

In 2018, the Dax company Continental took up the topic „**mental fitness and health**“ for its corporate health promotion program. One partner was brainboost.

Brainboost delivered mental fitness workshops at five different locations in Bavaria on seven individual days. The main goal was to create greater awareness for neuro-psychological topics related to work life. The employees were given the opportunity to try out mental training. 250 employees were given an individual screening of their brain activities and many more were able to try out the Carrera racetrack, which is an electric car race completely controlled by brain activity, e.g. relaxation.

- » 5 locations in 7 days
- » BrainReport for 250 employees
- » Carrera racetrack

## BRAINREPORT

In individual 20-minute screening sessions, one of the brainboost experts measured the employees' brain activity. Each employee received a printed, high-quality evaluation in their personal BrainReport folder. The results of the analyses were explained and discussed by the brainboost experts and **recommendations** for generating greater mental strength and balance were given. The Brain Report folder contains additional information on the individual categories measured as well as more general information about the brain.

A subsequent evaluation showed that the employees were able to derive great personal added value from the Brain Report.

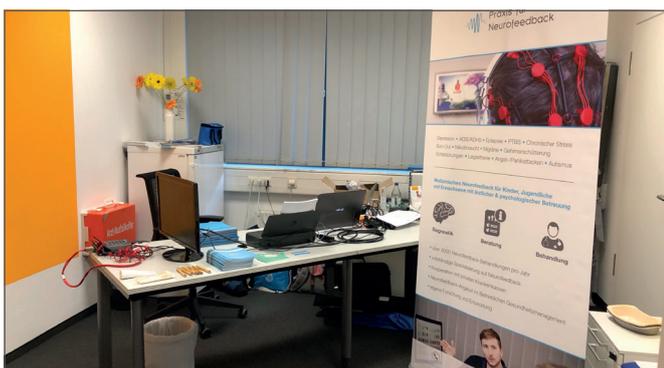
The experience created greater awareness of processes happening in the brain. Many questions and difficulties were clarified directly with the brainboost experts.

In the long term, the employees will benefit from the Brain Report, as the instructions and exercises provided by brainboost can be carried out at any time and without any technical devices.

Per BrainReport station, **24 employees** can receive an individual screening of brain activity in just one day.

In addition to the BrainReports, the Carrera racetrack was set up at each of the locations, either in the lobby or in the break area. Therefore, also employees who were not able to take part in the screening, gained first experiences with neuro-technology.

Further brainboost actions, especially with smaller groups, are planned for 2019. In workshops and coaching sessions, individual skills and teamwork can be improved.



### Nathalie Buchhierl, Health Manager at Continental AG, ADC GmbH

“brainboost presented the important topic of ‚mental fitness‘ playfully and yet scientifically at our Health Days. Our employees were very interested and the feedback was very positive. The screening laid the foundation for the targeted use of self-regulation strategies.”