# Change and the Brain:

## Navigating Change Using Brain Science



### Change is Hard!

During change, the interplay between our working memory "holding area" and the area of our brain that controls rational thought creates tension and a conflicting message. This creates stress. However, learning how the brain processes change can help you manage reactions and skillfully lead others through such change. In this course, we will examine the neural connections that drive behavior, and discuss powerful approaches to achieving impactful change.
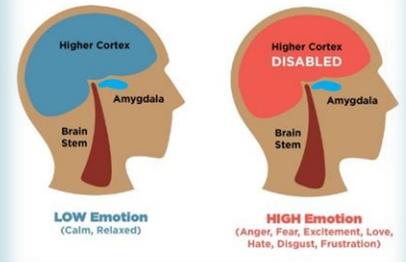


### In this hands-on, immersive workshop you will:

- Discuss the nature of change and examine how and why it impacts people and organizations differently.

- Define change using the five categories of change.

- Identify your personal "triggers"

- Experience fun games to help you understand the impacts of change and how to effectively involve others in it.

- Create personal strategies using your strengths to manage change more effectively.

- Explore various tips and techniques to lead yourself and your team through change.

| Objectives | Key Outcomes & Insights | Course Options |
|---|---|---|
| • Assess your attitude (and that of your team) toward change <br><br> • Recognize what "triggers" you as well as the signals of change-related stress <br><br> • Apply positive strategies for coping with change | • Comparison of your assessment results to others <br><br> • Creation of a personal "Triggers and Strength Map," as it relates to change <br><br> • Toolkit of change activities to share with your team and organization | **Option 1 – 1 Day** <br> • Using each participant's profile, explore Emergenetics and how each attribute navigates change. <br> • Requires previous completion of a Meeting of the Minds course. For more information, see the Meeting of the Minds course description. <br> **Option 2 – 1 Day** <br> • Option 2 does *not* require Emergenetics profiles or participation in a Meeting of the Minds course |