

# Sensory Matrix™

An easy and practical tool to improve mental health and wellbeing

## Benefits of the Sensory Matrix™ Online Self-Assessment

- ✓ An individualised wellbeing guide according to your DNA
- ✓ Non-biased results identifying your unique sensory needs
- ✓ Easy self-help and self-care tips that really work and can be implemented immediately
- ✓ Cope with daily stress and overload effectively
- ✓ Manage constant change with more insight and energy
- ✓ Easy, effective and simple solutions to cope best with your daily home- and work environment demands
- ✓ A must-have resource for personal and corporate wellness



*"What a wonderful tool, helping people make sense of their world and the way they respond to it. The Sensory Matrix™ is truly an inviting tool and easy to follow. It provides rich information around our sensory input that no one should be without. The practical sensing strategies are just amazing and really make life easier."*

**Colette Swart, Psychometrist**



You are unique in how you respond to environmental stimuli.

The Sensory Matrix™ measures your genetic and inborn sensory thresholds for your 7 senses to determine how you navigate daily interactions. It is a revolutionary, brain- and science-based assessment producing a 26-page report, with insights and strategies, which are easy to assess, and even easier to apply.

## Why clients across the globe are choosing sensory intelligence® for wellbeing

With more than 33 years of mental health experience and HPCSA registration, celebrated author of "Sensory Intelligence - why it matters more than IQ and EQ" and multiple award winner, Dr Annemarie Lombard is an undisputed thought leader, researcher and subject expert on sensory neuroscience. She trained hundreds of healthcare practitioners and coaches to share sensory intelligence® with clients across the globe. With simplicity, innovation and passion, sensory intelligence® transforms individual lives and corporate workplaces for the better as hundreds of clients nationally and internationally will tell you.



**Get your Sensory Matrix™ today**  
Invest in yourself and radically improve your mental health and wellbeing

