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 **Institute**



The Neuroscience of Resilience

PART 1



Regulating Your Lizard Brain to Get Productive Again









$$2 + 2 = 5$$

Fight or Flight Can Be Unconscious



We Do Have a Negative Bias






Introducing Neuroscience Concepts into Your Life & to Your Coaching Clients



Poll

Resilience: the capacity to recover quickly from difficulties

Understanding that resilience is a SKILLSET.
Like any skill, it can be improved with applied
effort and intention.



PART 2



HOW TO COACH AROUND HEALTHY EMOTIONAL HABITS



Steps to Regulate the Lizard Brain & Build Resilience



The “Straight A’s” of
Emotional Regulation & Personal Growth

1. Acceptance
2. Awareness
3. Ask
4. Action
5. Accountability
6. Acknowledgment



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NAME IT TO TAME



SAD

ANGRY



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The process of strengthening the PFC helps us move from default emotions & actions to productive emotions & actions.



Introducing Neuroscience Concepts to Your Coaching Clients



The 4 C's

Coaching application: What neuroscience information can I apply here?

Content: "The What". Directly share a neuroscience fact that applies to the client's situation.

Context: "The Why". Tell client why you're sharing this information.

Client's Understanding: Ask powerful questions to seek the client's understanding of the brain science that you shared.



WRAP-UP



The brain is incredibly plastic and can change.
Applied effort and practice accelerates the
change.

Our lizard brain has a negative bias when our
status quo is disrupted.

Intentionally regulating your emotions
strengthens the prefrontal cortex which builds
the skillset of emotional regulation and
resilience.



WRAP-UP



Strategies: Journal, talk about your emotions with a trusted friend or professional, practice “asking” yourself how you’re feeling, how you want to feel, and what “action” can be taken to feel that way.

These strategies strengthen the PFC which helps us move from default emotions & actions to productive emotions & actions.

What's next? Want to keep hanging out
with Hayden & Kelly? :

Online Course

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***ICF Accredited for 12 CCEUs
(9 Core Competencies, 3 Resource
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10 Video Sessions and Live Q&As***

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