale behoeftes) en haar CDC-punt was 3.83 - 24 sessies is aanbeveel. Ek het haar 2x 'n week gesien en na afloop van die sessies is sy weer getoets en haar CDC-punt het toe verbeter na 4.65.

Sy het nie net in die klassituasie vordering getoon nie, maar ook by die huis. Haar ouma vertel (sy bly by die oupa en ouma) dat sy vroeër gesukkel het om bv. 3 opdragte in 'n ry te onthou en uit te voer (bv. gaan kamer toe, kry jou boek en trek 'n trui aan) en nou voer sy dit baie makliker uit.

Groete
Ronél Jacobsohn Brain Gain Kimberley
082 447 2458

Lia het 15 sessies by Brain Gain gedoen en ek moet sê ek ervaar persoonlik 'n groot verbetering in haar konsentrasievermoëns. Ons is ook baie opgewonde om te sê dat daar reeds 'n verbetering in haar skool rapport was hierdie kwartaal. Baie dankie vir julle! Ons sal verseker haar boeties ook bring vir 'n paar sessies 😊



Psigose

Dewald is 41 en psigoties. Hy het altyd in die verlede kop onderste-bo rondgeloop en net iemand gegroet as hy moes. Sedert Dewald in 2015 met die terapie begin het wat jy aanbied, het ek 'n drastiese verandering in sy gedrag waargeneem. Hy loop nou en groet almal en knoop geselsies aan.

Na 48 terapie sessies sal hy nou byvoorbeeld vrae aan my stel wat my feitlik elke keer onkant vang en waf ek mooi moet dink om die antwoorde te verskaf. Sommige vrae ken ek nie eens die antwoorde nie en moet ek my verlaat op die internet om die antwoorde te soek. Die nuutste vraag waarvan ek die antwoord op die internet moes gaan soek was as volg:

“As die antwoord van 'n optelsom die som is, en die antwoord van 'n aftreksom die verskil is, die antwoord van 'n maalsom die produk is, wat is die antwoord van 'n deelsom?”

Hy het nie geweet dat die antwoord die kwosient is nie, maar ek wonder steeds wat hom aan die vraag laat dink het en wat hom gestimuleer het om dit te vra.

Dewald was Desember 2015 saam met sy broer en skoonsuster met vakansie by familie en die foto's wat hulle van hom vir my gestuur het, het baie dele gespreek. Ek het hom lanklaas so ontspanne en uit sy vel van opgewondenheid gesien. Ja, daar was terugslae, waar die Dewald van ouds weer na vore gekom het, maar dit was van korte duur en dan is ons weer gepeper met die intelligente vrae.

Hy praat so baie, dit laat my dink aan 'n sewejarige wat die wêreld om hom vir die eerste maal ontdek. Dewald word Sondag 41 jaar oud en vir my as ouer is dit 'n groot geskenk om hom so positief en bewus van sy omgewing te sien.

Ek wil graag van hierdie geleentheid gebruik maak om my opregte dank en waardering uit te spreek vir die werk wat julle doen.

Nogmaals baie dankie.

Lian Goodburn~Kimberley

Vandat ons Brain Gain begin het hou my kind van konsentreer! Takies by die skool en arbeidsterapie wat voorheen vir hom moeilik was, en hom sommer moedeloos laat voel het geniet hy nou. In die laaste 3 maande het hy so baie ontwikkel sy brein is nou soos 'n spons. Vir die eerste keer vra hy vir boek lees, legkaart bou, rympies leer en teken, hy wil leer en sy konsentrasie is baie beter! Dankie Ruanette, jy en Brain Gain het 'n hele nuwe wêreld vir hom oopgemaak!

Celeste de Jongh



Academics



My son was extremely insecure in his ability to learn and struggled with grasping information shared in the classroom. He also found it difficult to study and focus independently at home. Thus, his academic performance was within the range of 30-40%.

After receiving sessions with Brain Gain, I noted an improvement in my son, Khutso's ability to focus and study without being prompted to do so. Learning and studying became an easier as he was able to grasp new concepts much quicker.

Khutso's marks significantly improved as he managed to achieve 60-75% in his subjects in the next term. This subsequently boosted his self-esteem and self-confidence!

Emily het baie goed gedoen hierdie kwartaal.

Afrikaans 98%

Engels 100%

Wiskunde 97%

Lewensvaardigheid 97%

Ons is baie trots op haar en ons is nie een dag spyt dat sy die sessies gedoen het by Brain Gain nie. Julle doen baie goeie werk.

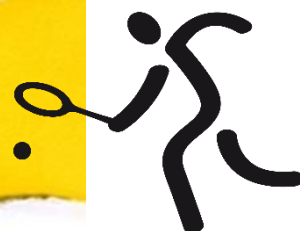
~ Fowza Bester Vredenburg

To Brain Gain - Nathan has finished Brain Gain and after 8 months he is still performing well at school! Homework time is now a pleasure to do. It takes me an hour and a half to do, when previously it took almost 3 hours. Nathan's reading has improved too! Without Brain Gain he wouldn't be where he is today.

Thanking u very much



Sport



On the tennis court, I was really struggling to concentrate during the long rallies and would often get bored and start messing around during practice.

Brain Gain has helped my concentration improve a lot, meaning now I can be 100% immersed in my tennis.

I recently played in WP tennis trials and won some matches that I thought I wouldn't, simply because my concentration was better than my opponents!

Brain Gain has also helped my marks at school.

Many of my marks have increased since I started using brain gain. **During exams I now spend less time 'zoned out' thanks to the concentration techniques Brain Gain uses.**

My weakest marks improved by over 10% and even my stronger marks also increased significantly.

I really recommend Grain Gain to everyone!

RUFUS FLORIN, CAPE



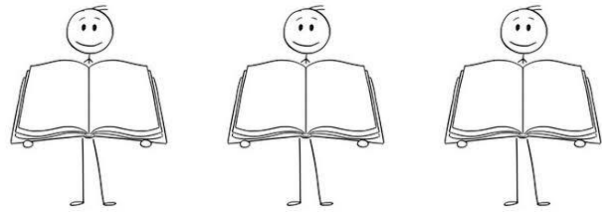
My daughter, Anea is an avid golfer, but she used to struggle to focus through a one-hour session as well as lessons. Even at school she had times where she would struggle to stay on task. After she attended a few sessions of brain gain I could see a noticeable difference in the amount of time she could stay on task. Even her piano teacher noticed a difference and was delighted that her focus stretched for a full hour. I am a big sceptic when it comes to programs like this, but the results speak for itself. My daughter did gain the ability to focus and stay in task for the amount of time she needs to finish a set task and it made a difference in her schoolwork and her sporting endeavours.

