

Sensory Matrix™

Discover your unique Sensory Identity™

A science-backed self-assessment to reduce stress, improve focus, and support wellbeing at work and home



Do you know why you feel overwhelmed, distracted, exhausted, or burned out?

Your **sensory system** may be the **missing piece**.

The **Sensory Matrix™** is a science-backed **online assessment** that measures how your **nervous system responds** to the **world** around you through your **7 senses**. It helps you understand the **hidden sensory patterns** that influence your stress, energy, focus, communication, productivity, and wellbeing.

Unlike generic personality or wellness tools, the **Sensory Matrix™** provides **personalised insight** into your **unique sensory thresholds** with **practical strategies** that can be **implemented immediately**.

What You'll Discover

- Your unique **sensory processing style** across all **7 senses**
- Your **triggers** contributing to stress, overwhelm, distraction, and fatigue
- How your sensory thresholds **influence** your behaviour, communication, productivity, and relationships
- Practical **self-regulation strategies** for work, home, and daily life
- Simple ways to **reduce digital fatigue** and **protect your energy**
- Your **Sensory Identity™** and position on the **Sensory Tree™**: Are you a root (sensory avoider), trunk (sensory neutral), or a leaf (sensory seeker)



What's Included?

Your personalised 26-page report includes:

- Detailed **sensory threshold** results
- Easy-to-understand **explanations** and visual **insights**
- Practical **sensory strategies** for home and work
- Sensory **snacks**, sensory **diets**, and sensory **ergonomics** (personalised nervous system resets)
- **Wellness** and **self-regulation** recommendations
- Guidance to **improve** focus, performance, and wellbeing



Who Is It For?

The Sensory Matrix™ supports:

- **Individuals** experiencing stress, overwhelm, burnout, or digital fatigue
- **Neurodivergent individuals** seeking greater self-understanding and strategies
- People living with **anxiety, depression, addiction** or related mental health challenges who want practical, personalised solutions
- **Healthcare practitioners, coaches, and therapists** who want to expand their impact tools



Create a life that works for you

Reduce stress | Improve focus | Prevent burnout | Thrive with personalised sensory insights

Get your Sensory Matrix™ today