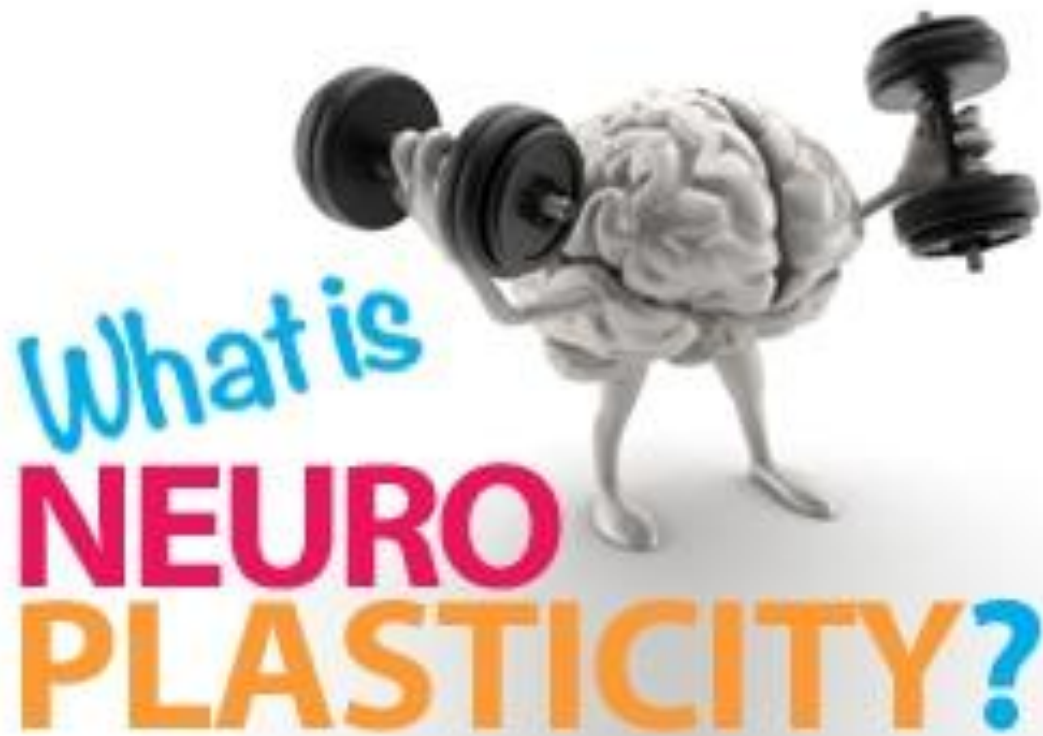


Leading with the Brain in Mind

Building New Neuropathways to Increase
Awareness and Effectiveness

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- The brain's ability to create new neropathways.
- Repetition, Frequency and Duration



MANKOFF

"Look, I can't promise I'll change, but I can promise I'll pretend to change."

Neuroplasticity Activity

In Pairs:

- 1) Person A, think of something where you are an expert
- 2) Person B, ask:
 - *When did you start?*
 - *What was the process?*
 - *When did you get better?*
 - *What did you need to expand or diminish?*
- 3) Lay down red or blue yarn as appropriate

THE SEVEN LEVELS OF PERSONAL, GROUP AND ORGANIZATIONAL EFFECTIVENESS



I AM THE
LEFT BRAIN

Decisive!
011001011 LOGIC

Accurate
ANALYTIC

REASON
1 2 3 4 5 6 7 8 9
PRACTICAL
Strategic

CONTROL

SCIENCE
Realistic
EPIC

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I AM the
Right Brain!

Intuition
& LOVE LOVE LOVE
that art
Betty

FREEDOM

Passion
vivid
Creative

YEARNING
PEACE

Let's go to the floor!

- Have you been wondering what the blue tape on the ground is for?
- You are about to find out!

Stations!

- Choose something you are BTL
- Decide if it's Left Hemisphere or Right Hemisphere BTL
- In stations, do Helper Hemisphere activities to help move out of BTL energy

Left Hemisphere Below the Line

Activity 1

- First, Honor the logic of this situation, and now get ready to explore other brilliance.
- Now, in your mind, zoom out to a wide angle.
- Close your eyes and take a deep breath.
- Think about or journal about the following questions.
- What is important here?
- What connections are missing?
- What connections does your heart want?
- What connections does your gut want?

Left Hemisphere Below the Line

Activity 2

- If you could write a movie about the future of this situation, what is the genre?
- What's going on?
- Who is in the starring role?
- Who is in the supporting roles?
- What is the “To be continued...” cliff hanger?

Left Hemisphere Below the Line

Activity 3

Tool: Seven Levels of Effectiveness

- Pick one *Above the Line Level of Effectiveness* that you want to hold to address this situation. Read the description.
- What word or concept is attractive?
- What does this situation need a good dose of?
- How do you be there?
- What is important and meaningful here?
- What connections can you make here?

Left Hemisphere Below the Line

Activity 4

Tool: The Hemispheres Above and Below the Line

- Choose a word or concept from the *Right Hemisphere Above the Line* list.
- What does this word inspire?
- What song comes to mind? (or poem)
- What image comes to mind?
- What does this song/poem/image is meaningful?

Right Hemisphere Below the Line

Activity 1

Fill in the blank and recite:

1. There is a part of my being that already knows how to _____
2. This part of my being is informing the rest of me now.
3. It is doing so with grace and ease.
4. My mind, body and spirit are receiving this information.
5. Information transfer now complete.

www.askandreceive.org

Right Hemisphere Below the Line

Activity 2

Tool: The Hemispheres Above and Below the Line

1. Choose a word or concept from the *Left Hemisphere Above the Line* list.
2. How will this word or concept support this situation?
3. What goals do you have for this situation?
4. What is the first action to realize this goal?
5. What is the next action to realize this goal?
6. Who can hold you accountable to take these first two actions?

Right Hemisphere Below the Line

Activity 3

Tool: Seven Levels of Effectiveness

1. Pick one *Above the Line Level of Effectiveness* that you want to hold to address this situation.
2. Read the description.
3. What word or concept is attractive?
4. What does this situation need a good dose of?
5. What do you do there?
6. What is the first thing you do there?
7. What is the second thing you do there?
8. Who can hold you accountable to take these first two actions?

Right Hemisphere Below the Line

Activity 4

Tool: The Hemispheres Above and Below the Line

1. Look at the *Left Hemisphere Above the Line* words.
2. Now brainstorm 10 things you can do to address this issue.
3. Pick 2 that you want to do.
4. Who can hold you accountable to take these first two actions?

Reflection

- What new neuropathways do you want to create?
- How can you use these exercises to build new neuropathways?
- How can you use the frames of *The Hemispheres Above and Below the Line* and *The Seven Levels of Personal, Group and Organizational Effectiveness* to build and support new neuropathways?
- How can you share these frames with your team, coworkers, organization from an Above the Line energy?