Regards
Anri Labuschagne

My **GOLF** handicap was 18, and it was quite **DIFFICULT** to improve. It really was **EASIER** since I started using **BRAIN GAIN**, because of the way it made me feel: **CALMER** and I could **CONCENTRATE** for longer. I used **VISUALISATION**: I try to picture how every single **SHOT** is going to look, then it's **EASIER**. At school my **ENGLISH** has improved by at least 15%-20%, and my **MATHS** by 15%.

ISIDORA RANKOVIC, SERBIA





To whom it may concern

We are proud to confirm that Leoni Rood from Brain Gain is with La Petit Cre-8-tive Academy since 2015.

Our students that started with Brain Gain have a huge advantage. They are more confident, they strive to do their best and are eager to work. They think positively toward their studies.

We have ADHD, ADD, anger disorder, dyslexia and autistic students and with Brain Gain's help the students are emotionally stabilized. Their concentration increases to the extent that they could take a school exam in the required period requested from them.

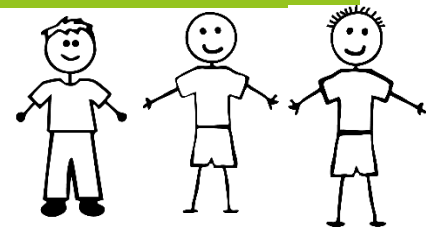
Brain Gain definitely benefited our Centre and we will recommend Brain Gain to anybody that works with children. Leoni Rood is excellent with the students and she understands their needs. If you require any info from us, please don't hesitate to contact the writer

Regards,

Ilse Venter
Centre Owner
074 667 2819



Learning Disabilities



Being a single mom of 8-year-old triplet boys, you can imagine my frustrations when it came to homework time. Everything times three is no joke. My middle son, Ethan, really struggled. He just couldn't concentrate for that long and could not sit still for that long. Needless to say that homework time became a big frustration for both mom and son. We battled through every afternoon. Ethan used to compare himself with his brothers which caused even more frustration and heartaches.

Then along came a suggestion to try Brain Gain. Well I am so glad that we did. I would like to say a big thank you Suné and Brain Gain for the remarkable difference in Ethan's schoolwork but also his self believes. Not only did Ethan's concentration levels increase, but doing homework are no longer a challenge. His teacher has also noticed the difference in him at school. There is a huge improvement in his concentration levels and understanding. He even commented himself that he is as good as his brothers now. His mark in Mathematics increased significantly.

Thank you Suné for the professional way in which you helped Ethan. I would highly recommend Brain Gain to all. Thank you, thank you, thank you Anna-Marie and Ethan Terblanch

Ek wil net vir jou baie dankie sê vir al jou hulp. Soos jy alreeds weet het ek 'n agterstand gehad op skool, ek was Engels, maar in 'n Afrikaanse skool en is eers op 21 gediagnoseer met Dyslexia. My eerste jaar as 'n onderwys student het baie swaar gegaan ek het net 3 van my 12 modules geslaag.

Ek het van Brain Gain gehoor deur ander onderwysers. Jy was so behulpsaam van dag een af. Ek moet eerlik wees ek was baie skepties of dit rêrig sou help met my agterstand, studie probleme, konsentrasie asook my depressie.

Na 18 sessies Brain Gain moet ek sê dat ek en almal om my 'n groot verskil kan sien, ek slaag al my vakke die semester met onderskeidings, ek het 'n positiewe uitkyk op lewe, ek is baie gemotiveerd en geniet vir eens in my lewe om te leer. Ek wil net weereens vir jou baie dankie sê vir al jou hulp, bystand, omgee en positiewe gesindheid.

Vriendelike Groete *Verichka (24)*

The Story of Ross



When Ross reached Grade 0, age 4 turning 5 that year in November, his teacher called me in and suggested that he needs to be assessed as he cannot do simple things like holding a pencil, follow instructions, sitting still at story time etc. One thing that I will never forget was when the class was asked to make a mosaic coaster for Mother's Day. Ross simply squirted the glue onto his piece of wood, dropped the tiles in a pile in the middle and that was his effort in making a coaster – this after the teacher explained to him exactly how he should make it. All his drawings was literally scribbles all over the paper, nothing made sense. Everything was coloured in once single colour with no detail – just scribbling all over the page. She was also concerned about his speech as you could not hear / understand what he is saying. He could not explain himself, did not know what certain things were called (although he had been told a number of times) and the only one to understand him was his older sister who would speak for him when we did not know what he was trying to say.

I made an appointment to have him assessed, the cost then was R2,800. I was not 100% convinced that it is the right thing to do, after all, he is only 4 years old!! Good grief, are they not supposed to just play at that age?? I was also concerned that I will pay that kind of money for a piece of paper telling me he will need OT, speech therapy, eye tests etc. Each of which will come with their own assessment fees before the actual work will start. He was still a little boy – I am very much aware that he has shortcomings, but I was not convinced that it was the right age to start with all the treatment and assessments. A week before the appointment the office called to confirm the appointment as they have someone else who would like the appointment if we cannot make it. Without hesitation I cancelled the appointment. My thoughts where that he is an end of the year baby, born in November, therefore for all practical reasons, he is about 10 months younger than his classmates. The kids born in January the same year as he would by November be sitting, crawling, pulling themselves up, feeding themselves, starting to say a word or two, and he would be a brand-new new-born baby unable to do anything for himself. So I decided that his Grade R year would be the year I will see to all the assessments etc. and hopefully, with a bit of luck, the assessments will confirm that he can stay behind and repeat Grade R.

In his Grade 0 year I took him to have his hearing tested. The lady told me he is deaf, showed me her little machine and there was a flat line over the screen, confirming he is deaf...well, I battled to swallow that one because he could turn around and look at me when I called him, respond when spoken to etc. Nevertheless, she revered us to a specialist, and I took the appointment. He confirmed that there is no problem with his hearing whatsoever he can hear perfectly, if anything it could be his tonsils and adenoids that are giving him trouble with his speech as they are enlarged. So, we opted to have them all removed. Once they were out, his speech improved within a month to such an extent that you can hear what he was saying and today his speech is 100% without having had to go for speech therapy.

Grade R came and I contacted a school phycologist who confirmed that Ross will need occupation therapy and that he would recommend that Ross repeat Grade R due to his birthday being November and him being a boy. Needless to say, I was relieved about that! I made an appointment with an Occupational Therapist, she assessed him and confirmed that he is a couple of months to a year behind what he should be at that stage. She gave me a home program which I followed, and she saw him once every couple of weeks. At the end of the year he made good progress, but I knew that he would not be ready for Grade 1 and was happy knowing that he will repeat Grade R.

During the first and second term in Grade R (the second time round) he made great improvement and he understood much better, but something was still amiss. I researched Neuro-feedback Therapy during 2014 (his Grade 0 year) but there were no-one in East London who offered the program. Before the end of the second term I thought to find out about it again and there it was! Brain Gain was in East London! I immediately contacted Jessica and we arrange for an assessment for both my kids for the following Saturday. Both kids had to have 15 sessions and we decided to start immediately, 3 sessions a week.

