

DISCOVERY
SERIES: 3

APPLIED
NEUROSCIENCE

BENEFITS OF APPLIED NEUROSCIENCE

1. HELPS YOU TO WORK WITH,
NOT AGAINST, THE BRAIN.
2. GIVES YOU BETTER WAYS OF
THINKING AND CREATES GREATER
CHOICE.
3. PROVIDES PRACTICAL
APPLICATIONS FOR COACHING,
LEADING, PARENTING, TEACHING,
BEING....

MYTHS ABOUT THE BRAIN.

1. IT'S ALL DOWNHILL AFTER
30, 40, 50....
2. THERE ARE LEFT BRAIN AND
RIGHT BRAIN PEOPLE.
3. FEMALES ARE BETTER AT
MULTI-TASKING.
4. MALES HAVE BIGGER BRAINS.
5. OUR PERSONALITY IS FIXED
AT BIRTH.

MYTHS ABOUT THE BRAIN

6. WE HAVE A REPTILIAN BRAIN,
A LIMBIC BRAIN AND A NEOCORTEX.
7. PEOPLE WHO ARE CONFIDENT
ABOUT WHAT THEY REMEMBER ARE
MORE ACCURATE ABOUT WHAT HAPPENED.
8. WE ONLY USE 10%-20% OF OUR
BRAIN.
9. MEN ARE LESS EMOTIONAL THAN
WOMEN.
10. LISTENING TO MOZART MAKES YOU
SMARTER.

SELF-AWARENESS

INTERPERSONAL

- ↳ OBEY GROUP RULES; CONSIDER OTHERS' PERSPECTIVES; EMPATHIC CONCERN.
- ↳ ACTS UNCONSCIOUSLY TO PROMOTE GOOD RELATIONS WITH OTHERS IN ORDER TO MAINTAIN GROUP MEMBERSHIP.
- ↳ OXYTOCIN
MIRROR NEURONES

SELF-AWARENESS

SELF-IDENTITY

- ↳ CONSCIOUS OF IMPACT ON OTHERS
EMPATHIC UNDERSTANDING
- ↳ CONSCIOUS OF OWN ROLE IN MAINTAINING GOOD RELATIONS.
CHANGES BEHAVIOUR TO OBTAIN THIS.
- ↳ VENTRO-MEDIAL PREFRONTAL
CORTEX

SELF-AWARENESS

INTER-INDIVIDUAL

- ↳ NOTICES BOTH SIMILARITIES AND DIFFERENCES BETWEEN SELF AND OTHERS WITHOUT JUDGEMENT.
- ↳ CONSCIOUS OF OWN BELIEFS + VALUES
NOTICES WHEN THESE DIFFER FROM OTHERS AND WHAT IS COMMON WITH OTHERS. CAN USE THIS TO RESOLVE CONFLICT.
- ↳ VENTRO-MEDIAL PREFRONTAL
CORTEX
ORBITO-FRONTAL CORTEX

APPLIED NEUROSCIENCE

5* 2-DAY MODULES:

1. EMOTIONAL REGULATION AND MOTIVATION
2. CREATIVITY, INSIGHT AND CREATIVE PROBLEM SOLVING
3. LEARNING AND MEMORY
4. DECISION MAKING AND PLANNING
5. STRESS, RESILIENCE AND CONTEMPLATIVE NEUROSCIENCE