

## Neurophysiological and Psychometric Data Results from Executive Health Coaching and Biotechnology Applications

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### Abstract

A portable, non-invasive neurological technology for a testing stress and performance presents a an easy to implement solution based on an 'integrated coaching approach' based on neurological changes. Monitoring these changes makes the clients performance improve, leading to better results with lower stress. The coaching protocols provides immediate neurophysiological data, to improve resistance and work ability, reducing the risk of illness, and improving their quality of life.

**Keywords:** *Neurophysiological Data; Psychometric Data; Executive Health Coaching; Biotechnology Applications*

The abstract addresses questions coaches ask: "How can I prepare the to get their performance with reduced risk of injury and prolong their careers. Coaches need immediate, feedback on current resilience. Coaching with the brain based technology overcomes challenges. It is simple.

The coach can optimize the performance and practical implementation in the coaching environment. Readiness and performance methodological are clearly defined and explained. Data is analyzed and reviewed, focusing on key limitations for the coach. The paper is for coaches with expertise in coaching and the preparation of the professional client.

This paper is an overview of the full body of executive coaching processes to develop the Nursing Leadership Academy within a hospital group regarding Neurophysiological and psychometric data results from executive health coaching and biotechnology applications.

Creating and Sustaining a Positive Unit Culture, Building Strong Teams, Recruiting, Engaging and Retaining the Best Local Talent. Recruiting, Behavioral Interviewing, and Onboarding. Nurses, Assistant Nurse Manager, Nurse Manager and Matron Leadership Development. Situational Leadership. Performance Management skills for Nurse Leaders. Making the Most of Change: Managing Transitions. Preventing Disruptive Behaviors from Escalating at Work. Developing Resilience in the Nurse Leader and the full Team. Nursing Leadership and Developing Behavioural Performance. Develop talent for succession planning.

As understood, this is an interdisciplinary program that combines elements of business and education with nursing to deliver the care coordination skills that practicing nurses need to evolve as operational leaders. All of these courses may be completed, allowing students to focus on their careers while advancing their education. In discussion it was suggested to offer a coaching container for the group.

Based on neurological readiness and the latest developments in physiology, cognitive psychology, neurobiology, sports science, a portable device, made coaching possible to get frequent and assessments of the performance and resilience that allows the coach to apply objective and feedback, thereby increasing the quality of the coaching process.

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The initial aims are for us to propose your coaching program based on goals and needs that as determined in the last coaching session with Dr. Kennedy were key:

- Focus on achieving agreed emotional and psychological wellness goals
- Understand your key strengths in your personal development process
- Create a custom and measurable action plan: a 'roadmap' to the identified goals
- Discover and practice new self-leadership skills.

The practical technology for the coach gives assessment of performance and resilience of the following neurophysiological system including: Performance of the Autonomic Nervous. Readiness of the Central Nervous System. Energy Supply for performance. Overall Readiness during a stress-test.

These were via methods which were tested with accepted requirements of methods including, validity, reproducibility, reliability, specificity, and data accuracy for coaches to assist their executive clients to perform at their peak and sustain resilience to stress related issues while under pressure at work.

We supported the committed people to become skilled at managing stressful issues, emotions, and relationships. Helping them address challenges, find opportunities, and overcome difficulties. Most importantly, we help them to achieve wellbeing in areas linked to it Psychological, Emotional, or even Physical wellness that is sustainable.

Dr. Kennedy presented this research at Harvard Medical School, showing benefits of this approach for psychological wellbeing and emotional empowerment. These protocols are all based on strategies to ensure behavioral change in line with the agreed outcomes. This process will produce sustained benefit in a limited coaching time frame of usually 12 sessions of 1 to 2 hours each. But again, this needs to be discussed with Dr. Kennedy in detail.

This is a simplified overview of the Neurophysiological and psychometric data results from executive health coaching and biotechnology applications.

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