I was amazed how much Ross improved in just the day-to-day stuff. Previously he would come back from school not able to tell me what they did that day, what is happening that week (even though he was told that there will be an outing that Friday or that they are having a cake sale at school) or remember to take his show-and-tell every Friday. You could blow me over when he woke up on a Friday morning telling me that he needed to wear his uniform because it was Friday. He would come back from school asking me to Google something that they were talking about in class. He can recall exactly what he did that day, who he played with, what they played etc. Now, when I ask him questions, I can see his is actually thinking, paging through the files in his head finding the right names or words. It is incredible to see that, in the past he would simply have said "I don't know."

Previously the front door key or gate remote would often be missing with him taking it and putting it somewhere. I would ask him about it but he would be totally oblivious that there even was a key for the door! Then his friend and the friend's 2-year old sister came to visit. Upon leaving, we realised the front door key was gone. When asked about the keys he could recall that he had locked the door because his friend's 2-year old sister wanted to go outside and he was scared she could get hurt because it was getting dark! He then locked the door and hid the key in his room. He managed to tell me all this in detail, fetched the key in his room and unlocked the door! Best of all he remembered where he put the keys!

When colouring in, he now uses all the colours, defining the picture like it should be. Building puzzles, copying pictures, making patterns etc. all seems to come easy to him. He counts everything and anything, so his counting improved as well! He follows instructions and can remember more than 3 instructions at a time – this is incredible to us!

More than this, he used to wet his bed 4-5 times a week. During his Brain Gain training I noticed an improvement and he now might have an accident once a week or once in 10 days – if that! I think that this, for any mother who battles with wet beds, will be worth every sent spent on Brian Gain! In the past he would sleep like a log, he would not wake up for anything. He got up twice to go to the toilet last night– something obviously is now "working" the way it should, telling him when he needs to go.

Ross is much more alert, aware of his surroundings, able to recall information, remember names and places. When he tells me anything, his sentences are fuller, he is using more descriptive words and can express himself much better. I am interested to see his rapport at the end of the term and I am excited for him to start Grade 1 next year because I know he is now ready for it!

Rachel, his sister, is in Grade 2, she done the Brain Gain training with him. She struggled with maths and reading. It is not bad, but her teacher mentioned in her rapport that she will need to pay attention to it. I saw her teacher 2 weeks after Rachel completed the Brain Gain therapy and she said that Rachel is doing so well we do not need to worry. I am eagerly awaiting her rapport and will give you feedback on it as soon as I have the results.

I will without a doubt suggest Brain Gain for every child. Not just those who struggle but also those who are gifted – they will only benefit! My husband also started Brain Gain training – he is on chronic epilepsy medication which makes him feel "fuzzy" and forgetful. He done about 10 sessions and although he has a longer road ahead of him, he feels better already and we will give feedback once he completed his sessions.





ADHD



TESTIMONIAL

Brain Gain is one of the best choices I made for my child.

After she was diagnosed with ADHD I did research before taking the medication route. Through weekly feedback, help and suggestions I could see a definite change in Leandri's focus, her ability to concentrate and just her overall behaviour in class and at home. The way she colours in has improved as well as her marks. She could never wait

her turn nor sit still, or she would say or do something without thinking. I recommend this to any parent, it is money well spent. Leandri can't wait to go for her 'brain scans' (as she calls it) every week. I can't thank Ruanette enough for the huge positive impact she made in my child's life.

Lorraine Smit

I would like to say a BIG Thank You to Brain Gain for the remarkable difference I see in my son. He is not as hyperactive as before, can sit still individually and after his sessions at Brain Gain, he is calmer, happier and more willing to learn than ever before. His teachers have noticed a tremendous difference in him at school as well as after-care. His attention and concentration levels have definitely improved and I would highly recommend Brain Gain to all ADD/ADHD kids rather than stimulant drugs. I spent lots of hours researching ADD as I didn't want to expose my child to harmful drugs and was so relieved to find Neurofeedback Therapy and I can confidently say "IT WORKS"!

Thanks Regards,
Shevani Maharaj
Roodepoort



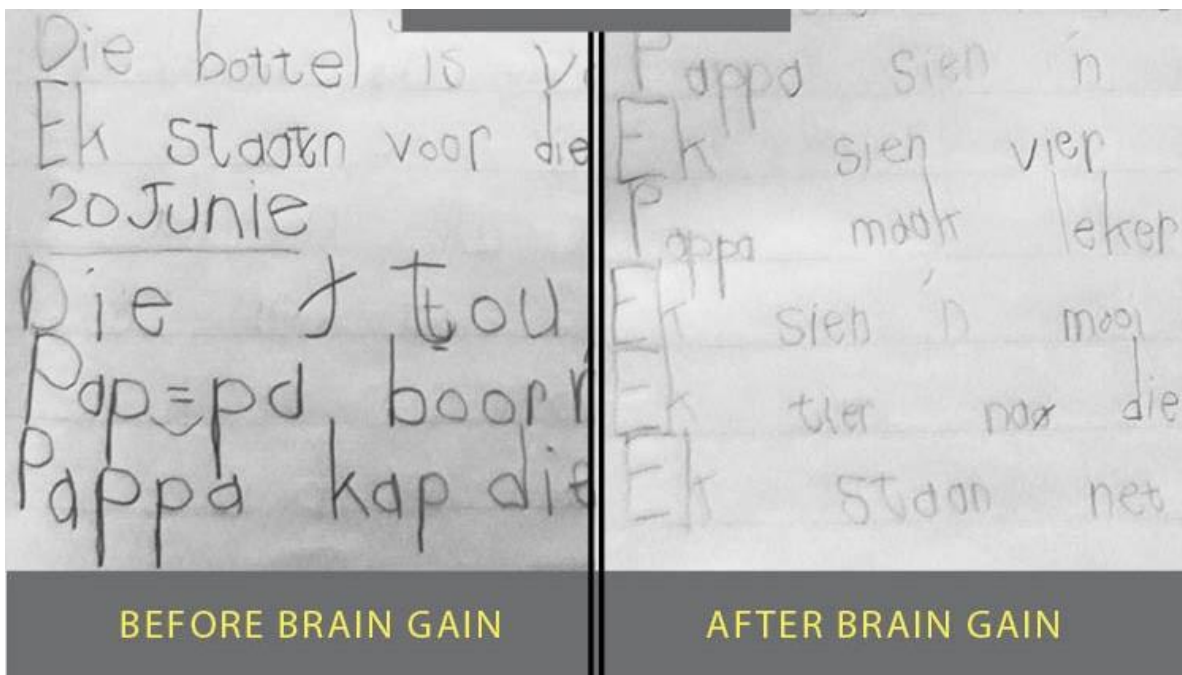
Vocabulary & Speech

Brain gain has helped Simphiwe a lot, his memory has improved. His confidence and vocabulary has grown. His speech has improved and his behaviour as well, he can listen when one speak to him. At church he can sit still for most part of the church service which is 2hrs and it's something he was unable to do before. His reasoning ability has improved. Now he can say yes please, when you offer him something. The school has also confirmed the improvements. Thank you so much for contributing to our son's development.

