



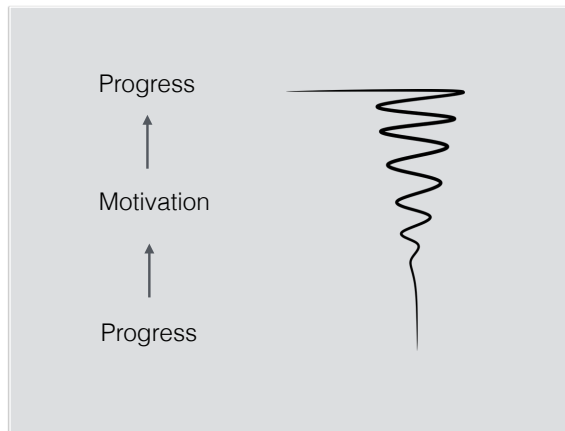
## 10 Little-Known Neuroscience Strategies

You Can Use  
when Coaching Clients

by Dr. Irena O'Brien, PhD



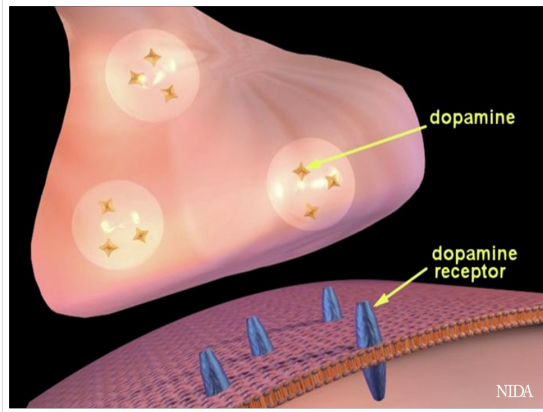
## 1. Motivation



## Progress Loop



*"I'm helping put  
a man on the moon"*

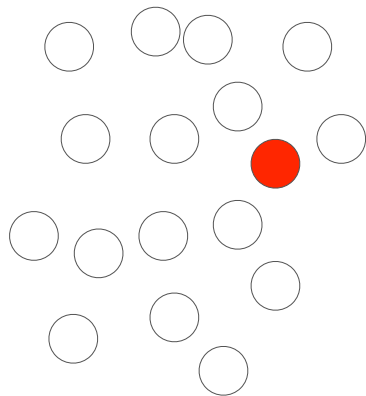


Create Success  
with small goals



Question

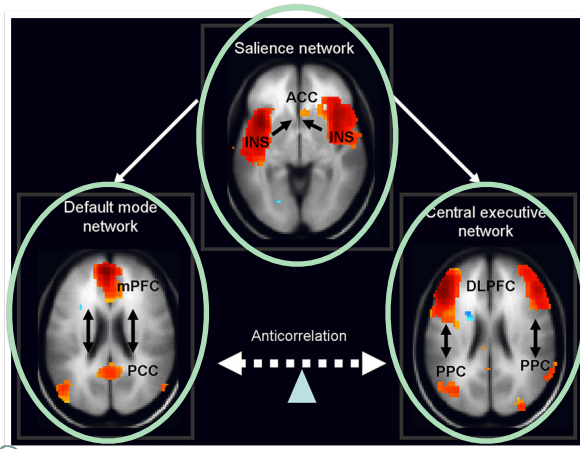
What small, but important,  
work-related task could you  
start your day with?



2. Attention



Reactive Attention  
vs  
Deliberate  
Attention



Default mode network  
or  
Central executive network?



Question

Why don't you try looking around the room right now.

How does it change your internal state?



3. Multi-tasking



Multi-tasking  
may cost you  
40%  
of your day



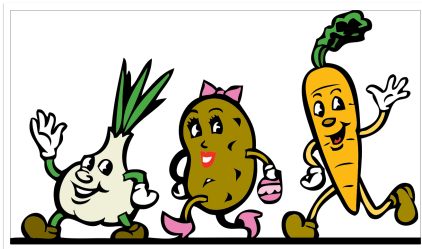
## Question

How much time do you waste by trying to multi-task?

What if you focused on one thing at a time?



## 4. Willpower



The environment always wins!



## Question

What are one or two small ways that you can change your environment right now?



