

## Outcomes

**Leaders will be able to optimize engagement and productivity through a deeper understanding of what makes people tick**

*A version of this workshop is offered for sales professionals, focused on working with customers rather than employees.*

*This workshop can serve as a foundational element of a leadership or management development curriculum.*

## Leading with the Brain in Mind

The last decades of research about the brain have revealed that thought attention we can change our very neural structures. We also know much more than ever before about how the ways we operated is related to our brain structures. This workshop will draw on what we've learned about the brain to help you effectively manage yourself and others. You'll discover ways to remain cool under pressure and create organizations that do the same. Leaders will gain insights into building environments that encourage creativity and collaboration—and increase engagement.

### Key Content:

- A basic understanding of how our brains operate under stress
- Tools for self-management and management of others that can produce lasting change
- Practical strategies for building environments that minimize the threat states that result from emotional triggers and increase levels of engagement

### Length:

Offered as a one-hour presentation up to a full-day workshop. Content and level of interactivity adjusted based on time available.

### Who can benefit?

Groups of leaders

Ideal for intact teams—provides a shared language for managing day to day as well as more profound organizational challenges