C. MADONSELA



Handwriting



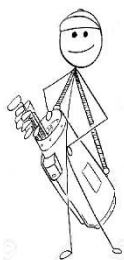
Sport

Since completing the program my **MEMORY** has improved. Gradually my **FOCUS** was improving without having to consciously force myself to **CONCENTRATE**. I have also noticed that my golf students who completed the program have greater focus when **PRACTICING** and playing, which has led to improved **PERFORMANCES**.

ROGER WESSELS (FORMER PRO GOLFER
AND CURRENT GOLF COACH)

I think better and my thoughts come up faster. My school work has improved at certain points as well as my performance on the sports field. I am a goal kicker in rugby and my kicking accuracy has been nearly 100% in my last few games because I am calmer and my focus is better because of Brain Gain.

EBENHEAZER WINDWAAI



BrainGain
Neurofeedback Training

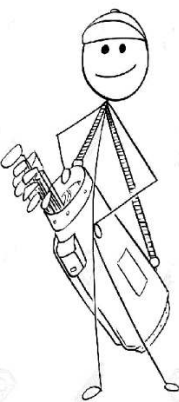
Brain Gain helped me to improve my focus and concentration.

I was able to concentrate for longer periods of time and my focus was sharper, more intense, and

I am able to see the difference in my golf, as my decision making is better and my ability to "switch off" in between shots has improved.

I would like to thank Althi de Villiers for the incredible experience and all her effort

ANDRÉ NEL, 22, GOLFER



Peak Performance



Ek het altyd gesukkel om in ons klas se “TOP 5” te wees. Vandat ek Brain Gain gedoen het, is dit maklik om een van die “TOP 5” presteerders te wees. Ek onthou ook die alledaagse opdragte ens. wat by die skool, kerk, musieksentrum en selfs by die huis plaasvind, makliker.

Jo-Ann Tosen Graad 8
Belfast



Damian got another badge today for his marks 90 percent and above

21:51

He had to get 40 merits to get his silver badge. 8 merits to go and then he gets his gold badge

21:



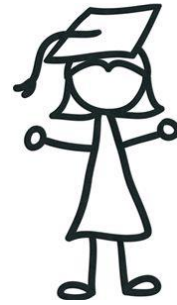
Brain Gain het my gehelp met my akademie deur dat ek meer kan konsentreer. My wiskunde het met 16% opgegaan. Brain Gain het my ook met my rugby gehelp, ek lees nou die spel beter omdat ek beter fokus. Dit het gehelp dat ek my eerste drie kon druk en punte vir my skool kon aanteken..

KEAGAN GANGA

Brain Gain
Neurofeedback Training

Hi Petro, ek het nou net my eerste eksamen punt terug gekry. Ek het 'n onderskeiding gekry, iets wat nog nooit gebeur het nie! So baie dankie!
Angelique (21)

Akademie



Ek het baie moeilik geleer, gewoonlik vanaf 3nm tot omtrent 20h30 in die aand, met kort rusperiodes tussen-in. As my ma my werk gevra het, was daar steeds goed wat ek nie kon onthou nie. My ma het my leerwerk vir my opgesom sodat ek vinniger en makliker kon leer. Ek was baie negatief ingestel gewees teenoor my leerwerk en het sommer maklik moedeloos geword as ek gesukkel het om te leer.

Ons het die advertensie in die Vrouekeur gesien van BRAIN GAIN terapie, en dit het gelyk na die oplossing vir ons probleme...

Nadat my eerste TESCA teruggekom het, kon hulle vasstel dat CDC-telling buite die normale grense val van dogters van dieselfde ouderdom. Daar is aanbeveel dat ek 48 sessies moet doen, maar na die 24 ste sessie het my tweede TESCA so verbeter dat my CDC-telling binne normale grense is, ek het ook nie meer nodig om verder aan te gaan met terapie nie.

Ons het twee keer 'n week na Welkom toe gery vir terapie. Na my 5 de sessie het ons SW (Sosiale Wetenskap) geskryf by die skool. Ek het slegs 2 ure lank geleer en my ma kon my nie vasvra nie – so goed het ek my werk geken!!! Daardie dag was ons almal in trane by die huis, want normaalweg het ons maar baie gestoei en baklei en die trane het gevloei voordat ek my werk goed geken het. Groot was my verbasing vanself dat ek nie die hele middag hoef te leer nie!!! Wat 'n fees want ek kon darem nog so bietjie speel ook.

Ek het die tweede kwartaal vir my ma gesê om nie meer my werk vir my op te som nie, want ek wil op my eie probeer leer. My gemiddeld het presies dieselfde gebly – Wiskunde, Engels en EBW was my swakste vakke. Tenspyte van die feit dat ons Revue gehad het in die Derde Kwartaal het my gemiddeld met 0.4% geklim.

Ons het die vierde kwartaal slegs Departementele vraestelle geskryf. Dit was nogal 'n vreemde ervaring aangesien al die vraestelle in 'n begripstoetsformaat was. Begripstoetse was nog nooit my sterk punt nie, maar my gemiddeld het met 2,3% verbeter.

BRAIN GAIN Terapie het ons lewens geweldig baie verander. Daar is nie meer eksamenstres in die huis nie, ek raak nie meer moedeloos oor die leerwerk nie en ek leer vinniger en geheel en al op my eie – my ma hoef nie eers meer my werk vir my te vra nie. Sommige van my onderwysers het ook gesê dat my werk in my boeke pragtig verbeter het.

Baie dankie vir almal wat 'n groot rol gespeel het in my terapie!!

Liefde Beanri





ADD/ADHD



My son Jack was diagnosed with ADHD in 2012 (Grade 2). His concentration levels were very low, resulting in impulsive and disruptive behaviour. His reading skills level was also well below the norm, and his confidence and self-esteem were very low. As a family we opted for Brain Gain over Ritalin, which was reinforced by the feedback of the first TESCA – Jack is not a candidate for medication. After having gone through the recommended sessions, Jack has shown a huge improvement in concentration, his behaviour has modified and his self-esteem and confidence levels are up. From a child achieving 2's and 3's in 2012, he has achieved 4's, 5's and 6's in the 1st term of 2013. His reading skills have dramatically improved as well. I would highly recommend Brain Gain as an alternative or supportive treatment for kids with ADHD!

