

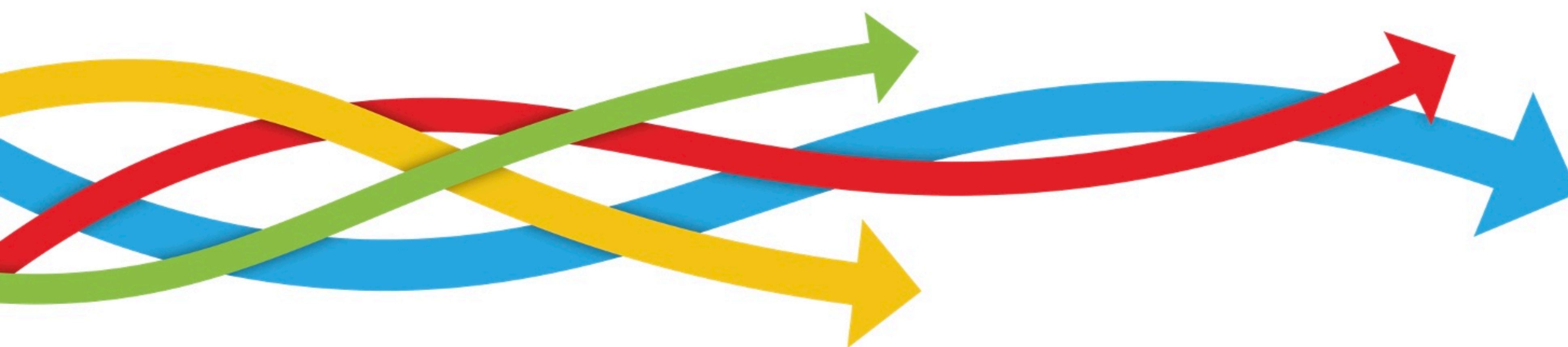
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COACHING
CHALLENGE YOURSELF

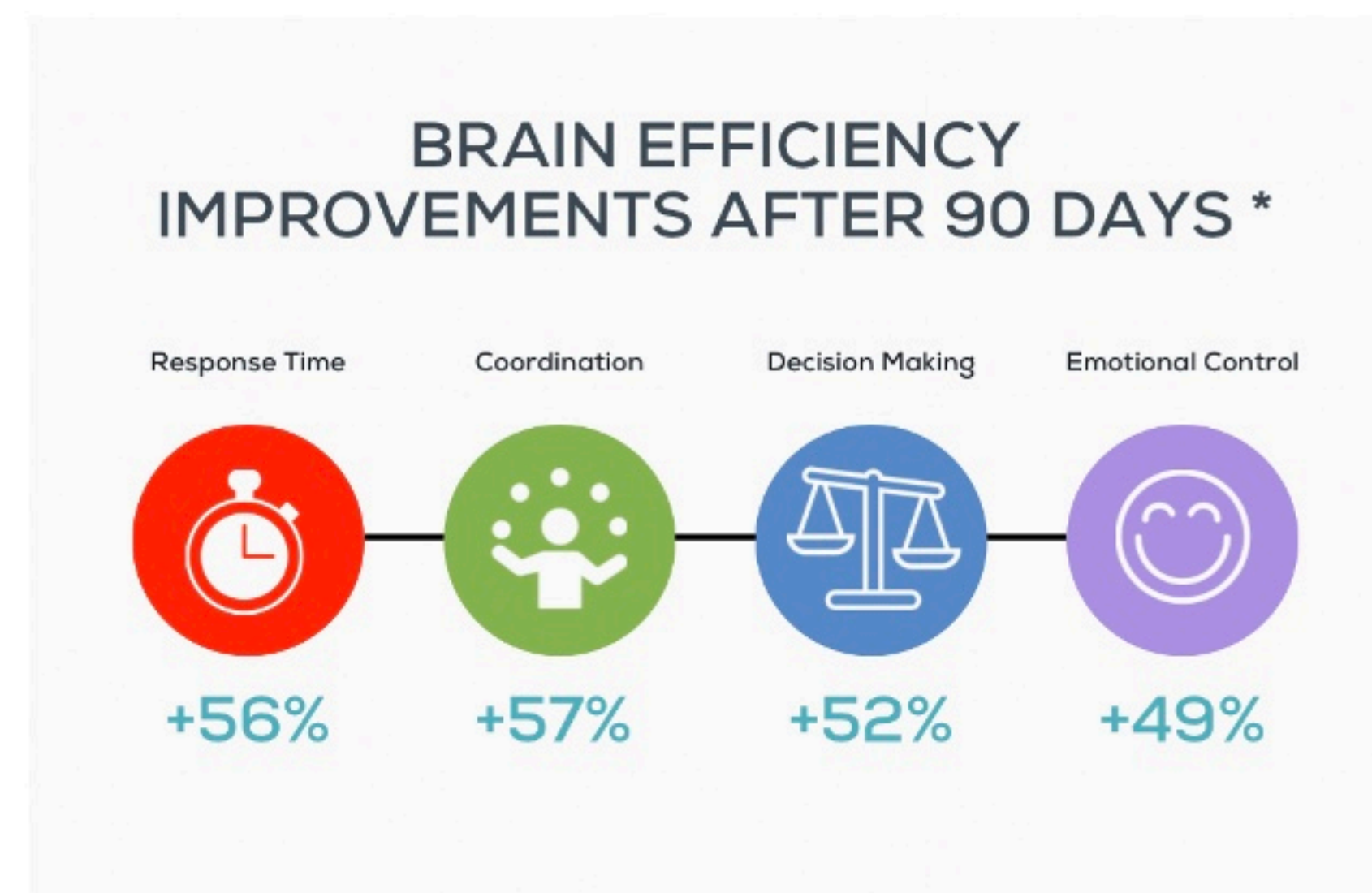
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NEURODIVERGENT WORKSHOPS

THE ZING METHOD™

A simple balance practice to boost focus, calm, and dopamine. The Zing Method™ is a quick, physical activity designed especially for people on the neurodiversity spectrum — though it can benefit anyone. It combines balance, body awareness, and gentle movement to stimulate the brain's dopamine pathways. This helps improve focus, reduce stress, and bring a sense of calm clarity.



By standing on one leg, you're giving your brain and body a mini-workout in coordination. This kind of movement increases dopamine, strengthens neural connections, and supports executive function — making it a powerful “reset button” for the day.

WHO CAN USE THE ZING METHOD™?

ADHD – boosts dopamine and focus; great as a reset before starting a task.
Autism / Asperger's – calming sensory input; increases grounding and body awareness.
Dyslexia, Dyspraxia, Dyscalculia – helps improve coordination and confidence.
Tourette's – can be used gently to redirect energy into controlled movement.
Anyone - who wants a quick, energising way to sharpen concentration.

No special equipment is required — just your body and a safe space to stand.

ZING METHOD™ WORKSHOP ACTIVITY

Find Your Balance

Stand tall with feet hip-width apart.
Take a deep breath in, shoulders relaxed.

One-Leg Balance

Lift your right foot slightly off the floor.
Balance on your left leg for 20–30 seconds.
Focus on a point straight ahead to help steady yourself.

Switch Sides

Place your right foot down.
Lift your left foot slightly off the floor.
Balance on your right leg for 20–30 seconds.

Repeat the Cycle

Alternate between legs 3–5 times.
Rest briefly between sets if needed.
Total practice time: 3–5 minutes.



TIPS FOR SUCCESS

Hold onto a chair, wall, or table if needed — safety first.

Try closing your eyes (advanced level) for extra brain engagement.

Use as a reset tool during the day — before work, study, or when feeling scattered.