

This session will be a brainstorming and discussion around how coaches are integrating science/neuroscience into our coaching conversations and sharing best practices, methodologies, and other devices to elevate the coaching session.

Coaches will take away some new ideas, methodologies, and thought processes to use science, either directly or indirectly in their coaching practice. This session is a combination of the three years of neuroscience, Coaching, and SIG and we will do an overview of some of the prior practices and learnings and how we can integrate them into a Coaching session or framework.

Brainstorming



Value of Neuroscience to coaching?



How are you using neuroscience in your coaching?



How does it impact your coaching?



What is your “go to” neuroscience practice?



How are you talking about neuroscience, if at all in your sessions?



How is it helping you as a coach?



What would help you even. more (ie. What else!)

Overview Of Past SIG Topics

- ▶ Being in flow
- ▶ Sleep to best self
- ▶ Positive Intelligence
- ▶ Mindset (fixed/growth)
- ▶ Breathing to calm
- ▶ Understanding basic neuroscience
- ▶ Science of emotions
- ▶ Emotional bill of rights
- ▶ Science of psychological safety - hormonal impacts
- ▶ Emotional Intelligence
- ▶ Science of Habits
- ▶ Meditation/mindfulness
- ▶ Different neural networks (TPN, etc)
- ▶ Building Resilience
- ▶ The science of goal setting
- ▶ Science of Happiness
- ▶ The multiple “brains” - heart, gut, brain
- ▶ Neuroscience Hacks
- ▶ Motivation and Bias

Here are the links to all of the past Science of Coaching / Neuroscience SIGS videos available online at ICFLA – Slide 1

9/30/22 - The Science of Overcoming Fear – Practical Tools and Techniques for Coaching Clients to Overcome Fear Desiree Briel Rodi, ACC

<https://www.icfla.org/product/video-the-science-of-coaching-sig-september-2022/>

8/26/22 - The Science of Emotions - Dr. Bill Nolen / John Penrose

<https://www.icfla.org/product/video-the-science-of-coaching-sig-august-2022/>

6/24/22 - The Science of Happiness – What's all the Fuss About? Jo Ann Wenner, MS, MA-T

<https://www.icfla.org/product/video-the-science-of-coaching-sig-june-2022/>

4/29/22 - So much more than “take a deep breath”: why being able to assess and correct your clients breathing will help the mind-body connection Belisa Vranich

<https://www.icfla.org/product/video-the-science-of-coaching-sig-april-2022/>

2/25/22 - From Feeling Stressed to Feeling Strong Science Based Practices for Greater Emotional Resiliency and Fulfillment with Ardeshir Mehran, Ph. D.

<https://www.icfla.org/product/video-neuroscience-sig-from-feeling-stressed-to-feeling-strong-science-based-practices-for-greater-emotional-resiliency-and-fulfillment/>

Here are the links to all of the past Science of Coaching / Neuroscience SIGS videos available online at ICFLA – Slide 2

9/24/21 - The Neuroscience of Psychological Safety, Interpersonal Trust, and Empathy with Kenneth Nowack, Ph.D
<https://www.icfla.org/product/video-neuroscience-sig-the-neuroscience-of-psychological-safety-interpersonal-trust-and-empathy/>

7/30/21 - 10 Little-Known Neuroscience Strategies You Can Use When Coaching Clients Dr. Irena O'Brien, Ph.D.
<https://www.icfla.org/product/neuroscience-sig-10-little-known-neuroscience-strategies-you-can-use-when-coaching-clients-2/>

6/25/21 - The 3 Brains – Head, Heart, and Gut – Connection: The missing link for long-lasting coaching results! Christoffel Sneijders
<https://www.icfla.org/product/neuroscience-sig-the-3-brains-head-heart-and-gut-connection-the-missing-link-for-long-lasting-coaching-results-2/>

4/30/21 - The Neuroscience of habit formation: Change your Habits, Change your Life. Arnaud Complainville Ph.D. / Veronica Brejan, ACC
<https://www.icfla.org/product/neuroscience-sig-the-neuroscience-of-habit-formation-change-your-habits-change-your-life-2/>

2/26/21 - Motivation and Bias: Neuroscience-Based Strategies for Self-Awareness David Ringwood / Tricia Naddaff
<https://www.icfla.org/product/neuroscience-sig-motivation-and-bias-neuroscience-based-strategies-for-self-awareness-2/>

Here are the links to all of the past Science of Coaching / Neuroscience SIGS videos available online at ICFLA – Slide 3

11/20/20 - The Intersection of Emotional Intelligence and Coaching: Neuroscience and Application of EQ
Desiree Briel Rodi, ACC

<https://www.icfla.org/product/neuroscience-sig-the-intersection-of-emotional-intelligence-and-coaching-2/>

9/25/20 - Neuroscience of Coaching: How To Put Resilience Into Action Kelly Kent, Ph.D. and Hayden Lee, MCC

<https://www.icfla.org/product/neuroscience-sig-the-neuroscience-of-risk-and-why-most-coaches-fail-2/>

7/31/2020 - How creating psychological safety and understanding unconscious bias can drive change with Antara Prasad and Maren Gube Ph.D.

<https://www.icfla.org/product/neuroscience-sig-how-creating-psychological-safety-and-understanding-unconscious-bias-can-drive-change/>

6/26/20 - Growth mindset: what is it, why do I need it and how do I get it! (no guest)

<https://www.icfla.org/product/neuroscience-sig-growth-mindset-what-is-it-why-do-i-need-it-and-how-do-i-get-it-2/>

4/24/20 - Eyes on the Prize: Rewiring Your Brain for Goal Achievement with Carrie Williams, PCC

<https://www.icfla.org/product/video-eyes-on-the-prize-rewiring-your-brain-for-goal-achievement/>

Looking Ahead: Vision for 2023

What's next?

What's missing?

Who's an expert?

What to further explore?

Resources

- ▶ Mindset - Carol Dweck PhD
- ▶ <https://www.visualcapitalist.com/every-single-cognitive-bias/>
- ▶ ICF Certified Trauma Informed Coach Certification
<http://positiveintelligence.com/100x/>
- ▶ “Moving the Human Spirit” <https://www.movingthehumanspirit.com/>