



# Crescendo Connect Conversation - September 10, 2012

## Guest Speaker: Mary Casey



### The Neuroscience of Positive Emotions Creating Effective Change

Presented by:  
Mary Casey, Co-founder  
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## POSITIVE EMOTIONS

*“Positive emotions fuel brain processes that build resilience, broaden thinking, and increase overall health.”*

- Dr. Marco Iacoboni

### Today’s Key Points:

1. Different regions of the brain impact how we see the world. These are called “brain states.”
2. With the right information and tools, we can intervene on our brain state and create a positive shift in our perceptions.
3. New research on positive emotions provides knowledge, insight and strategies on how to shift to make this shift and engage transformational thinking.

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### NEW FINDINGS POSITIVE EMOTIONS

#### 1. Connect Limbic Region with Neo Cortex

- Facilitate Shifts in Perception
- Shape Meaning
- Trust and the Reward Center
- Mirror Neurons

#### 2. Increase Health and Vitality

- Lower blood pressure
- Immune system health
- Cortisol reduction

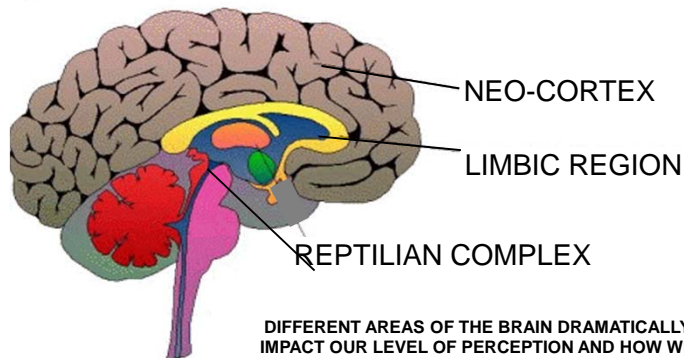
#### • Create and Maintain Sense of Well Being

#### • Can Be Learned and Self-Generated

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### TRIUNE BRAIN

#### Reptilian, Limbic and Neocortex



DIFFERENT AREAS OF THE BRAIN DRAMATICALLY  
IMPACT OUR LEVEL OF PERCEPTION AND HOW WE  
SEE THE WORLD

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### PERCEPTION AND THE NEO-CORTEX

- Executive function - director - where to put your attention
- Abstract reasoning, analysis, understand complexity
- Combines rational and emotional thinking processes
- Empathy - put yourself in someone else's shoes
- Insight, intuition, creativity
- Place where something new can emerge
- Transformation thinking

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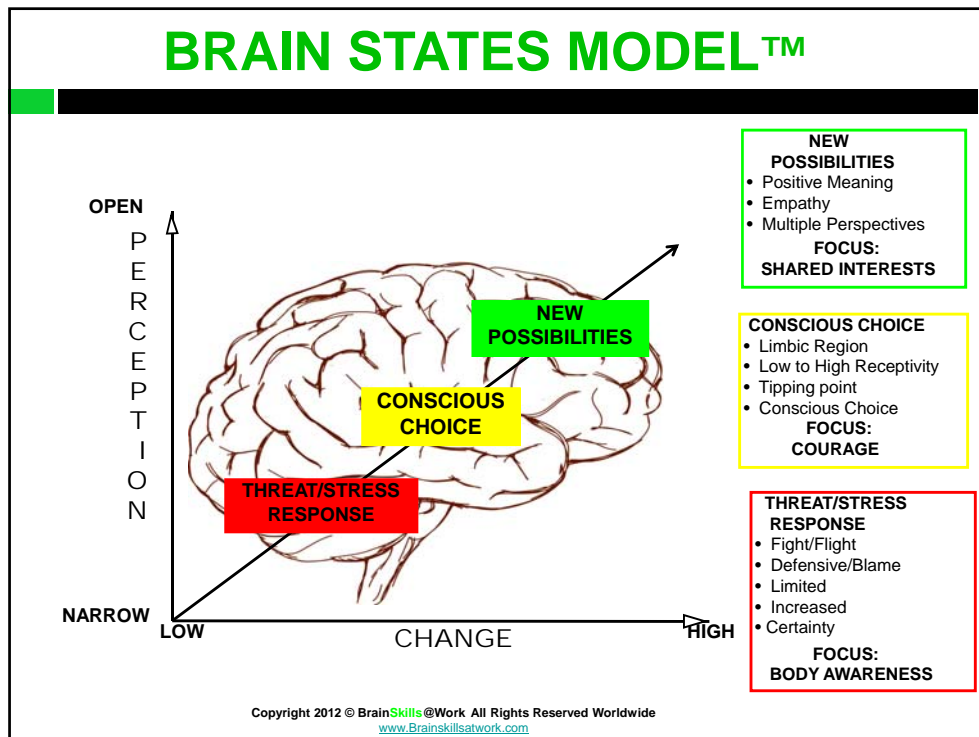
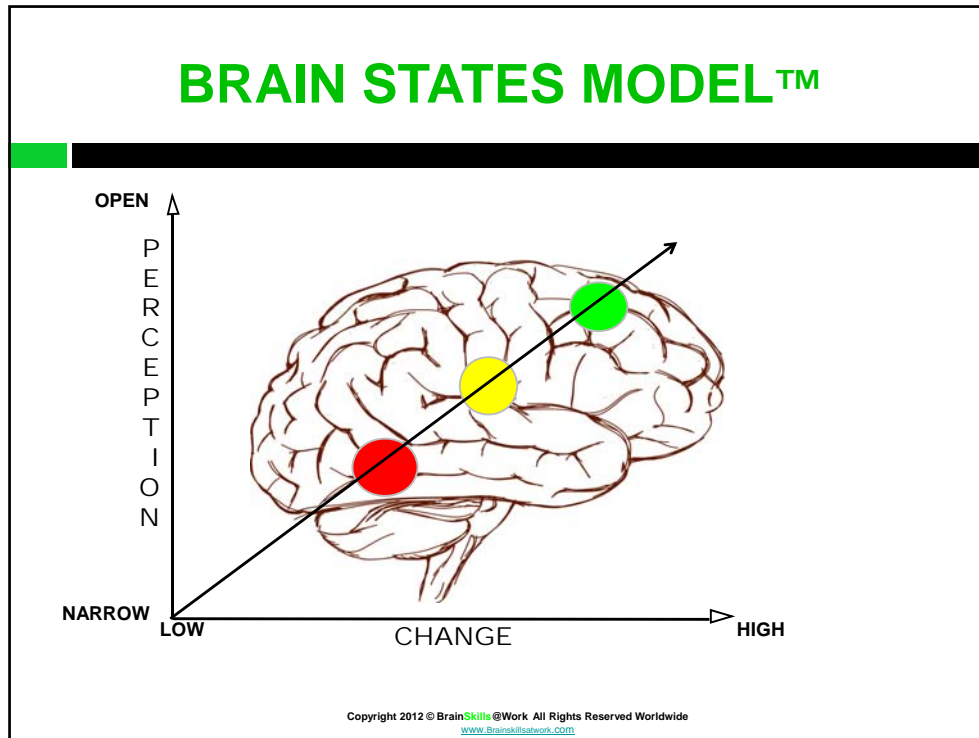
### THREATS AND THE BRAIN: “LIMBIC LAND”