Thank you to Jolize for her many months of patience. She has a passion for kids and has been wonderful for Jack.

Sharon Poyner

My dogter, Steffi, is op 6 gediagnoseer met ADD. Sy is 'n pasient van dr. Lippert, Neuroloog. Sy gebruik die laaste 6 jaar alreeds Concerta. Sy sukkel met haar akademie vanaf graad 2 en dit het vererger toe sy graad 4 toe gegaan het. Sy het graad 4 gedruip en is tans in graad 5.

Steffi is reeds vroeër die jaar deur dr. Leanie Meintjies, binne die Brain Gain raamwerk geevalueer. Sedertdien is sy by Willemien vir haar neuroterugvoeringsessies. Sy het reeds 28 sessies voltooi van 48. Steffi het die tweede kwartaal (voor Brain Gain) gedruip. Einde van die derde kwartaal het sy 'n rapport huis toe gebring met 60% gemiddeld. Sy het ook geen vakke gedruip nie.

Ek is baie dankbaar teenoor Willemien en is opgewonde om die verskil in my kind se akademie te sien soos sy vorder met die sessies.
Groete. Carol Snyman

Skoolwerk



Waar begin n mens? Soos my Pa gesê het by die begin!

My seun Riaan Jnr Vraagom het bietjie gesukkel met sy skoolwerk asook om te reageer op sekere opdragte. My suster Leazel Jansen het my verwys na Thersea by Brain Gain. Ons het n afspraak gemaak en met die intrap slag het ons as ouers sommer dadelik tuis gevoel. Baie professioneel en met eenvoudige verduidelikings het Theresa ons stap vir stap die proses en wat hul doen by Brain Gain duidelik aan ons oorgedra.

Myseun het toe met sy 24 lesse begin en in die helfte van sy aantal lesse het ons as ouers alreeds die verandering in gedrag, houding teenoor skoolwerk, asook op die sportveld met sy rugby begin waarneem. Sy eerste kwartaal se rapport het werklik vir ons die resultate van Brain Gain begin wys.

Theresa ons wil vir jou baie, baie dankie se vir jou geduld en ondersteuning wat u my kind gegee het en met soveel passie en warmte. Brain Gain het sy denke en uitkyk op die lewe verbeter. Brain Gain Vredenburg mag jy van krag tot krag gaan sodat ek weeroor 2jr as God ons uitspaar my seun verseker weer na julle toe kan bring.



Die uwe, Mnr & Mev Vraagom

Nicole, my dogter, is in graad 8 en 'n gemiddelde student. Na net 10 sessies van Brain Gain het sy alreeds 'n verbetering getoon. Haar konsentrasie het baie verbeter en sy leer baie vinniger. Sy het weer selfvertroue en is nie meer so gespanne voor 'n toets nie.

Haar punte in die derde kwartaal het, in die meeste van die vakke, met 10% verbeter en in van die vakke selfs met 20%. Beide myself en Nicole kan Brain Gain aanbeveel aan almal wat sukkel met konsentrasie. Baie dankie aan Willemien en Brain Gain vir julle ondersteuning.

N.S. Nicole se woorde: "Mamma, Brain Gain is cool".

I was referred by a friend to Valencia - Brain Gain Hillcrest in March 2016. My daughter Keisha went for the assessment and I was devastated as the result confirmed that my child did indeed have a concentration problem. Her dad and I immediately agreed upon sending her for the 24 sessions with Valencia. Since then we have had no regrets as it has been a transformation in my child's life. Keisha has developed into something out of this world. She now has an eagerness to learn, to excel in her schoolwork and has given her the confidence to build her self-esteem. Her memory has grown from an ant to an elephant. Keisha's timetables have improved so much, where she had struggled for years. In Maths, Keisha has gone from a D and C student to a B student. Brain Gain is the way to go and I would refer it to anyone. Keshnee



Concentration

Fear of failure can be very destructive for any parent, for their children's future. Potential and talent have no bearing if inner barriers block the path to activation, as the mother you want the very best for your kids.

In class, Olerato was struggling to concentrate during lessons, she would get bored and restless, which would result in failing the year, due to poor marks.

Brain Gain has helped my child's concentration levels, her marks got better. She got a distinction in Afrikaans that stands out for me because we do not speak Afrikaans at home.

I now can say that my child's confidence has also improved in her schoolwork and at gym.

Thank you Brain Gain!

Lerato Malete

Cell: 071 355 7626

(Mother)

Ons het by Brain Gain aangeklop om Roxanne se konsentrasie en skoolwerk te verbeter. Ek wou ook graag sien dat sy haar emosies beter hanteer.

Roxanne moes 48 sessies voltooi, maar na 24 het haar TESCA reeds 'n groot verbetering getoon en sy kon die behandeling staak. Sy wou egter nie haar sessies staak nie, want sy het dit so baie geniet!

Roxanne het baie verbeter met haar werk, veral as ek dit met verlede jaar moet vergelyk. Die kommentaar van haar onderwysers is hierdie jaar baie positief. Haar punte het baie verbeter. Ek sal Brain Gain vir ander ook aanbeveel. ~ Sonja

Well, there are always people asking you to use your brain. Luckily there are also people, teaching you how to use it. 😊 Our son, Zack, just turned six when he started to attend the lessons, and what a difference it made in his life!

Zack often struggles to focus and is easily distracted. This prevents him from completing tasks on time with as few errors as possible. With the help of Brain Gain's training methods, he is now able to concentrate harder and for longer periods of time. He is able complete his homework tasks in a single session without too much encouragement. He can play for hours with his toys that are focussed on building things and is able to play computer games for extended periods of time.

With the promise that the acquired skill set will forever assist him with learning new things and experience all things, I can definitely recommend Brain Gain to everyone who has a child that needs to improve his/her concentration and mental focus. Thanks again!

Kind Regards
Albert Begemann





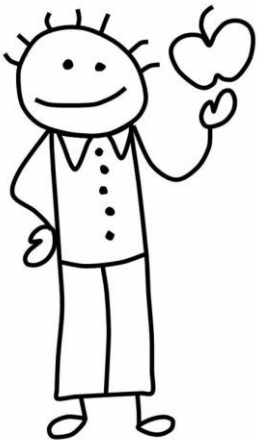
ADD/ADHD



"Our 6 years and 9 months son was diagnosed with ADHD in June this year. We were recommended to start Ritalin and the doctor and school wanted us to do this. I did not feel comfortable putting a small child on habit forming pharmaceuticals and felt that we do not know enough about the effects of these drugs on young, developing minds. We started Brain Gain in July. We also did some other things like supplements and diet and OT as well as some play therapy as our little boy was highly anxious.

