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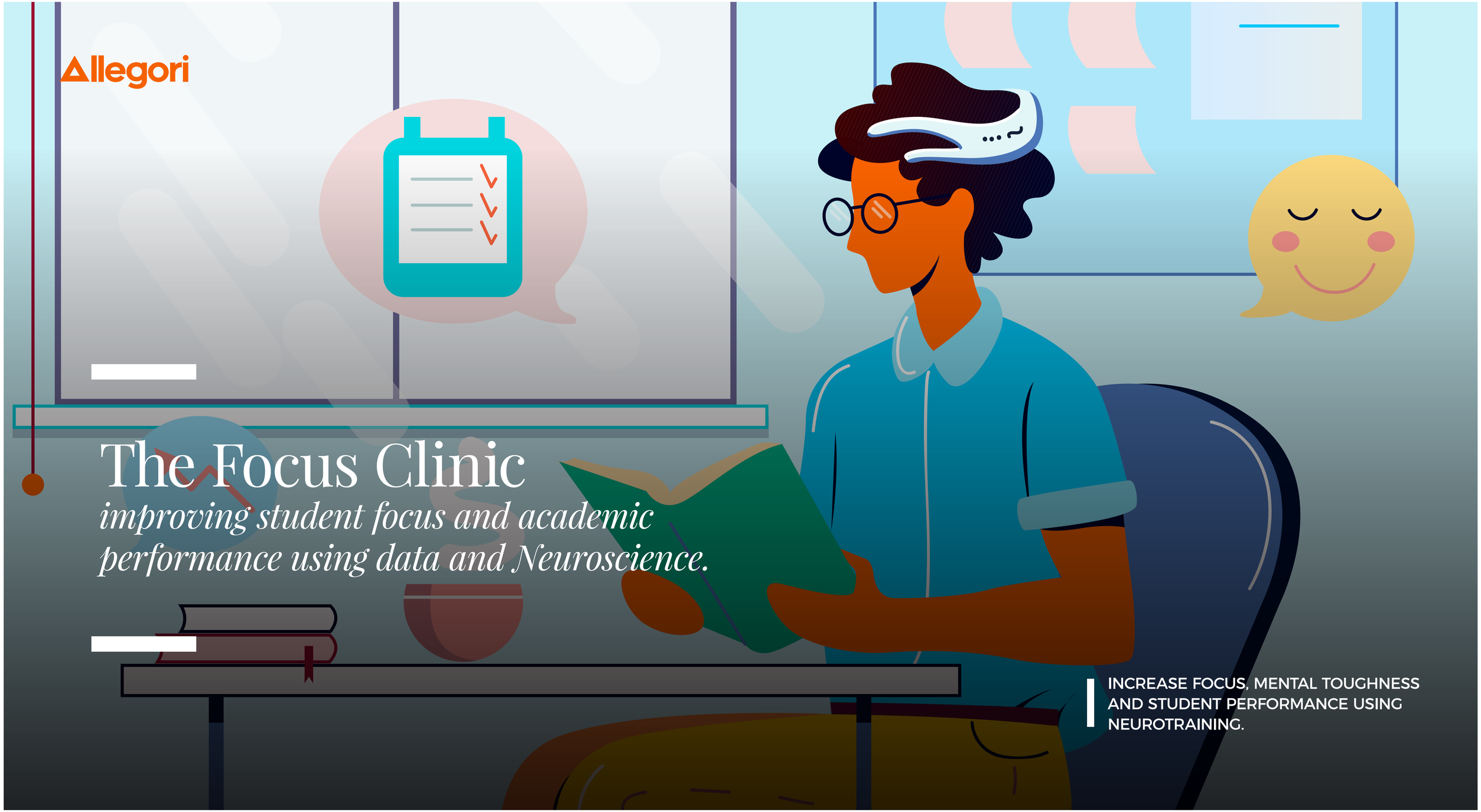
The Focus Clinic

improving student focus and academic performance using data and Neuroscience.



INCREASE FOCUS, MENTAL TOUGHNESS AND STUDENT PERFORMANCE USING NEUROTRAINING.

What is Neurotraining

Neurotraining is the process by which we use EEG to teach students to focus and control their neural activity in order to improve cognitive performance, reduce mental fatigue and improve productivity.

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Executive Summary

Remember when you were younger? Your parents said, “focus and do your work, child”. The thing is no one taught us how to focus. Sometimes we stared at the pages until something stuck and other times we were in the ‘zone’.

The Focus Clinic, by Allegori, is a service that is geared at students that are preparing for examinations. We help them improve their focus, attention and time engaged in studying while reducing mental fatigue. We have already served students in secondary school and university. We are also helping people prepare for major certification exams like ACCA.

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THE PROBLEMS

STUDENTS HAVE **DIFFICULTIES FOCUSING** AND CANNOT WORK FOR EXTENDED PERIODS.

THEY HAVE CHALLENGES WITH **SOCIAL MEDIA ADDICTION.**

LOW MOTIVATION, IRRITABILITY, ANXIETY AND STRESS.

