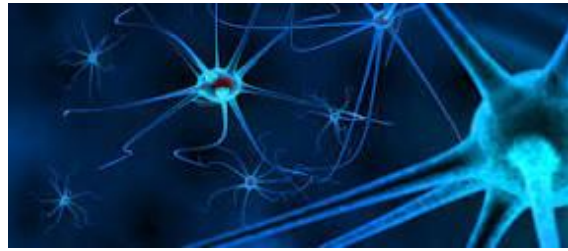


Neuroscience – lead with your brain in mind



Neuroplasticity - Your brain is highly plastic – you can change habits and behaviours by consciously changing your brain wiring

Change - Knowing that if you want to change something you need to practice regularly and consciously focus on that change.

Pre frontal cortex

Using the power of your prefrontal cortex you can practice changing your self - talk and controlling your emotions.

Amygdala

Understanding what triggers your amygdala hijack

Understanding what you might be triggering in others....

Goal setting

Consciously setting yourself goals for personal growth – ie more that ‘task’ what behaviours do you want to change

Creative Subconscious

Using the power of the creative subconscious to use your brain more effectively

- Leaving problems to ‘mull’ sleep on it – go for a run etc
- Using creativity – metaphor story - reframing looking at things through different lens
- Using your intuition – listen to your ‘gut’ rather than ignoring it

Your filters

Taking the time to reflect on yourself and your own filters that create your perception of reality – how do your beliefs, biases and prejudices colour your thinking do they need to be revisited / updated/ reframed.