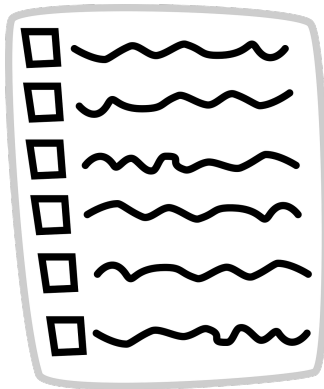


## 5. Insight

“a great  
speculative leap”



## The ‘Aha’ moment



To-do lists can  
get in the way  
of creativity



- ✓ Relax and let your mind wander.
- ✓ Sleep on the problem, meditate, or step away from it.
- ✓ Cultivate an uncluttered mind.

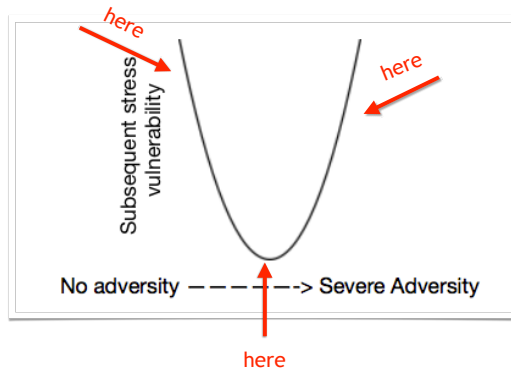


## Question

How can you add some down time into your schedule?



## 6. Resilience



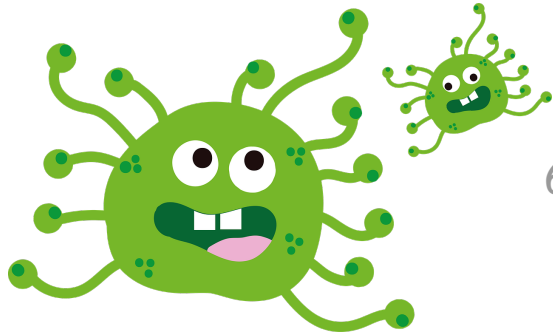
Some adversity is better than no adversity or high adversity



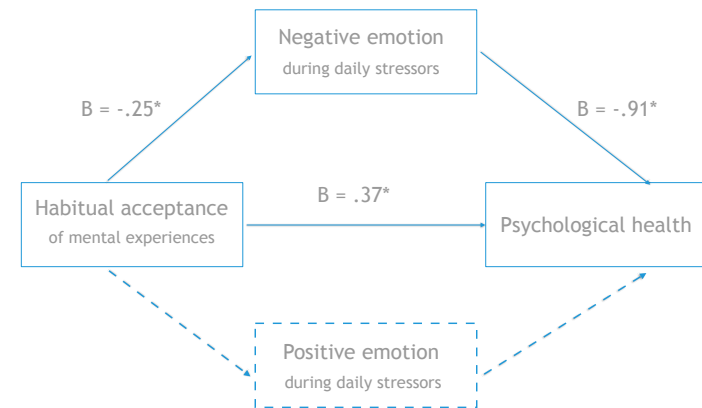
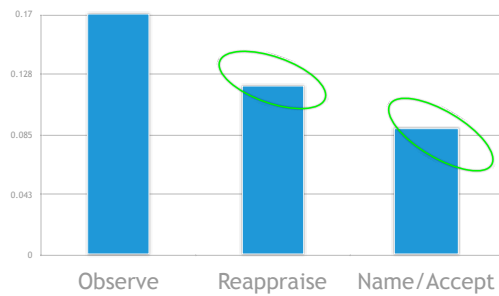
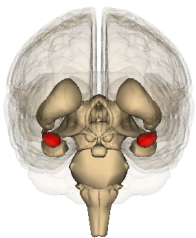
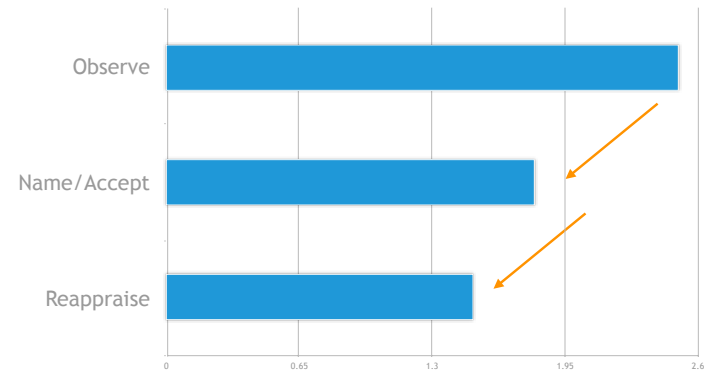
## Question

What other, more descriptive, words could you use to describe a stressful situation? Frustrated, disappointed, or confused, for example?

