

BRAIN AND MIND BASED TOPICS

These are a mixture of presentations and practical workshops.

Stress, Resilience, Coherence:

Mental and Physical Immunity in times of COVID (theory and workshop)



Sustainable Peak Performance and the New Science of the Heart - Heart vs. Brain:

Who is the Real Master Organ Driving Performance? (theory and workshop)



Living in Creation vs. Living in Survival:

How Your Emotions Impact the
Bottom-Line (theory and workshop)

Why are You Feeling Dis-ease at Work:

Thoughts, Emotions,
Hormones and Brain-waves.

Hacking Your Physiology for a Performance that Feels Good (theory and workshop)



Building High-Performing Teams:

Coherence, Coordination,
Connection, Clarity
(theory and workshop)



Burnout - Spotting the Early Signs within Your Team:

Communication, Relating,
Loss of the 4 Resources,
Decision Fatigue
(theory and workshop)



**Building Energy Reserves
at Work & Beyond**
(theory and workshop)



With the following topics, choose to focus on one, or have a blend of 2-3 subjects within a 60-90 minute session.

Hormones of survival and hormones of creation.

How these hormones impact the body.

Long term consequences.

How to produce beneficial hormones on demand.



Behaviours that the body gives us evolutionary rewards for

Eating, sleeping, exercising, relating.

Daily practices to boost these behaviours.

Sincerity

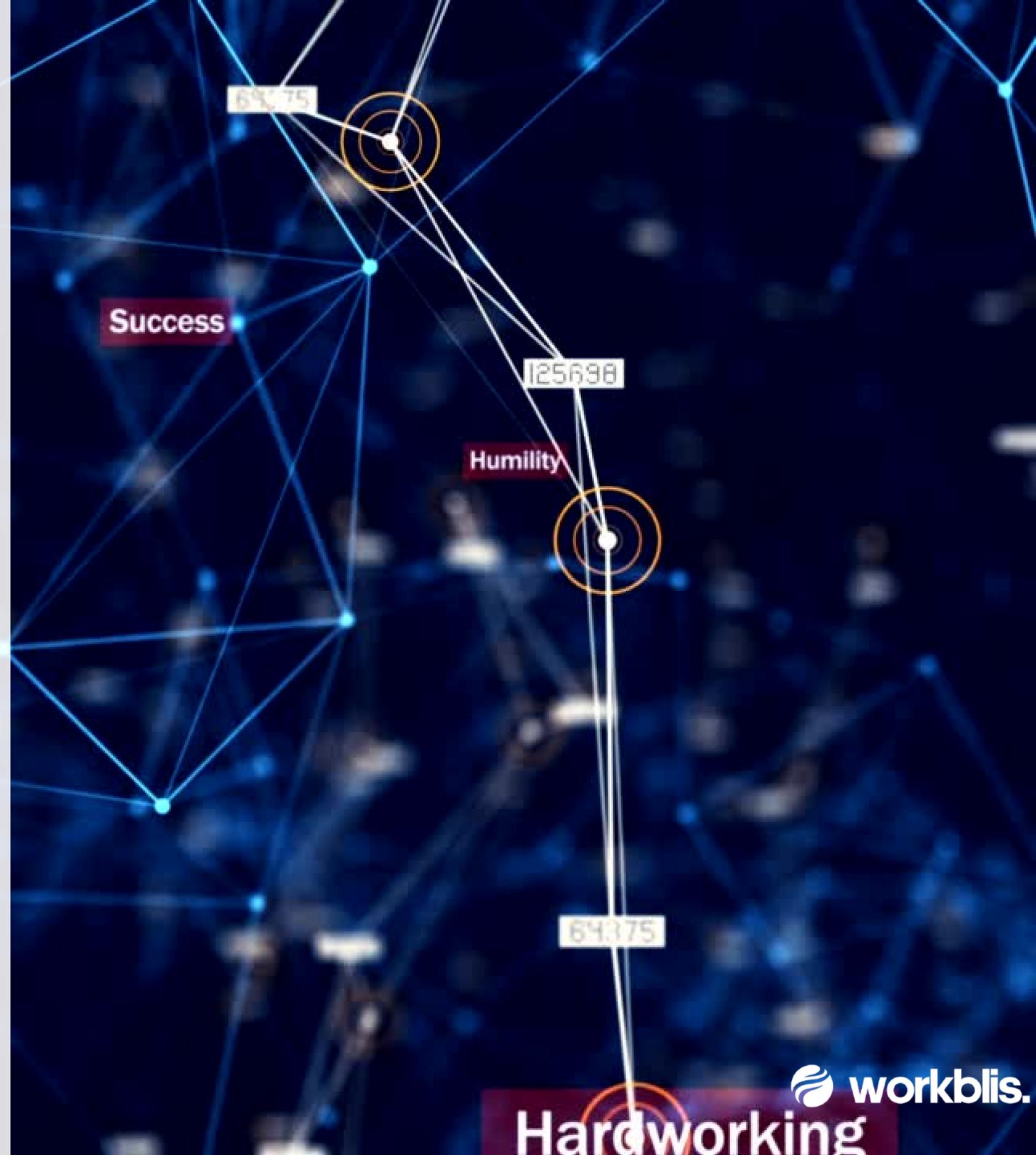


Brainwaves.

Why are they important.

How they impact performance.

How to change them.



Childhood conditioning:

beliefs and patterns impacting our ability to succeed and perform well.



The importance of imagination and daydreaming.



The 7 Da Vincian Principles and how they drive innovation.



The SCARF model: the brain's enemies at work and how to overcome them.



The social brain. **Authentic Relating at work.** Speaking with integrity, honesty, and vulnerability.



