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TODAY'S WEBINAR Is Self-Awareness a Skill That Can Be Developed?

Presenters:
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Co-Founders,
BrainSkills@Work,™ LLC

www.brainskillsatwork.com

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MRI & fMRI Technology

Researchers map what is happening in the brain in real time as we perform tasks, think thoughts, and feel emotions

Self-awareness it is an internal state, but it is also comprised of neural connections that can be trained and strengthened in the brain through practice.

Self-Awareness & Leadership Effectiveness

Importance

1
Low

10
High

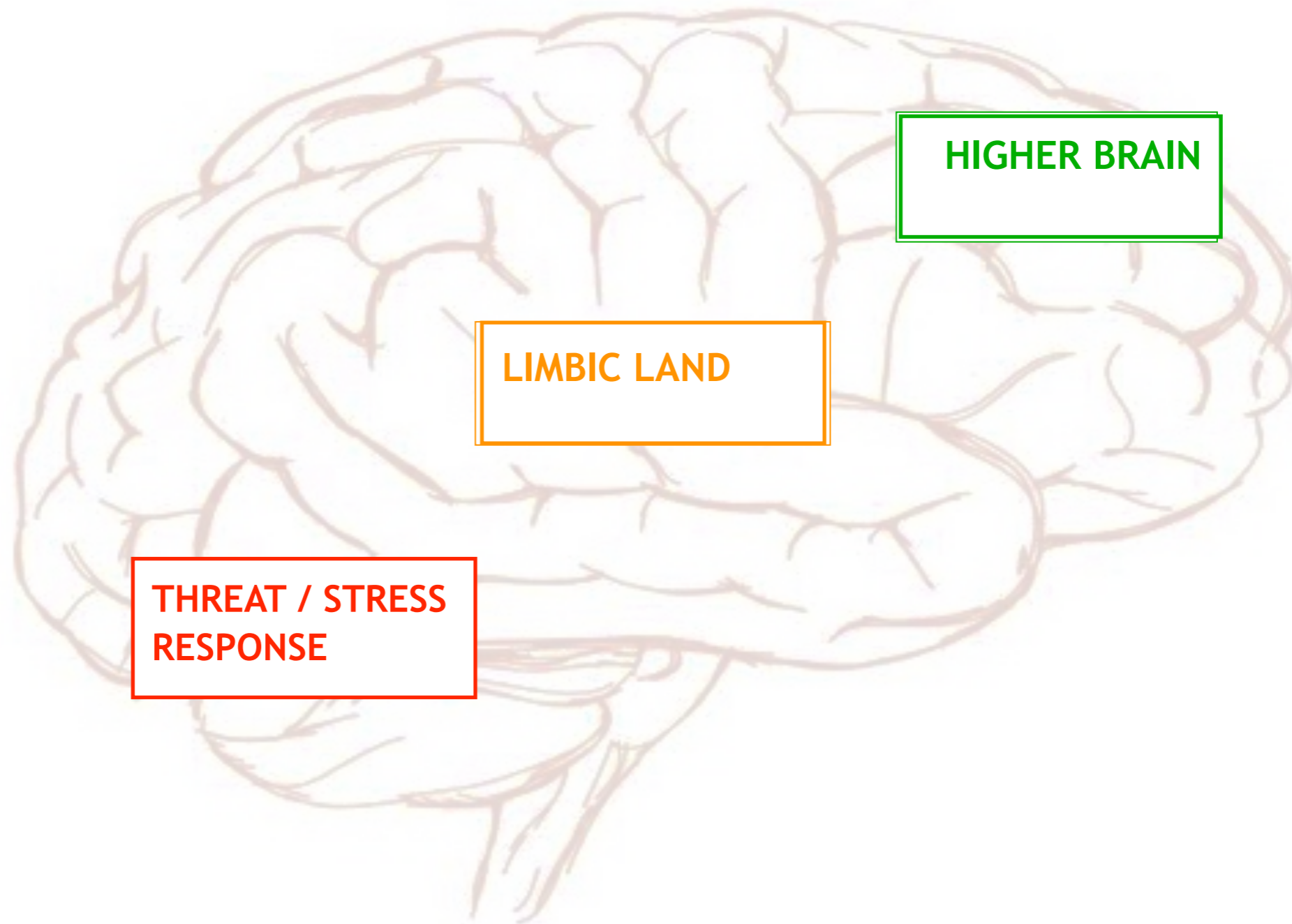
Why?