THE SOLUTION

A DATA DRIVEN PROGRAM FOR IMPROVING FOCUS, MOTIVATION, EFFICIENCY AND PRODUCTIVITY BY TRAINING:

> SELF-REGULATION,
> DISTRACTION RESILIENCE
> SLEEP, MOOD AND STRESS MANAGEMENT
> SENSORY LEARNING
> SOCIAL MEDIA DISCIPLINE
> TIME MANAGEMENT
> NUTRITION FOR A HEALTHY MIND

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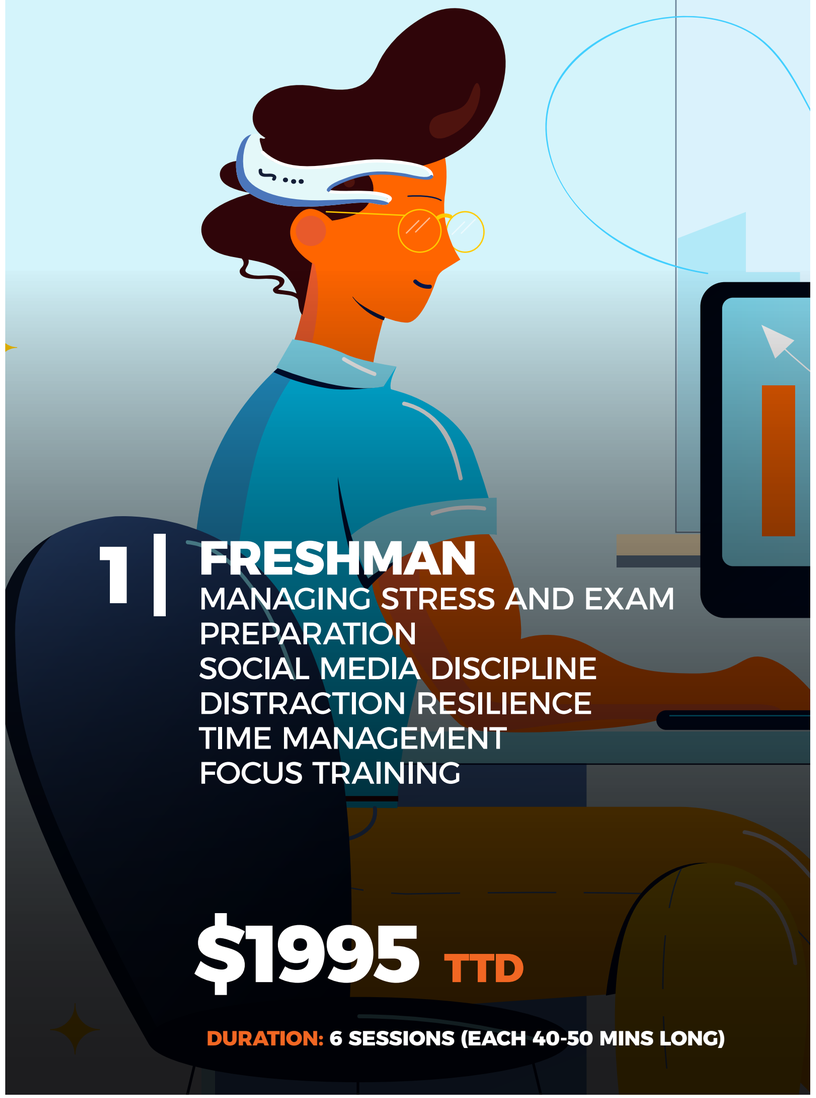
COURSE LEVELS