Interoception, breathing **and the vagus nerve.** Activating our physiology for optimal performance.



What is Resilience.

The 4 domains of Resilience.
How to build resilience.
What diminishes resilience.



The pre-frontal cortex.

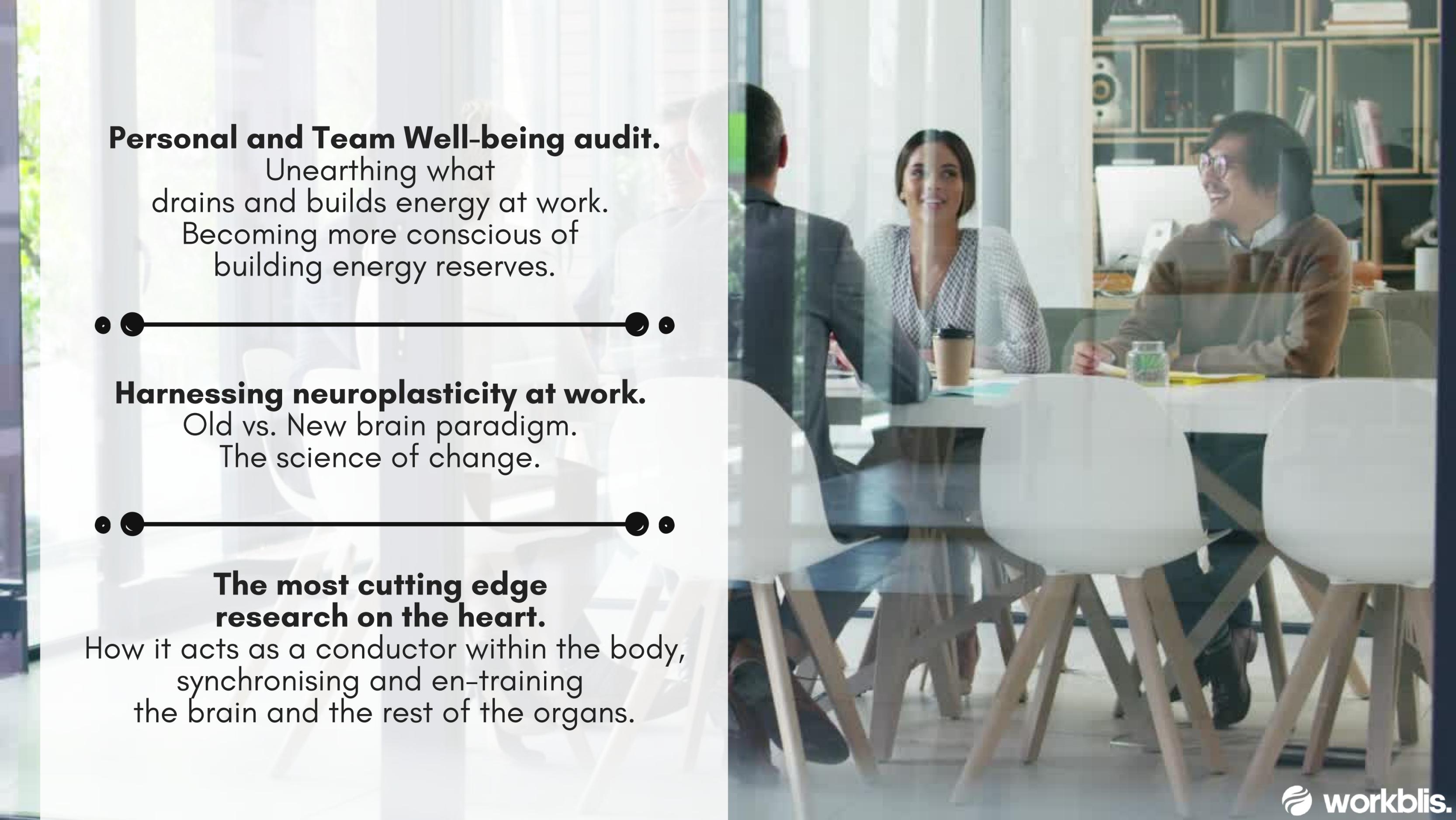
How to access the most sophisticated part of the brain when we need it the most.



Emotions at Work.

How emotions affect performance.
Learning to shift from
depleting to renewing emotions;
8 scientifically validated techniques.





Personal and Team Well-being audit.

Unearthing what drains and builds energy at work.
Becoming more conscious of building energy reserves.



Harnessing neuroplasticity at work.

Old vs. New brain paradigm.
The science of change.



The most cutting edge research on the heart.

How it acts as a conductor within the body, synchronising and en-training the brain and the rest of the organs.



Mariann G. (English, Hungarian)

Mariann has a deep rooted passion for enhancing human potential. Her most recent academic training is an MSc in Health Psychology - University of Leiden (NL).

Her international corporate experience includes assignments with The European Commission, and PwC CEE region.

Expertise

- Training high-impact teams and individuals to create resilience, reduce stress and build coherence that translates into measurable improvements in mental well-being, vitality, quality of life and ultimately performance;
- Designing and implementing projects on: leadership development, heart-based leadership, employee engagement, finding inefficiencies in business processes, improving horizontal and vertical cooperation, aligned communication trainings, team building, change readiness audit;
- Consulting on strategic interventions to increase mental and physical well-being with a focus on primary, secondary and tertiary prevention strategies;
- Providing advise on corporate stress management (solutions for behavioural, physical and psychological symptoms of stress) and developing health behaviours that drive KPIs.



CONTACT WORKBLIS FOR FURTHER DETAILS
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