INTRODUCTION

Most individuals perform their performance below their peak capacity level. Factors such as stress, fatigue, boredom, and short-term memory effects have unfavorable impacts on performance and productivity. Improving Human Performance using Biofeedback helps participants learn to form a habit of controlling their psychophysiology system so it works optimally. Furthermore, they will be better individuals in terms of higher performance.

This 2-day training includes the high performance-inhibit factors, psychophysiology of work, performance-enhancement strategies, breathing skill (diaphragmatic, pursed lips, and resonant frequency breathing), and application of biofeedback training. The course is based on current research and practice. Training is facilitated via Biofeedback Game Kit Biofeedback Computer Games which use computer to feedback information about the participants' physiology. The feeding back of information to the participants enables them to learn self-regulation and gain control over this psychophysiology states. A manual (including breathing logs), and handouts are provided. A set of performance tests is assessed at the first and last session.

OBJECTIVES
After completing this course, participants will

✓ be able to identify psychophysiology factors that affect study performance.
✓ understand how self-regulation skill can be used to improve performance.
✓ gain practice in doing correct breathing and self regulation.
✓ recognize their specific actions to improve work performance.

✓ Learn to control breathing with resonant frequency.
✓ Practice to use biofeedback equipment to evaluate their emotional performance
✓ An opportunity for improving individual performance

COURSE MODULES

❑ Module 1: Human Performance
  ▪ Human components
  ▪ Human Change and performance
  ▪ Psychophysiology of Work
  ▪ Performance-enhancement strategies
  ▪ Pre performance test

❑ Module 2: Concentration and Breathing
  ▪ The foundation of performance breathing
  ▪ Emotion and breathing
  ▪ Breathing practice (diaphragmatic and pursed lips breathing)
  ▪ Behavior change through breathing

❑ Module 3: Application of biofeedback Game
  ▪ Vira Biofeedback Game
  ▪ EmWave Biofeedback Training
  ▪ Basic ProCom2 Biofeedback Training
  ▪ Sensor application and placement
  ▪ Interpretation and Performance analysis
  ▪ Improving Performance Through Biofeedback Protocol

❑ Module 4: Maintain work performance
  ▪ Maintaining work performance through biofeedback
  ▪ Home based training and performance
  ▪ Handling individual performance and remedial activities
  ▪ Post performance-test
WHO SHOULD ATTEND?
- All level of staff/professionals
- Postgraduate students
- Undergraduate students
- Anyone interested

COURSE

Course Title: Improving Human Performance Using Biofeedback
Duration: 2 day
Date: 17 – 18 Mei 2012
Location: Biofeedback Laboratory
Participants: 2 - 8 pax (8 max – lab based)
Fees: RM 1200.00 (1 devise/participant)

Day 1

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<tr>
<td>8.30-13.00</td>
<td>Module 1</td>
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<tr>
<td>13.00-14.30</td>
<td>Break</td>
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<tr>
<td>14.30-17.00</td>
<td>Module 2</td>
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Day 2

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FASILITATOR:
Dr. Muhammad Nubli Abdul Wahab
- Certified for Biofeedback Game Kit & Protocol Developer, Institute of Molecular and Biophysics, Siberian Branch, Russia
- Certified Brainfeedback, Prague, Czech Republic
- Certified Breath Practitioner, London
- AAPB Member (International Association of Applied Psychopsyology and Biofeedback)