



1. Introduction of self

Irving Dindoyal. Amateur retail trader who got interested in the financial markets in order to try to understand them. I am currently learning from Ken's program.

2. What your day job is

Software Development Tech Lead.

3. Your experience in trading prior to joining the NT program

Tried various trading seminars, various meetups, trading in both real and demo accounts. Not being successful for more than a month at a time. Found it difficult to maintain consistency in profits and to sticking to a single method. Not being sure what works and what does not. Repeated cycle of gaining and then losing confidence in trading.

4. What have I learnt from Ken Medanic during the NT program

No method is forced upon you. There is no course to follow. You are the trader and have to monitor your own psychology and self-discipline, to go through your own personal trading journey. Ken provides inspiration through metaphors and stories from other training disciplines. However, it is up to the trading individual to piece together the material and make it work for them through perseverance and self-evaluation. There are no shortcuts. It is a program of iterative refinement.

5. What do I think about his knowledge of financial market trading

Ken appears to have a broad range of knowledge of financial market trading. I cannot comment on his trading results or on his style of trading. I cannot implement his method of trading successfully since I have not been able to get it to work for myself. However, my own trading system might be similar to his method but different. Ken seems to concentrate on the psychophysiological analysis rather than individual trading systems. We are free to use and refine our existing trading system. He encourages us to keep the trading system simple so that it can be easier to analyze the results. From the program it is apparent that people are using various trading systems.

6. How do I rate his knowledge about peak performance and the impact it has on me to get into a peak state?

Ken's definition of peak performance state is something that we are still attempting to reach during trading. I think Ken excels in his exposition of confidence in oneself for maintaining composure during current and future trading events. He teaches you to become more aware of your emotions, psychophysiological markers before and after you have placed the trades. By being aware of these, the trader can monitor themselves to judge the degree at which a perceived peak state is reached. I am definitely more aware of my own psychological activities and habits when I am about to place a trade and afterwards. These perceived psychological metrics are recorded in a trade journal and correlations are drawn with the actual trades placed.

7. How have I benefitted as a trader?

The main benefit from trading in this program is that I trust myself more when making trading decisions. Ultimately the aim is to turn the trader into a precision-tuned financial indicator. I am still working on this but aim to get better every week. I still suffer from having too many methods to trade. I now code these methods into automated algorithms. This frees up my time so that I can focus on refining my technique of trading a single manual implementation. Both my manual technique and my current automated algorithms are profitable and are operating on real accounts.

8. How have I benefitted in life (general)?

This is difficult to answer but being good in any field means you need to have balance in your life as well. Since I am predominantly left-brained, I have taken some steps to stimulate my right hemisphere during downtime. In the webinars Ken goes over various attitudes to life and talks to you about determining your own balance in the mentoring sessions.

9. What is it like to use a wearable device as a trader? What is the benefit?

The device is cordless and rests on one finger. It is sensitive and provides real-time feedback of heart rate, skin conductance and temperature. Currently we are only using the device to monitor our physiological response in a controlled setting for use as a baseline. In our trading journal we can compare our trading operating modes to this baseline setting. Eventually the device will be part of the trading system to allow trades through if the physiological response is within limits.