



STRESS INOCULATIONTM



RISK REFLEX

TRADING & BANKING PROFESSIONALS

Risk appetite is physiology. Physiology can be trained

An experiential program designed for trading desks and risk functions which combines cutting edge computerised equipment (*Biofeedback & *HeartMath) with mindfulness and neuroplasticity techniques to protect judgement under volatility.

"The SI program developed by Dr. Pyle strongly aligns with current science and my belief in the integration of mind and body in the field of Health Psychology. SI adds a critical layer of sophistication with the use of computer technology. Overall, SI takes corporate training programs to an advanced level. Very impressive!"

John Arden, PhD,
International speaker and author of **Rewire your Brain 2.0**

PROGRAM DEVELOPER



Dr. Kevin Pyle, Licensed Clinical Psychologist in two countries (US & Australia), has synthesised 45 years' experience in the field of Psychology to develop the Stress Inoculation (SI) family of training programs. Each program brings together cutting-edge technology, proven psychological techniques and the latest advances in neuroplasticity.

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RISK REFLEX — A STRESS INOCULATION PROGRAM

A reflex fires before conscious judgement is involved. Research now shows that a trader's risk appetite shifts the same way — driven by cortisol rather than analysis, and without the trader, the risk manager or the institution being aware of it. Risk Reflex makes that shift visible, and therefore trainable.

- Cambridge Judge Business School measured a 68% rise in cortisol in City of London traders over eight days as volatility increased (Kandasamy et al., PNAS, 2014). Raising cortisol to that level cut risk premium by 44%.
- 72% of investment bankers report considering leaving the industry to escape burnout; 43.2% of traders report anxiety beyond what they would consider normal.

PROGRAM STRUCTURE

Timed around known high-volatility periods rather than delivered after a crisis.

Module 1. Introduction to the mind/body connection and Biofeedback.

Module 2. Individual baseline assessment, run outside performance-review channels so that it carries no career risk.

Module 3. Participants introduced to proven specific coping strategies (neuroplasticity).

Module 4. Techniques applied under Biofeedback to determine mastery and build confidence in the new skills. Generic stressors used in these sessions.

Module 5. Decision-making under acute market volatility, modelled on the conditions the Cambridge research studied. Conducted one-to-one.

Every program is licensed to the organisation. IPS trains your own personnel to deliver it, and facilitators are recertified every twelve months so that quality does not drift. The capability stays inside the organisation rather than leaving when a contract ends.

*NEXUS BIOFEEDBACK

"The NeXus biofeedback solutions provide deep insights into health for empowering autonomic self-regulation with real-time feedback training." ~ Mind Media.

*HEARTMATH

The value of breath in the pursuit of emotional regulation.

*MINDFIELD eSENSE

The take-home sensor participants use to practise between modules.

TOMORROW MADE PRESENT

innovativepsych.com.au

Arrange a 20-minute consultation

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Bookings require a minimum of 48 hours' notice. Delivered in person or remotely, worldwide.