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 neural pathways.
• Repetition, Frequency and Duration
“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

7. SYNCHRONICITY
   Love, harmony
   Working from a true understanding that what is within creates what is outside; focus on creating a positive experience for all; the ability to see the gift and possibility in anything. The realm of “magical coincidence.”

6. INNOVATION
   Objectivity, openness
   The ability to set aside ego, personal agendas, and perceived restrictions and explore possibilities from all angles; questing for, seeking, and focusing on the most effective solution to the problem or goal.

5. ENGAGEMENT
   Motivation, tolerance
   The desire to bring value, to be a contributor; basic alignment of the enterprise, focus on assets and strengths rather than limitations and deficits.

4. COURAGE
   Bravery, resolution
   The willingness to take a stand against previously held negative or disempowering beliefs and actions, trusting in the possibility of a positive future (often despite current evidence that a positive future is not likely or predictable).

3. FRUSTRATION
   Anger, agitation
   The focus on fighting and pushing for position against (not with) others; the feeling that the external world (both people and circumstances) must be resisted.

2. FEAR
   Anxiety, cripple
   The belief that one must protect against almost certain loss, attack or disappointment.

1. HOPELESSNESS
   Shame, disappointment
   The fundamental inability to see or work towards a positive future.
I AM THE LEFT BRAIN

Logic
Decisive!
01100101

Accurate
Analytic

1 2 3 5 6 7 9
Practical
Strategic

Reason
Control

SCIENCE
Realistic

I AM THE RIGHT BRAIN!

Intuition
Ours Love Song

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.

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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?