How does that change your experience of what's happening now?



## 6. Problematic Emotions





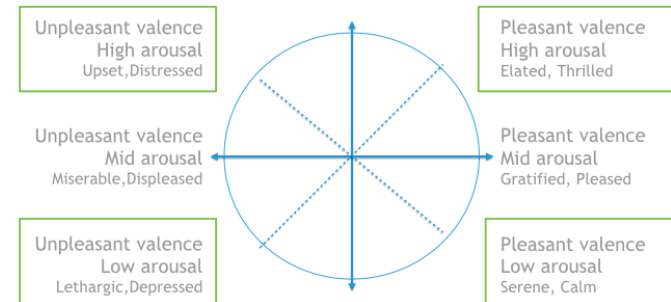
## Question

Labeling a problematic emotion is the quickest way to reduce its salience.

What emotion or feeling can you label?

Do you feel that it's calmed down your nervous systems?

## 8. Body Budget



Lack of sleep affects our vigilance and makes us angrier



Healthy lifestyle for cognitive functioning and psychological health





## Question

Looking back over today or yesterday, how well did you eat, exercise, and sleep?

How was your mood, focus, and energy?

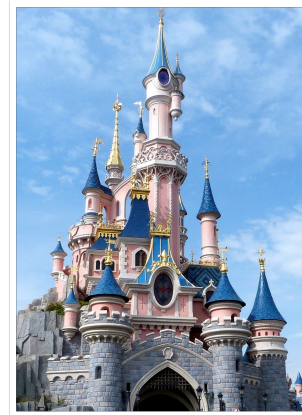
Can you see a relationship between the two?



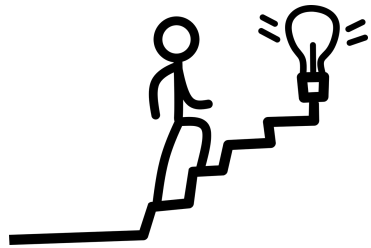
## 9. Visualisation



*Before every shot  
I go to the movies inside my head*



Visualizing a  
successful outcome is  
just fantasy



Visualize the steps  
you need to take  
to achieve your goal



## Question

Has this changed how you look  
at visualization?

How will you visualize in the  
future?



## 10. Self-esteem

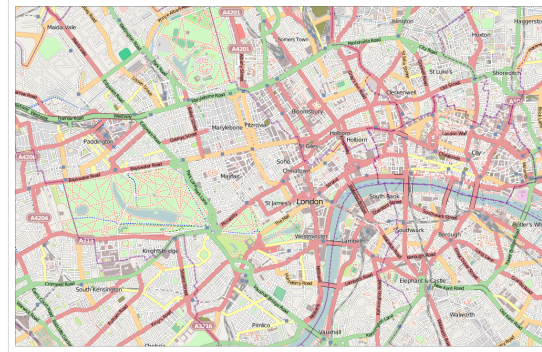
This went well today, because I am .....



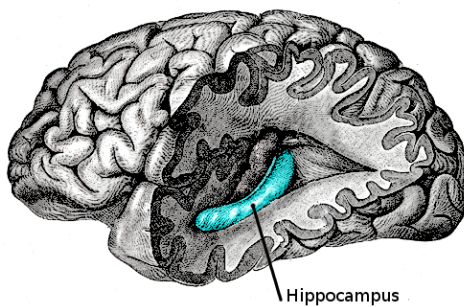
## Question

... went well today, because I am ...

How does it change your energy?



## Neuroplasticity



Henry Vandyke Carter - Henry Gray (1918) Anatomy of the Human Body (See "Book" section below)  
Bartleby.com: Gray's Anatomy, Plate 739

- Goal
- Effortful
- Repetition



## Question

How could you structure tasks to help your clients create neuroplastic change?

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Questions?