Well, he turned 7 last month and we have completed our first set of Brain Gain sessions. We have seen some great results. First off, anxiety has basically disappeared. We had our first parent teacher meeting in two years that was positive and not negative. Last week our son wrote what he called "a book" which was six pages of a story he had written. The. He wrote another one and another one. A few months ago he could not sit still long enough to write anything and now has sat for two hours at a time doing his "books". The best part was that he wrote in one "I am a happy boy every day" and it is true - although it was certainly not the case a few months ago. We will do some more Brain Gain. Our son said after about session 3 "mummy something is happening in my head, it doesn't hurt though". I do feel these sessions have helped "train" his brain and maybe open up new neural pathways. Valencia is so supportive and kind. Highly recommended."

Kind regards
Heidi Kyle



Hi Everyone!

My name is Ethan and this is my testimonial. I am 20 years old and used to suffer from ADHD as well as a number of other psychological problems, all of which had a big impact on my well-being. When I found out about Brain Gain and had my results explained to me, I decided to go ahead with the program immediately with the hope that it would help me improve to the best of my ability. After just a couple of sessions I could already notice a vast difference in my clarity of thoughts as well as the quality of thoughts which had a huge impact on my ability to focus and apply myself at school better, improve my well-being, and even brought me closer to my family and God. This led me to wish that I had been introduced to the Brain Gain programme a long time ago. But everything happens in good timing. Most importantly, I hope that one day Brain Gain will be big enough to change the lives of all the people who lose hope in themselves, as I once did. Thank you so much for changing my life,

Ethan



No Meds



Na sy sessies by Brain Gain kon ek 'n verskil sien in Bertus (6) se konsentrasie. Sy juffrou het laat weet dat hy sy opdragte die eerste keer reg uitvoer. Sy spraak terapeut het ook 'n verskil opgemerk. Sy het 'n moeilike leesstuk geles en sy was verbaas dat hy al die antwoorde geken het. Ek is baie gelukkig dat ek nie vir Bertus op medikasie gesit het om sy konsentrasie te verbeter nie. Ek sal Brain Gain vir enige mamma voorstel. Dit werk!
Salomie Burger

In the 2nd school term of this year I had 2 teachers say to me that my son has a very short attention span and that I should have someone do an assessment on him. Being a "Don't give medicine unless you really have to" parent I went looking for alternatives to the "attention in a bottle" medication being prescribed to children daily.

I came across Brain Gain on Facebook and that is when I called, scheduled a test session and decided to give it a try. I did further research and was amazed at all the possibilities that lay ahead for my son. He is a very passionate and committed golfer and for the past year he hasn't managed to break his (too consistent for his liking) 85-88 score. Since he has been on the Brain Gain program he has finally dropped below 80's consistently. His handicap has been dropped down from 12 to 8!

At the end of the 2nd school term and only being on Brain Gain for a month, he managed to increase his marks in 6 of his subjects!! We are just over halfway and I can't wait to see what else he is going to accomplish when he is complete.

Thank you for the times you have had to fit us in when we were running late. Thank you for your help, motivation and dedication towards my son. You are an amazing tutor and your program absolutely benefits his life.

Warmest regards
Mandy Müller

I signed my 5-year-old son up with Brain Gain as we realised his ability to focus and manage his impulses has become a challenge both at home and school. Although many say that those are the normal traits of a 5-year-old, I wanted him to have the 'tools' to increase his ability to focus faster and manage his impulses when it matters. I knew the training worked from day 1, as he was relaxed, content and could repeat what I said to him straight after. He completed 24 sessions and the evidence of improvement was echoed by his teacher within 10 days without her even knowing he attended Brain Gain.

On top of that, Maureen Jacobs is the perfect facilitator; she truly cares and wants to help facilitate a lasting change.

I would recommend the process to anyone.

Concentration & Behaviour



Good day Willemien,

I hope you are well! First, I would like to thank you for all the time that you invested in Jayden's progress thus far. As you know, myself and the school had concerns that he is behind in his work, lack of concentration and bad behaviour. Since we started with Brain Gain, I can honestly say the following:

1. His marks went up with 20%
2. As soon as he gets home in the afternoon he starts with his homework/studying - where in the past I needed to beg him 😊
3. His handwriting is better than before
4. No more bad behaviour in school.
5. Concentrate for longer periods
6. Better communication



I can honestly say that I "gained" a lot from Brain Gain, as well as my child - THANK YOU very much!

Regards,

Chantel de Klerk
083 385 5017

Blessings! We use Brain Gain at **Quantum Aqademi** for emotional stability, discipline, good relationships, peak performance and enhanced concentration. We live the evidence of its success daily in all our interactions. WOW!

Our son had problems concentrating and as a result he struggled with some subjects at school. On recommendation of a teacher at his school we contacted Willemien at Brain Gain. He proceeded with the Brain Gain program and after a number of sessions, his improvement in concentration was remarkable. He has since completed two consecutive courses and we are very impressed with the results.

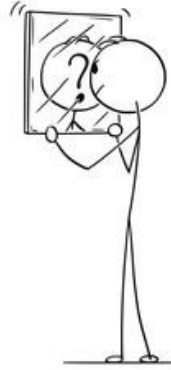
During the course Willemien was an excellent facilitator and we are truly grateful for her patience. We were so impressed with the results that both my Wife and I enrolled for a course. The improvement our own concentration abilities have helped a lot with our day to day work.

We have recommended the Brain Gain program, under Willemien's facilitation, to a number of our friends and colleagues.

Yours sincerely
Deon and Clarissa Viljoen



Alzheimer's



One of our clients from the retirement centre in Constantia, had been confirmed with quite progressed Alzheimer's in November of 2014. His neurologist told him and his family that they should understand that within 6 months he would no longer know who he was, who they were, or be able to really care for himself any longer.

Approximately 6 weeks later I happened to provide a talk at the centre and both he and his wife signed up for an assessment. They then began HEG sessions in February and have continued to train twice weekly since then. Not only have their follow-up Tescas shown fantastic improvement for both of them over every variable, but he has also gone back to doing things like playing Piano recitals for other old-age homes – something he had given up over a year ago (probably when the Alzheimer's set in).

He has had no noticeable deterioration in cognitive functioning on a day-to-day basis; still knows who everybody is and still manages to care for himself without many problems. To my knowledge, he has also had no further 'incidents' since starting Brain Gain, after being found confused and wandering around the rose garden in the centre in October/November last year. Whether or not the neurologist was mistaken, I suppose we'll never know, but I truly believe that Brain Gain has done wonderful things for him.

Love Brain Gain



Hi Lauren

I can't thank you enough for the classes my daughter Tau had with you last term, she has responded so wonderfully to Brain Gain. I brought her to you on the recommendation of her schoolteacher, but the great results are not only in the classroom. She's coping so much better with her maths, and she's also so much more confident and really more mature all round! I no longer even have to ask her to do her homework, she just gets on with it all by herself, what a pleasure!

