



MASTERY  
SQUARED

## REWIRING YOUR BRAIN

*Getting Rid of Self Imposed Limitations*

**DESCRIPTION** You cannot change how you think, feel and behave without changing your brain. Fortunately, there is a revolution occurring in brain science. Breakthrough research in the last 10 years, particularly in the last 2 years, has proven that the brain can be consciously re-wired. *"Cells that fire together, wire together."* The brain is always developing new connections between neurons and killing off old connections that are not being used. It's possible to consciously develop connections that promote good habits and diminish the effect of those that support bad habits.

These full and half day workshops introduce leaders to multiple practical tools for assessing areas for potential re-wiring and exercises to consciously rewire patterns of behavior that diminish leadership success.

### OBJECTIVES

By the end of the session, leaders will be able to:

- Understand neuroplasticity, the functions of the brain and how they impact their leadership.
- Utilize a process for re-wiring the brain to better leverage leadership strengths and manage disruptive tendencies
- Utilize 1-2 skills to tame the amygdala in order to focus thinking and increase employee and customer satisfaction
- Create positive narratives to wire in healthy pathways in difficult circumstances
- Utilize 1-2 skills to activate the left frontal lobe to increase positive feelings and impact
- Describe how regular meditation contributes to well-being, assess current behavior and create an action plan

# AGENDA

1 Day Session	Half Day Session
<p><b>Introduction</b></p> <ul style="list-style-type: none"><li>• Welcome, purpose, workshop overview and approach</li><li>• Expectations &amp; introductions</li></ul> <p><b>Introduction to Neuroplasticity</b></p> <ul style="list-style-type: none"><li>• Research and overview</li><li>• Process for re-wiring</li><li>• Application exercise</li></ul> <p><b>Taming the Amygdala</b></p> <ul style="list-style-type: none"><li>• Overview</li><li>• Application exercise</li></ul> <p><b>Activating the Left Frontal Lobe to Create Positive Impact</b></p> <ul style="list-style-type: none"><li>• Overview</li><li>• Application exercise</li></ul> <p><b>The Positive Narrative</b></p> <ul style="list-style-type: none"><li>• Review research</li><li>• Application exercise</li></ul> <p><b>Mindfulness and Meditation</b></p> <ul style="list-style-type: none"><li>• Current scientific research review</li><li>• Mindfulness practice</li></ul> <p><b>Daily Practice Planning</b></p> <ul style="list-style-type: none"><li>• Create specific re-wiring actions to take daily for the next 90 days.</li></ul> <p><b>Close</b></p> <ul style="list-style-type: none"><li>• Celebration</li><li>• Evaluation</li></ul>	<p><b>Introduction</b></p> <ul style="list-style-type: none"><li>• Welcome, purpose, workshop overview and approach</li><li>• Brief introductions</li></ul> <p><b>Introduction to Neuroplasticity</b></p> <ul style="list-style-type: none"><li>• Research and overview</li><li>• Process for re-wiring</li><li>• Application exercise</li></ul> <p><b>Taming the Amygdala</b></p> <ul style="list-style-type: none"><li>• Overview</li><li>• Application exercise</li></ul> <p><b>The Positive Narrative</b></p> <ul style="list-style-type: none"><li>• Review research</li><li>• Application exercise</li></ul> <p><b>Daily Practice Planning</b></p> <ul style="list-style-type: none"><li>• Create specific re-wiring actions to take daily for the next 90 days.</li></ul> <p><b>Close</b></p> <ul style="list-style-type: none"><li>• Celebration</li><li>• Evaluation</li></ul>

Mastery Squared Mission: To support the creation of vibrant and successful organizations by raising leadership consciousness. We do this by offering unique consulting, coaching, and leadership development experiences that demystify and make practical best practices from neuro-science, emotional intelligence and mindfulness.

CONTACT

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