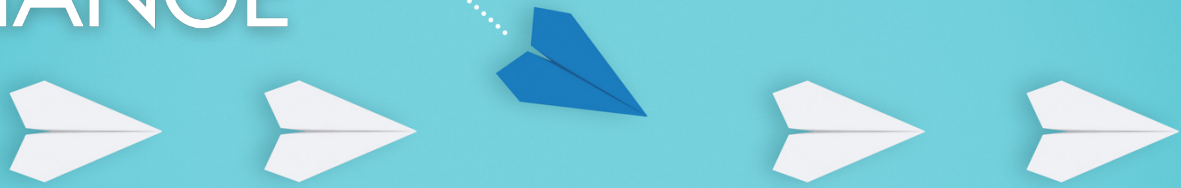


THE NEUROSCIENCE OF CHANGE



Brain Powered Coaching Workshop

The Overview

Change is constant - that is the message we hear consistently in today's environment. However, what is also clear is that people continue to struggle with change, which can have a significant impact on both individuals and overall business performance.

In this Brain Powered Workshop, we explain Change from a neutral, neuroscience-based perspective, which allows people at all levels to understand why it can be challenging and how to overcome this.

Using impactful tools and models, we give participants practical ways they can understand, deal with and accept change, to reduce stress, unlock cognitive bandwidth and power up the organisation to thrive.

What we cover



4 Core Neuroscience Change Principles



Why is Change hard - the Neuroscience Perspective



The Change Curve: Impact for Teams and Leaders



How to Make Transformation Successful



High Impact Tools for Positive Change



Workshop Outcomes



Clear understanding of 4 core fundamental neuroscience principles which drive interpretation of change



Group understanding of the biology behind why change is hard, driving better empathy



Common language of the different stages of change & how these differ across individuals



Practical tools and models for leadership and teams to encourage successful long term change



Stronger performance and better positive culture through both acceptance and the opportunity of change