On top of it all, she enjoyed every appointment and she thinks you are the bees-knees 😊

THANK YOU! Vauneen

Hi Petro,
Dankie vir die terugvoer. Ek moet erken – hulle geniet dit vreeslik by julle! Die BrainGain konsep werk soos 'n bom – Ryan se punte het verseker verbeter. Hy val nou onder die top 5 van sy klas.

Mila is so trots op die in twee's tel... ek ook, want ek het nie gedink sy sal dit alles kan onthou in 'n middag nie.~ Marelize

My 2 kids have joined Brain Gain with Jackie Labuschagne in June 2014. By then my eldest son Keathon experienced difficulties with his schoolwork and his behaviour. They joined Jackie every Friday and became totally in love with these classes. Within 2 months after they started, we started to see the change in Keathon's behaviour and his approach towards his schoolwork.

Livion had something to look forward to as he was so enthusiastic about this. The last quarter for 2014 was so much easier for both my kids since the classes had a positive effect on their concentration and their performance. My kids most definitely gained brain power and confidence.

We are so grateful that Jackie is so patient with my kids and that she inspired them so much to be better. Jackie thanks a lot for 2014 and the impact that Brain Gain had on our kids, all the best for your future endeavours in 2015.

Parents: Llewellyn and Kathleen Maasdorp



Brain Gain helped me to be more assertive and to be better at life. I have become more assertive and I now find it easy to cope under pressure. *Megan (43)*

Selfvertroue



Anthony het verskriklike konsentrasie probleme gehad. Hy het vreeslik gesukkel in die skool, al het hy ure lank geleer kon hy net nie die werk onthou nie en het hy swak gedoen in sy toetse. Die alewige leerprobleem het ook sy selfbeeld aangetas en hy het gedink dat hy 'n "dom" kind is.

Ons het gehoor van Brain Gain en het hom onmiddellik ingeskryf vir die program. Anthony se konsentrasievermoë het binne enkele weke verbetering getoon. Hy het beter gevaar met toetse en het nie so gesukkel met die huiswerk nie. Sy selfbeeld het ook 100% verbeter.

Vandag is hy 'n heel ander seun. Hy het baie meer selfvertroue, kan sy huiswerk met min moeite afhandel en vaar goed in sy toetse.

Ons wil net vir Jackie Labuschagne baie-baie dankie sê vir al die vriendelike hulpvaardigheid, geduld en deursettingsvermoë met Anthony.

DANKIE BRAIN GAIN!!!

Annie Cooper

My dogter, 'n graad 8 leerling, het die eerste twee kwartale gesukkel met konsentrasie en leerwerk. Ek het besluit om Brain Gain 'n kans te gee – en ek moet erken, ek was baie skepties! Na ongeveer 16 sessies het die derde kwartaal se toetsreeks aangebreek. Ek het dadelik 'n verskil gesien in my kind se houding teenoor leerwerk. Sy het vinniger geleer en het nie moedeloos geraak nie. Na 24 sessies het sy weer die evaluering gedoen en die verbetering was ongelooflik. Dankie Brain Gain vir die selfbeeld "boost" wat julle haar gegee het. Groete *Odette Heinrich*

Johan, my matriekseun, het onlangs 48 sessies by Brain Gain voltooi. Sy konsentrasie het ongelooflik verbeter, hy leer vinniger en baie meer akkuraat, Sy selfvertroue het ook verbeter, omdat hy nie meer sukkel om te leer nie. Sy punte het tussen 10 en 16% per vak verbeter.



Ek kan regtig Brain Gain aanbeveel vir kinders wat sukkel om te konsentreer. Selfs vir kinders soos Johan in Gr. 12 en wat soveel ouer is as die ander kinders.

Baie dankie vir al die ondersteuning en geduld met ons!

Nicolette Dorfling

Brain Gain was die beste ding wat ek vir myself kon doen. My selfvertroue het so gegroei en as gevolg daarvan het alles verbeter. My verhoudings is 100% beter en my besighede het almal gegroei. Ek kry net alles reg en my fokus kom dadelik terug wanneer ek daarna soek. My lewe is soveel ryker as daardie eerste dag wat ek by Brain Gain ingestap het. Ek mis my Brain Gain sessies en is spyt dat my kursus klaar is.
Carissa (32)



Asperger's



My son, Chad Barnett, was diagnosed with Asperger's Syndrome, one of the many branches of Autism, when he was almost three. His father had passed away before he was two, and I thought he was in deep mourning. After a trip to Unitas Hospital where I saw a specialised paediatric neurologist, the "terrible" news was given to me. We went to many Occupational therapists, Play Therapists, Speech Therapists, Psychiatrists, Psychologists and progress was slow. He only started to speak at around 5 years old and although in Special Education, I felt there was no hope for Chad's future.

In Autism, the brain does not develop in a typical way. Chad had difficulties in 4 main areas – socialisation, communication, academic ability and repetitive behaviour. Understanding and responding to other people's emotions was an issue. Due to these difficulties, Chad suffered from anxiety and he and I avoided social situations.

I am in Education myself as a Head of Department at a Primary School. In April I was at my wits end, when Mrs Petro Lombaard came to my school to speak about Brain Gain. When I spoke to Petro she was just too glad to try Brain Gain on Chad. I knew the possibility that, once again, Chad and I would experience failure, once again with no signs of improvement.

How wrong could I be? The first few lessons I had to go in with him and even at times have him reassured by myself that all was fine. Petro has a delightful, caring personality and Chad became very comfortable with her. I no longer even went in with him. The improvement in him is remarkable.

Within a few sessions, I noticed that he was not as anxious about everyday activities. Set routines could now be broken without fear of aggressive and tantrum outbursts. His sleep patterns are improving. Even though he still has his 'switch off' medication at night, he does not fight the need for sleep.

He became a lot more vocal and could now be fully involved in conversations. Chad used to find it hard to follow a set of instructions with more than one or two steps. He now concentrates and is able to carry out instructions given to him.

He also had difficulties adjusting his behaviour in different social situations. This has improved drastically because he now concentrates on explanations I give him, and is able to follow and understand certain protocols.

I am no longer Chad's 'slave'. His confidence has improved immensely, and he believes in himself that he is able to complete certain tasks or to locate objects / toys / DVDs that he is looking for on his own. Life is no longer so overwhelming for him. At times he had difficulty understanding what was going on around him, which led to frustration building up in him and he would exhibit aggressive behaviour. This is no longer the case.

Academically, Chad was not fond of school and often did not want to go to school. He had realised that he could not cope with the work given to him. Although he is 11, he had the academic ability of a 6 or 7-year-old. He would close his books and refuse to do the work. He would stop writing, spelling tests, and his marks every week were between 0 and 30%. With Brain Gain, he now gets full marks for his spelling tests. I am now able to sit with him and he is willing and able to learn and remember how to spell the given words. His reading has also improved by leaps and bounds.

