

REWIRING THE WAY HUMANS

think, behave & lead



Leading humans

NeuroLEADERS LEADING THROUGH TIMES OF CHANGE

Did you know?

- It took 75 years for 50 million people to be using a home telephone – it took 19 days for Pokemon Go
- Humans are wired to adapt and change, but MORE but only when it is within our control
- Change can only succeed and be sustained through the masterful and persistent support of the human change journey – great leaders role model that journey and support others through it

Human behaviour and motivation is complex, and hidden. A bit like the proverbial iceberg – the reality is not what we see above the water, but what is going on underneath, and the underneath is difficult to get to and understand.

Your ability to self-regulate your thinking and behaviour, and to objectively diagnose what is going on 'beneath the waterline' is critical to mitigating and managing your natural human tendency for overreaction, non-useful assumptions and emotional distraction.

Truly understanding and working WITH your brain is now, quite simply, an essential strategy for surviving and thriving in the modern world, and for supporting your colleagues in the same way.

“
Change is hard for humans, and there's a lot of change going on
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Who is this program for?

This program is for self-aware individuals who

Program Outcomes

- Appreciate the real challenges we all face as humans leading and thriving in today's world.
- Use a brain-based (evidence-based) approach to understanding yourself and your colleagues, so that you can be a better leader or better teammate.
- Navigate human complexity through the lens of neuroscience enabling you to improve your impact and bring your best self to work.

Why change is so hard for humans?

You live in a socially sophisticated world, with a primitive brain. Your brain is not designed to manage the complexity and speed of these times of accelerating change.

In this VUCA* world we are operating under new rules, and we need new tools.

*VUCA – volatile, uncertain, complex, ambiguous

What is it really about?

We have learned more about the human brain in the last 25 years than in all of history and this new science both explains and challenges the effectiveness of how we interact and communicate with each other. In other words, we often get it wrong!

Discoveries, particularly in the area of social cognitive neuroscience, provide us with a fact-based, deeper understanding of how relationships are built and broken; how emotions impact us and how to better communicate with each other.

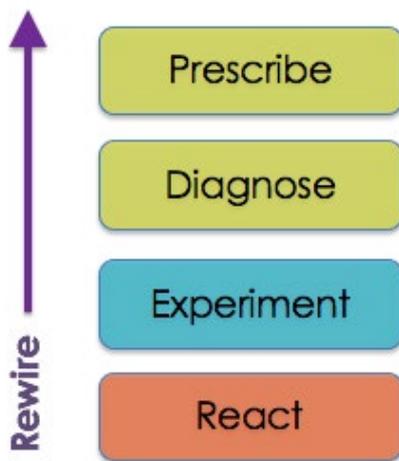
We can use this new knowledge to our benefit.

What makes it a really great program?

This program takes you back to the basics of how humans (including YOU) are really wired. As humans, we cannot help but REACT to the circumstances around us, but our reactions are not always useful.

This program gives you a new framework to have the confidence to EXPERIMENT with new ways of engaging and communicating, and to DIAGNOSE the human behavior that is getting in the way of great performance and great relationships,

This will ensure you can PRESCRIBE more useful responses to the challenges of being a human, and leading humans.



Program modules

Module 1 – Understanding Change

A reflection on the implications of living in a VUCA world, why change is so hard for humans, and your role and responsibility in leading through times of change.

Module 2 – Understanding Humans

An interactive and fun exploration into how humans are really wired, through the lens of neuroscience.

Module 3 – Understanding and managing self

Time for some skill development...

- The emotional brain – how to understand emotions and manage emotional responses in you and others
- The focused brain – how to drive success through deliberate and useful focus
- The AHA brain – an investigation in to the neuroscience of insight and powerful questioning
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Module 4 – Understanding what's next

You will be guided through a peer coaching process using our KNOW Assessment model to develop a practical plan to rewire the way you THINK, BEHAVE and LEAD in these times of change.

Program inclusions

- A powerful 1 day interactive program facilitated by experienced, neuroscience-trained facilitator
- Comprehensive workbook
- Reference cards and job aids
- Set of Curiosity Cards
- Access to Michelle's Recommendation Resources webpage
- Series of tips and strategies to help embed your learning.



About Leading Humans

Rewiring the way humans, lead, think and behave

We are an internationally recognized coaching, mentoring and leadership development company, founded by Michelle Loch

We use practical neuroscience to improve leadership performance and are passionate about creating leading humans who are masterful at leading humans!

We value and actively pursue:

- Mastery and quality
- Human-centered, evidence-based approach
- Layering and leveraging
- Co-creation in partnerships
- Individuals and organisations that value and invest in their people

