Hayden Lee MCC Kelly Kent PhD

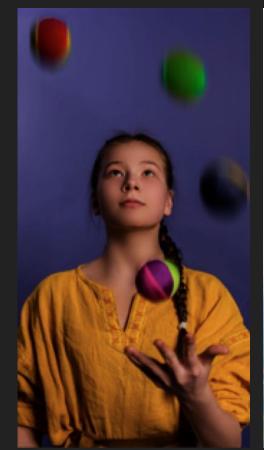


The Neuroscience of Resilience

Regulating Your Lizard Brain to Get Productive Again





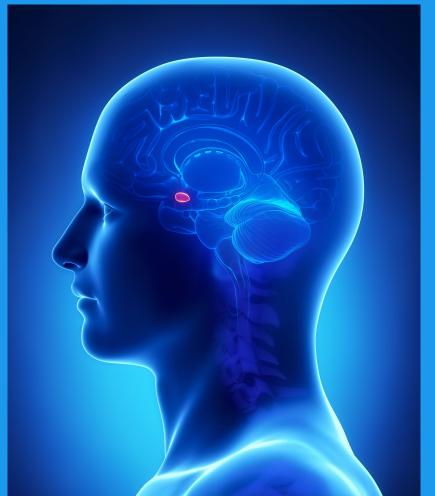














2+2=5



Fight or Flight Can Be Unconscious

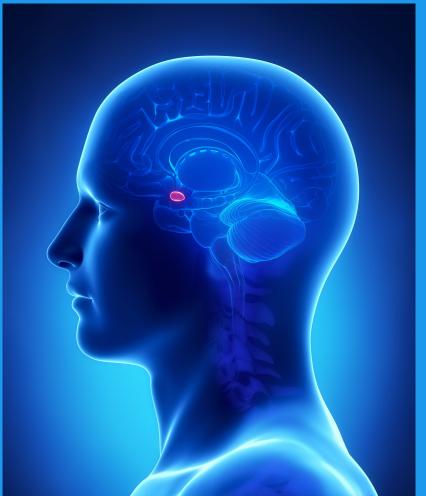












Introducing Neuroscience Concepts thte Your Life & to Your Coaching Clients

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.

HOW TO COACH AROUND HEALTHY EMOTIONAL HABITS





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





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





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



NAME IT TO TAME





SAD

ANGRY



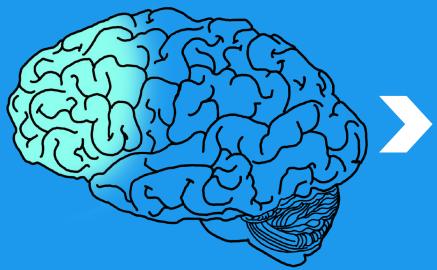




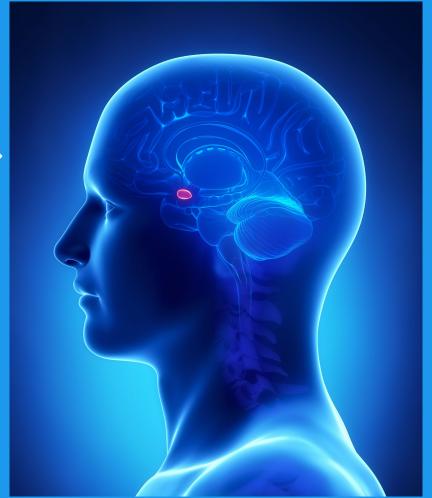
- 1. Acceptance
- 2. Awareness
 - 3. Ask
 - 4. Action
- 5. Accountability
- 6. Acknowledgment







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



Introducing Neuroscience Concepts (1) to Your Coaching Clients

The 4 C's

Coaching application: What neuroscience information can lapply 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.



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.





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?:

Information for Transformation: The Neuroscience of Coaching

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

Master Mind Institute

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

Online Course
Information for Transformation: The
Neuroscience of Coaching Normal Price: \$529
Special Offer.

Save 30% (\$158.70 Savings). Offer ends Sunday, 11/22/20 Coupon Code: ICFLA30

After Sunday 11/22/20, Save 15% (\$79.35 Savings).
Coupon Code: ICFLA15

www.mastermindinstitute.com

Master Mind Institute



www.mastermindinstitute.com

Like us on Facebook

@Master Mind Institute
and Twitter:

@MasterMind_Inst