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# EYEGYM VISUAL INTELLIGENCE:

## Making better decisions under pressure

Unlock your potential to make faster and smarter decisions by strengthening your visual fitness. Go from vision to decision in the blink of an eye.

[www.jbs.ac.za](http://www.jbs.ac.za)

In today's world we work in milliseconds. If you have the ability to see and process information quickly, it gives you more time to make an effective decision, faster. In sport, they talk about more time on the ball, in business it's called thinking on your feet. Teams and individuals that make fast and effective decisions are the ones that are the most successful. In the age of digital distraction however, scientific evidence suggests that visual awareness skills such as the processing of information, concentration and the ability to pay attention to a specific task are in decline. This directly impacts on decision-making skills and productivity.

EyeGym is designed by world renowned sports scientist and performance coach, and two-time rugby world cup winner, Dr Sherylle Calder. It trains your brain to see and process information more accurately and quickly, allowing you to make smarter, more effective and faster decisions.



## FACULTY: DR SHERYLLE CALDER

Dr Sherylle Calder is a sports scientist, performance coach and founder of EyeGym. She is often referred to as the most successful person in world sport, and it's easy to understand why. Since pioneering her ground-breaking visual awareness performance training in the 1990s, she has worked with the world's best sportsmen, sportswomen and teams. She's won two Rugby World Cups, with England and South Africa, and has provided visual awareness training for the All Blacks, elite British Olympic athletes, America's Cup yacht teams, Tottenham Hotspurs Football Academy, the Miami Dolphins in the NFL, F1 driver Valtteri Bottas and too many more to mention.

Sherylle's current work includes assisting Eddie Jones in England's preparations for the next Rugby World Cup, consulting to the INEOS Team UK, Americas Cup, improving the career of Miami Dolphins wide receiver Kenny Stills, who after working with her had his best season ever and sent her a signed jersey with the words, "Thanks for adding the edge to my game". "If I can

add an edge to one of the NFL's greatest players at the moment, then I'm satisfied," says Sherylle, who cares less for the praise than for the fact that her visual awareness science is a success.

It's a science that was born out of adversity, which she believes is what shapes potential. "Sporting isolation was a blessing for me," she explains. Having been denied her dream of playing hockey for South Africa in the Olympics, she took her prodigious skills to Europe and while there started discovering the science that would define her career. "Tough times build resilience and made me think of doing things I probably wouldn't have done if I had been in a comfort zone. You don't grow if you're in a comfort zone."

Whatever she does, whether it's learning from rugby legend Danie Craven, one of her mentors, or counting the steps she takes to determine the most efficient route to her favourite coffee shop in Stellenbosch, or helping Ernie Els to win the Open in 2012, Sherylle is always looking to be just that 1% better. "I just have this switch that never goes off. I believe that whether you are a sportswoman or a sportsman, if you are equipped to do what you do, you should have no fear. I call it smart training. South Africans are the most naturally talented sportspeople in the world. It's just a question of whether we can consistently do the right things that lead to high performance."

## COURSE DETAILS:

<b>Date:</b>	19 November 2019
<b>Time:</b>	08:00 for 08:45 – 11:00 (Breakfast to be served from 08:00 to 08:45)
<b>Venue:</b>	Woodmead Country Club, Lincoln St, Woodmead
<b>Facilitators:</b>	Dr Sherylle Calder
<b>Fee:</b>	R600
<b>Contact:</b>	Ms. Sphiwe Ndlala
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<b>Register here:</b>	<a href="https://bit.ly/2VMIKSH">https://bit.ly/2VMIKSH</a>

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