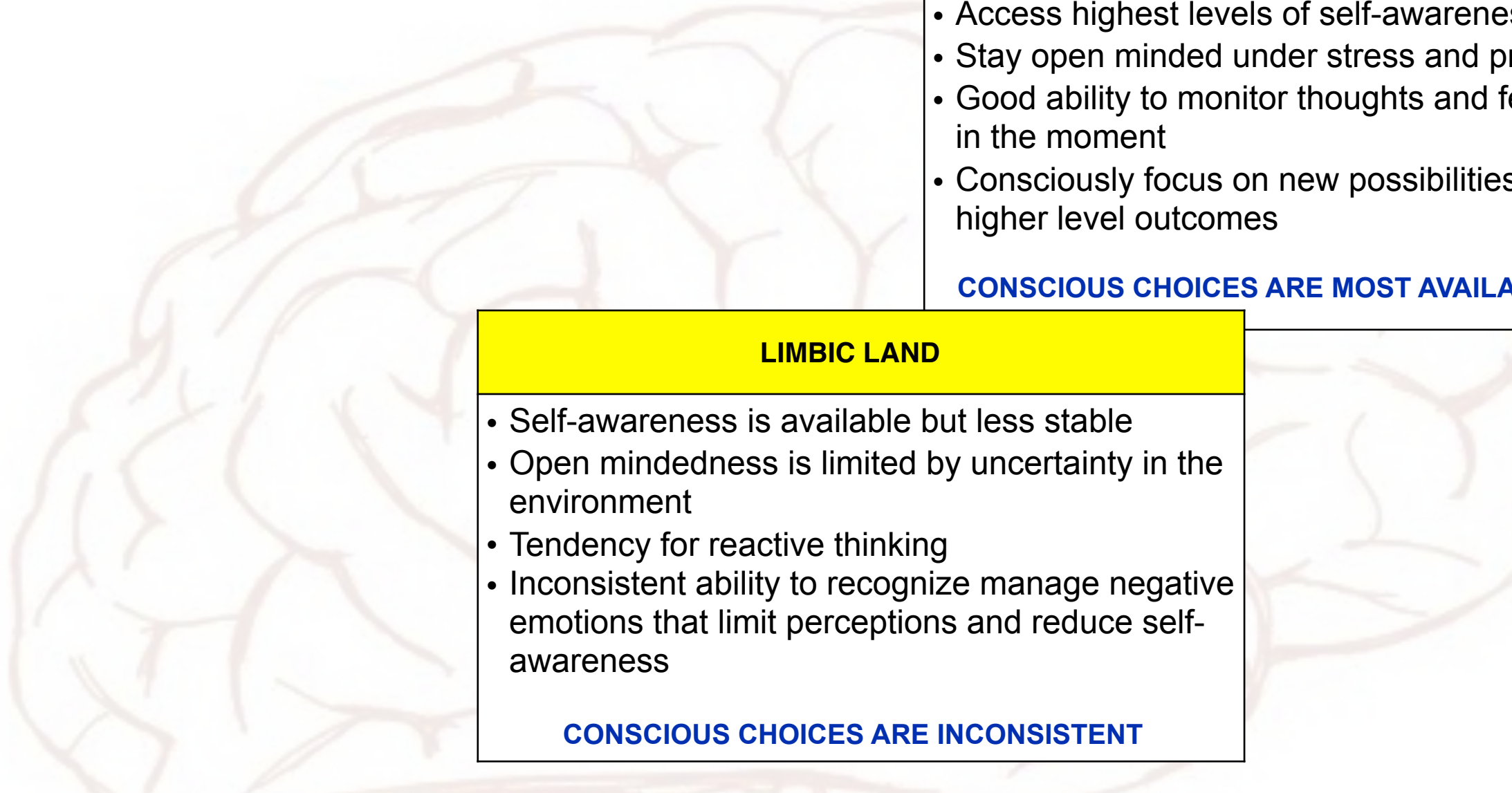
Self-Awareness & Neuroscience

Self-Awareness is:

- Dynamic - shifts throughout the day
- Tied to the brain's emotional center
- Impacted by brain states
- Can be consciously developed

Triune Brain / Evolutionary Brain





HIGHER BRAIN

- Access highest levels of self-awareness
- Stay open minded under stress and pressure
- Good ability to monitor thoughts and feelings in the moment
- Consciously focus on new possibilities and higher level outcomes

CONSCIOUS CHOICES ARE MOST AVAILABLE

LIMBIC LAND

- Self-awareness is available but less stable
- Open mindedness is limited by uncertainty in the environment
- Tendency for reactive thinking
- Inconsistent ability to recognize manage negative emotions that limit perceptions and reduce self-awareness

CONSCIOUS CHOICES ARE INCONSISTENT

THREAT / STRESS RESPONSE

- Self-awareness very low or not available at all.
- and knee-jerk responses that reinforce limited perceptions and thinking.
- Characterized by fight or flight behaviors and strong physical sensations.
- Very difficult to make more positive choices.

CONSCIOUS CHOICES MOST UNAVAILABLE

S.A.V.E Communication™ Model

Stop what you're doing

Ask open-ended, caring questions

Validate and don't interrupt

End with positive regard

BrainStates Management™

Self-Assessment

Building The Brain's Capacity for Self-Awareness

7 Dimensions of Neuroscience

- **Thinking/Meta Cognition**
- **Attention/Positivity**
- **Brain Energy**
- **Physical Body Awareness**
- **Actions/Behaviors**
- **Underlying Beliefs**
- **Shifting BrainStates**

For savings coupon: info@brainskillsatwork.com

THANK YOU!

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