He is now attending a one and a half hour reading session / extra lesson every week. This would not have happened three months ago. He would not have gone to a stranger for so long. He would not have been able to concentrate for so long. He would have refused to go to the second lesson, and if he did he would have just sat and not become actively involved in the tuition.

To add to his overall improvement both academically and personality wise, he was chosen as a Leader at his school on 1 June, with extra duties and responsibilities

I am so proud of my 'Chaddie', and I have to thank Petro and Brain Gain from the bottom of my heart for allowing Chad to attend the sessions.

I owe Chad's positive future to Petro Lombaard and Brain Gain.

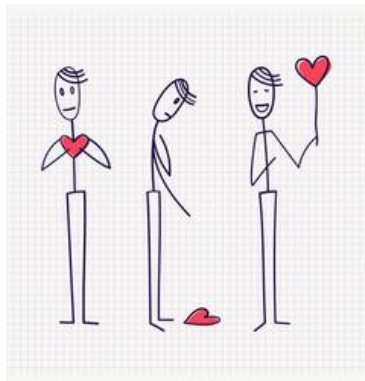
Charmaine Barnett



"Brain Gain makes your brain want to learn" *Chad (11)*

Thabane (6) seems to be calm when doing his homework, I found when we read he concentrates more.
Regards Lynette

My 6 en 8 jarige dogters het ongelooflik gebaat deur Brain Gain sessies te doen. Hul konsentrasie het ongelooflik verbeter en hulle pak hulle skoolwerk met toewyding aan.
Dankie Brain Gain *Monique Goosen*



Emotional Trauma

When my daughter was 2 years old, she had already started playing with building blocks, puzzles, dolls and even some craft activities. She was doing really well at pre-school until the age of 3.

At that time, my husband was retrenched and decided to move to the UK with the plan being for us to join him there 6 months later. That did not happen though. Almost immediately Jessica began to decline and seemed to forget everything she knew. My whole world fell apart as I began having her assessed and the results came back as having spatial problems, problem solving issues, audio processing difficulty – and so on, and so on.

She had to go to OT, the developmental clinic, get exercises for her eyes... Then, at the age of 8 she was still battling with reading and I was told to take her to a Speech Therapist. The speech therapist told me Jessica would never be able to work independently and would need to be facilitated from this point on. I was at my wits end as the tests said that Jessica did not have a learning disability. I am a teacher so I also felt that she did not have a disability but could feel in my heart that something else was wrong.

Soon after I came across an advertisement for Brain Gain and I contacted Lauren. Jessica performed the assessment and through the feedback and discussion of her emotional results and her cognitive scores, I realised that for 5 years Jessica has been affected by the emotional stress of her father leaving us, as well as the on-going stress of all the tests and therapies; which has impacted her ability to truly access her cognitive potential.

Jessica has done so well on the Brain Gain programme: she is more independent, much more confident and is so much better able to focus at school. Her reading has improved in leaps and bounds and she is now able to write her own stories in her language book, as well as to complete her reading in just 10 minutes. I can't believe how Jessica has blossomed so much – just the other night she read 7 stories, I couldn't believe it. Even the way Jessica asks questions and has become curious and eager, blows my mind.

Most noticeable though is how much less emotionally needy she is and that she can handle conflict so much better, even standing up for herself. I am so grateful to Lauren as she has changed my daughter's life. Brain Gain is so amazing that I have recommended it to the entire school and all my friends and family.

Thank you!
Cheryldene



My 5-year-old niece, Mia, struggled with a serious speech problem and the teacher had also mentioned a number of times that she battled with staying focused on activities at school. The speech particularly, meant that Mia battled to socialise and was sometimes the victim of bullying by other children or being blamed for things that she did not do, but was unable to explain herself. This led to her being withdrawn and not enjoying school.

Mia's teacher recommended that I contact Lauren after she had come to the school to introduce Brain Gain, as she believed that it might of use to assist Mia with at least her attention problem. After speaking to Lauren, I decided to try it as she assured me it was a safe and gentle process which I believed Mia could manage.

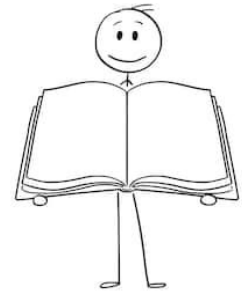
After just a few short sessions, Mia became much more animated and lively, rather than withdrawn. She was better able to participate in class and her focus improved. Best of all was that Mia's speech improved from Lauren not understanding what Mia said to them being able to have a conversation. Mia became more spontaneously communicative and her vocabulary and enunciation improved significantly.

This was done without any other therapy.

Mia not only enjoyed the sessions tremendously, but also improved her attention and focus. Through Lauren and Brain Gain, Mia was able to be more of herself and have a much better quality of social and school life. Thank you!

Martjie Kotze

Improved Academic Performance



I heard about Braingain from my friend Mrs Rolien Janse van Vuuren and as I have 7 foster children from the ages 7-12 years old whom I take care of, with school and behavioural problems and all are on medication, I decided to give it a go to see how my children would benefit.

The children have now been doing the sessions once a week since the 20th of May 2015. The two children that are in a bridging class have shown a remarkable increase in understanding their work.

At one stage just before the June exams, the senior primary school were doing tests, my one child was failing dismally and I really dreaded opening his school report. On receiving it, I was delighted, he not only passed, he did better than the first term.

The other three children all increased the marks percentage and brought home excellent reports with marks in the 80%. The grade one child is reading like a trouper and has been selected to do un-prescribed reading at the Eistedford.

We are still experiencing a few behavioural problems with one child although his academic achievements have improved.

All in all, I must say that Braingain really works and anyone who puts their child/children on this programme will not be disappointed, in fact they will be delighted with the improvement that they see.

Audrey Atherton

Jayden (5) really struggled with his schoolwork and life in general. He could not complete simple tasks and constantly complained, cried or had emotional outbursts.

After 10 Brain Gain sessions there was a major improvement in his behaviour. He showed determination, was more self-assured and started to complete tasks at school. His schoolwork and mood improved, and it was now a pleasure to have him in the classroom. Thank you, Brain Gain!

Corporate Testimonials

“I have grown in tolerance”

“I am more focused and am consistent in my actions. My work has improved because I am more accurate and make less mistakes”

“The Neurofeedback sessions impacted my life because I am now more focused.”

“The sessions made me more vigilant, I am *in the moment* when I complete tasks”

“The training helped me to concentrate and be more patient”

“I am generally calmer and it is much easier to complete tasks.”

“It used to scare me that I could become very angry very quickly. During my sessions, I noticed that I became calmer and after completing all my sessions things that used to trigger me and *push me over the edge* seem trivial. My family noticed that I am calmer and easier to approach.”

