

## 21<sup>st</sup> Century Leadership

We offer a **leadership program** that includes **modules** on:

- Introduction to Mastering the Mind
- The 24/7 Antidote: Increasing Resilience & Reducing Stress
- Higher Productivity attained through Improving Memory and Learning Capacity
- Building Emotional Intelligence and Resonance as a Leader

# mastering the mind



*One thing I can do each day to*

master  
my mind

### *Through simple practices and creating new habits, we can:*

- Reduce stress & build resilience
- Think more clearly; make better decisions
- Increase productivity
- Enhance relationships
- Improve memory
- Increase your immune system
- Potentially slow down aging

*Applying advances in neuroscience and the study of high performance to the art & science of sustainable leadership*

**Build the capacity to act from choice rather than habit**

*For further information or to receive a complementary reading list and key articles, please contact*

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Using the **MIND** to

# change the brain



## PRACTICAL LEADERSHIP STRATEGIES

We can create small, daily habits of restorative practices that are easy-to do and which build resilience, improve thinking, productivity, decision making, the immune system and potentially, slows the aging process.

### How would it be to:

- > maintain your sense of calm and mastery even in the face of unrelenting change, intensive workloads and growing complexity?
- > more easily gain access to people's intellectual, cognitive, emotional and character resources in the most challenging situations?
- > create an environment where people could give their best, nearly all of the time?

Consider how **rewarding** and **satisfying** this would be for you and for your organization.

Consider what **impact** this would have on **prosperity, people** and our **planet**.



# leading in our VUCA world

**V**olatile

**U**ncertain

**C**omplex

**A**mbiguous

Recent advances in **neuroscience**, demonstrate the great capacity of the adult brain for **neurogenesis** – the lifelong ability of the brain to regenerate and create new abilities. Combined with the study of **well being** and **high performance**, we know now how much leaders can learn, grow, evolve and transform themselves.

## The Amygdala Hijack

As human beings we are constantly scanning our environment for possible threats. We can be triggered by a comment or movement at work that can set off a chain reaction, effecting

our physiology and ability to think clearly. This Amygdala Hijack undermines productive strategies in a work context. We can learn to choose the more effective road.

## Antidote: 21<sup>st</sup> Century Leadership

In our VUCA world, leaders can build new ways of thinking and operating to increase both effectiveness and satisfaction. By spending from a few minutes to twenty

minutes per day on a variety of simple practices, we achieve positive changes in our neural networks, known to bring significant performance benefits.