

## BrainSmart<sup>®</sup> Dealing with Change and Building Resilience

Transforming our approach to Change and Building our Capacity to Thrive

#### The Neuroscience of Change and Resilience

80% of what we know about the brain has only been discovered in the last 20 years.

The insights gained from the world of Neuroscience are helping us to understand how our brains work and enabling us to

# Participants are better able to:

Actively manage their reactions to change
 Think more clearly

deal more effectively with change.

As we are increasingly exposed to physical, mental and emotional stress, our wellbeing can suffer, and we often find it more difficult to find a healthy work-life balance.

This online programme has been designed to help us apply learnings from Neuroscience to deal more productively with stress, manage our energy and focus, and build personal resilience to cope with the challenges of daily life and the pressures of work.

By focusing on our physical, mental and emotional wellbeing, we are better able to manage unhelpful thought processes and regulate our emotions to feel more in control and able to bounce back quickly from challenging situations.

- Make more effective decisions
- Deal productively with stress
  - Manage their emotions and maintain performance
  - Sustain energy and focus to achieve results
  - Bounce back from challenging situations
- Improve their wellbeing through prioritising self-care

#### Organisations can benefit from:

Improved success rates of change initiatives
 Increased adaptability and change agility
 Enhanced problem solving and decision making
 Increased productivity from improved focus
 Higher levels of collaboration
 Greater levels of wellbeing and engagement

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#### **Programme Structure**

#### A Self-paced Online Programme

The programme consists of 6 self-paced online learning modules with 2 interactive live webinars after modules 3 and 6. This brain-friendly approach reflects how our brains take in and process information, and it also maximises its ability to understand, remember and apply the learnings effectively.

#### **One-on-One Coaching**

This programme can be supported by one-on-one coaching to embed the learning and personalize the application for each individual.

1	Our Brain and Change	2	Understanding Stress	3	Strategies for Reducing Stress
•	Pre-programme questionnaire Discover the workings of our amazing brain Understand how our brain responds to change Explore the different parts	•	Explore stress, both good and bad Appreciate individual stress responses Learn how our brain deals with stress Understand the impact of	•	Understand neuroplasticity Explore the role of sleep, nutrition, and exercise in reducing stress Be able to develop our levels of self-awareness Become aware of how our

of the brain involved in rational and emotional processing • Learn why change can be hard from the brain's perspective	stress on us physically and emotionally • Be introduced to 2 techniques for managing our stress responses	<ul> <li>language can impact the results we get</li> <li>Learn techniques to manage our emotional responses to challenging situations</li> </ul>	
4 Understanding Change	<b>5</b> Strategies for Dealing with Change	6 Building Resilience	
<ul> <li>Identify what we can predict about how change affects us</li> <li>Explore our individual and unique thresholds for how we deal with change</li> <li>Be able to recognise where we are in the change process and begin to move forward</li> <li>Develop our knowledge around minimising threat and maximising reward using SCARF</li> </ul>	<ul> <li>Learn effective strategies for gaining perspective on change situations</li> <li>Master how to tame a LION!</li> <li>Understand why managing energy can be more important than managing time</li> <li>Learn strategies for being more productive and developing effective habits</li> </ul>	<ul> <li>Understand why building resilience is critical to our emotional and mental wellbeing</li> <li>Identify what resilience is/ isn't</li> <li>Explore the strategies of highly resilient people</li> <li>Be introduced to 3 'super strategies' that can accelerate our ability to bounce back</li> </ul>	



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#### What previous participants have said..

"The corporate workplace is a place of high change. This sort of training is so valuable for all organisational levels as the BrainSmart approach delivers quality, professional, scientific approaches, based on human neuroscience, that will help any individual think about their approach to challenging situations and be able to handle situations with building resilience to move forward. Really enjoyed the online training and do refer back to the video at times of difficult situations. Highly recommended".

Adrienne McLean – The Speaker's Practice

"Being able to manage stressful situations better and calmer. I now take the time to stop and think about what



### **The Facilitators**

This program has been created by Anne and Clare who have been applying the insights from Neuroscience in their work with organisations in Australia and the UK.

Borth Clare and Anne have more than 25 years of experience working as senior managers, consultants and coaches and are passionate about harnessing the power of our brains.





is happening to either reduce my stress levels or to think about what the facts are".

"When dealing with change, I try to understand what is within my control and what is outside of my control so I can manage the areas that I can control and not worry about the rest".

"Not getting stressed and overwhelmed so easily. Being able to cope there and then, rather than hiding it all and taking it home. I don't go straight into panic mode as much as I used to. I'm able to step back to take a moment to think about it. I still have moments of panic, but I feel I manage them better".



#### Making a Difference in our Community

Neuroscience informs us that giving is twice as rewarding as receiving, and from the outset, we have donated 10% of our revenue from Dealing with Change and Building Resilience to Free to Shine, a Queensland-based charity working to secure the safety and education of girls across rural Cambodia.

By participating in this programme, you are helping to develop the future generations of women in their communities.