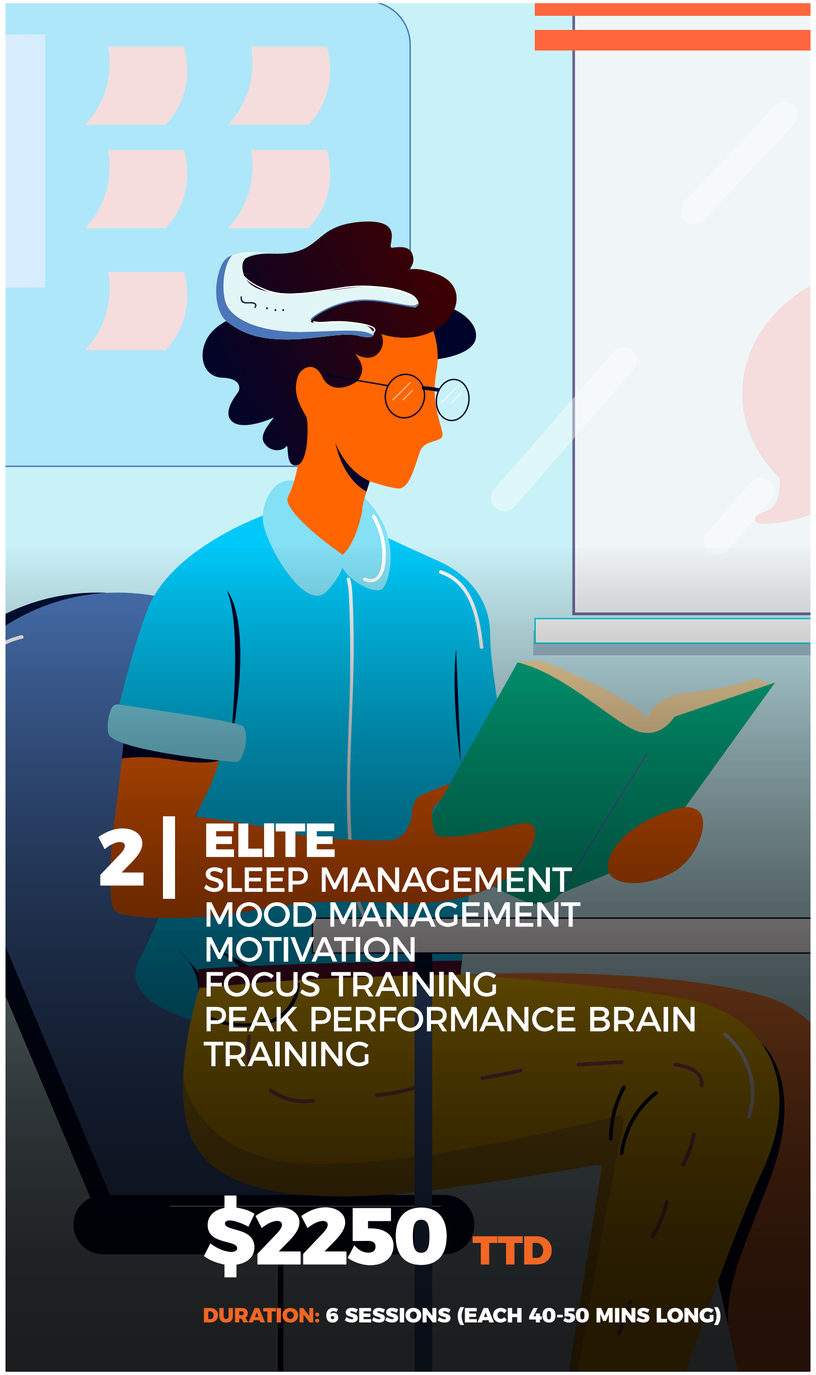


1 | FRESHMAN

MANAGING STRESS AND EXAM PREPARATION
SOCIAL MEDIA DISCIPLINE
DISTRACTION RESILIENCE
TIME MANAGEMENT
FOCUS TRAINING

$1995 TTD

DURATION: 6 SESSIONS (EACH 40-50 MINS LONG)



2 | ELITE

SLEEP MANAGEMENT
MOOD MANAGEMENT
MOTIVATION
FOCUS TRAINING
PEAK PERFORMANCE BRAIN TRAINING

$2250 TTD

DURATION: 6 SESSIONS (EACH 40-50 MINS LONG)

3 | OLYMPIAN

ADVANCED SLEEP TECHNIQUES
CRAMMING TECHNIQUES
ADVANCED PEAK PERFORMANCE TRAINING
SENSORY LEARNING

$2650 TTD

DURATION: 6 SESSIONS (EACH 40-50 MINS LONG)

THE FOCUS CLINIC

FOR STUDENTS WHO
HAVE DIFFICULTIES FOCUSING

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OVER 600 HOURS

OF BRAIN TRAINING EXPERIENCE

0 EXAM ANXIETY

BETTER GRADES

SIGNIFICANT IMPROVEMENTS

FIRST CHOICE AND

SECOND CHOICE SCHOOLS`

THE FOCUS CLINIC

FOR STUDENTS WHO
HAVE DIFFICULTIES FOCUSING

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MEET JADE.

“”

JADE NOT FINISH A SINGLE PAPER. HER FAMILY WAS WORRIED. AFTER THE FOCUS CLINIC SHE WAS FINISHING 3 PAPERS BACK TO BACK AND PASSED FOR A SCHOOL OF HER CHOICE.

THE FOCUS CLINIC

FOR STUDENTS WHO HAVE DIFFICULTIES FOCUSING

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MEET MEERA

“”

MEERA HAD GREAT DIFFICULTY FOCUSING. SHE COULD NOT STUDY FOR EXTENDED PERIODS AND WE VERY EASILY DISTRACTED. SHE ONLY HAD 3 WEEKS BEFORE THE EXAM. SHE PASSED FOR HER FIRST CHOICE.

THE FOCUS CLINIC

FOR STUDENTS WHO
HAVE DIFFICULTIES FOCUSING

Allegori

MEET KAEL

“”

KAEL HAD TO RESIT SEA TWICE. BOTH HE AND HIS PARENTS WERE WORRIED. HE HAD EXAM AND PERFORMANCE ANXIETY. AFTER THE FOCUS CLINIC HIS GRADES JUMPED AND HE PASSED FOR HIS FIRST CHOICE.