- Perceptual narrowing and decreased ability to see options
- Reduces resources/access to frontal cortex
- Increased “automatic” reactions, buttons easily pushed
- Increased defensiveness and negativity
- Increased confidence that you are right
- Amygdala low resolution & accidental connection
- Attentional blink

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## **MANAGING BRAIN STATES**

**BrainStates™ is a competency based model for recognizing and shifting brain states. Leaders who develop competency in each state will establish hard-wired pathways for:**

- Flexibility
- Empathic Reasoning
- Trust Building
- Insight

## **EMOTIONS & NEUROPATHWAYS**

**Brain's 2 Main Goals are  
Speed and Efficiency**

↓

**Unconscious Patterns and Maps**

**=**

**PRACTICE TOOLS**

**To Create and Deepen New  
Neuropathways for Sustaining Positive  
Emotional States**

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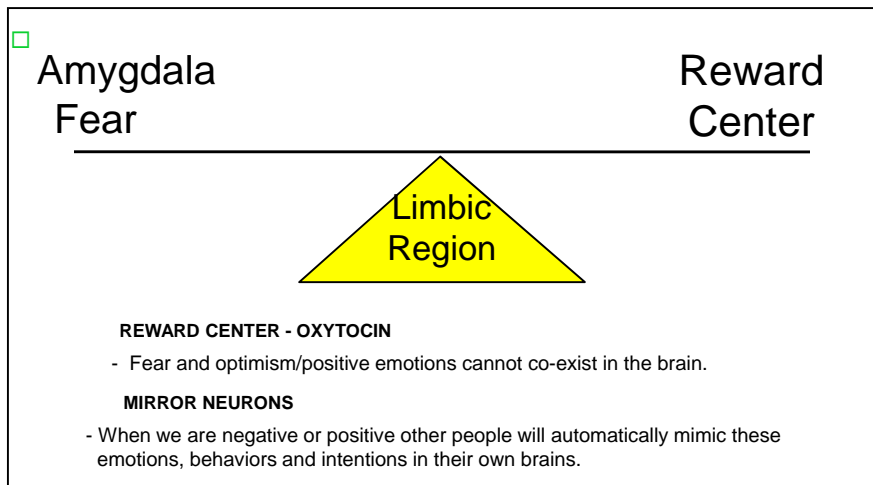
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### EXERCISE

## LOCK IN TOOL: APPRECIATION

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### TOWARD A NEW OUTCOME



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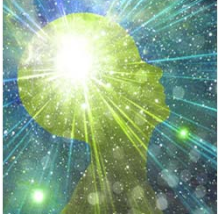
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# THANK YOU!!

**ONE DAY TRAINING COMING!**  
OCTOBER 30, 2012  
Minneapolis, MN



**LEADING WITH THE BRAIN IN MIND**

In this one day program you will learn brain-based leadership tools for:

- building transformational communication skills
- creating positive change management outcomes
- building trust and increasing authentic behaviors of inclusion

FULL DETAILS ON THE WEBSITE SOON!!!!  
[www.brainskillsatwork.com](http://www.brainskillsatwork.com)

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**Purpose, Values & Emotional Intelligence**  
**Presented by: Diane Nettifee**

Crescendo Connect Conversation  
Monday, November 12, 2012  
12:00 p.m. – 12:45 p.m. CT