

Increase your intelligences with **BRAIN BOOSTERS** *You are smarter than you think!*

**power
mind**

Take command – Create significance

September 11

do you remember where you were ?



BRAIN BOOSTER : WHERE WERE YOU SEPT 11 2001 ?

Interesting question—I am pretty sure you can tell me exactly where you were when the news broke. I was at a Central Coast motel for a planning day with a health services team. See the clarity of remembering ? I am sure you could describe exactly where you were and who you were with . Why is this so ? Imagine the 1000's of events that have happened in your life in the past 10 years and you can remember this one. Why is this so ? It is the power of the your emotional brain the brain that stores memories. From 28 days post conception your emotional brain begins to develop and every significant emotional experience is " tattooed " in. The whole purpose of the emotional brain is survival. It is hardwired to keep you safe and like any animal that is threatened we will fight (attack); escape(flight) or freeze (hide) . This response is to either physical or emotional threats. Therefore when responding to bullying, we will also fight/flight or freeze. Adrenal, noradrenalin and cortisol pours into our bloodstream for our response to be so quick. Prolonged streaming of cortisol into our bloodstream shuts down our higher thinking capacities as well as shuts down our immune system. This is why bullying is so toxic to the body and workplace. Humans have the capacities to create magnificence; mischief or malevolence—it is our choice !

SUGGESTED ACTION FROM THIS BRAIN BOOSTER Explore the power of your emotional brain eg coming to a PowerMind seminar; read Daniel Goleman's book Emotional Intelligence (a classic read , Daniel is a journalist that makes this science very accessible)

AFFIRMATION FOR YOUR BRAIN REPATTERNING:

I CHOOSE TO TAKE COMMAND OF MY EMOTIONAL STATES & CREATE GOODWILL

POWERMIND—center for NeuorLeadership Coaching Excellence
Discover 3 steps to MAXIMIZE your brain functioning & explore emotional intelligence

One day power seminar Sunday 23 October 2011

Register now !

**TO FIND OUT MORE,
CONTACT US NOW**

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