

Emotional Intelligence and the Neuroscience of Self Awareness

Crescendo Connect Conversations – March 20, 2017

Presented by Mary Casey, co-founder of BRAINSKILLS@WORK

Dial in Information

- Tel: 1.302.202.1110
- Passcode: 657872

Materials for call:

- Slides Handout

Call Etiquette:

- Mute/unmute: 4*
- Questions: 5*

Thank you!

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Mary Casey
Co-Founder,
BrainSkills@Work

January 20, 2017

Main Goals

UNDERSTAND HOW WE CAN:

- Access and maintain higher levels of self-awareness more consistently
- Strengthen the circuitry of the social brain
- Engage positive emotions and reward center
- Gain 2 key tools



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PREFRONTAL CORTEX(PFC)

The Higher Brain Provides our Capacity to:

- Access Self-Awareness & Self Reflection
- Engage Cooperation, Empathy, Compassion; Find Connections
- Build Trust

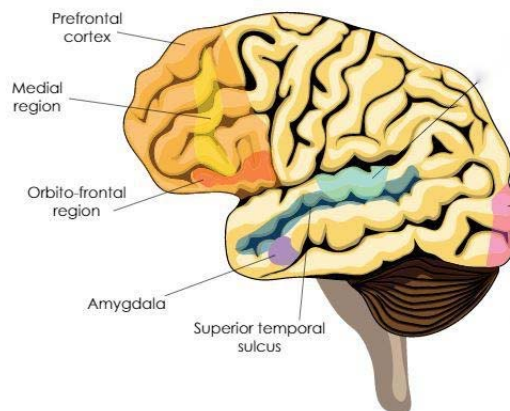
**Challenge to Emotional Intelligence:
Higher Brain is Easily Destabilized**

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Prefrontal Cortex - The Higher Brain

Key brain regions related to emotion regulation and social information processing

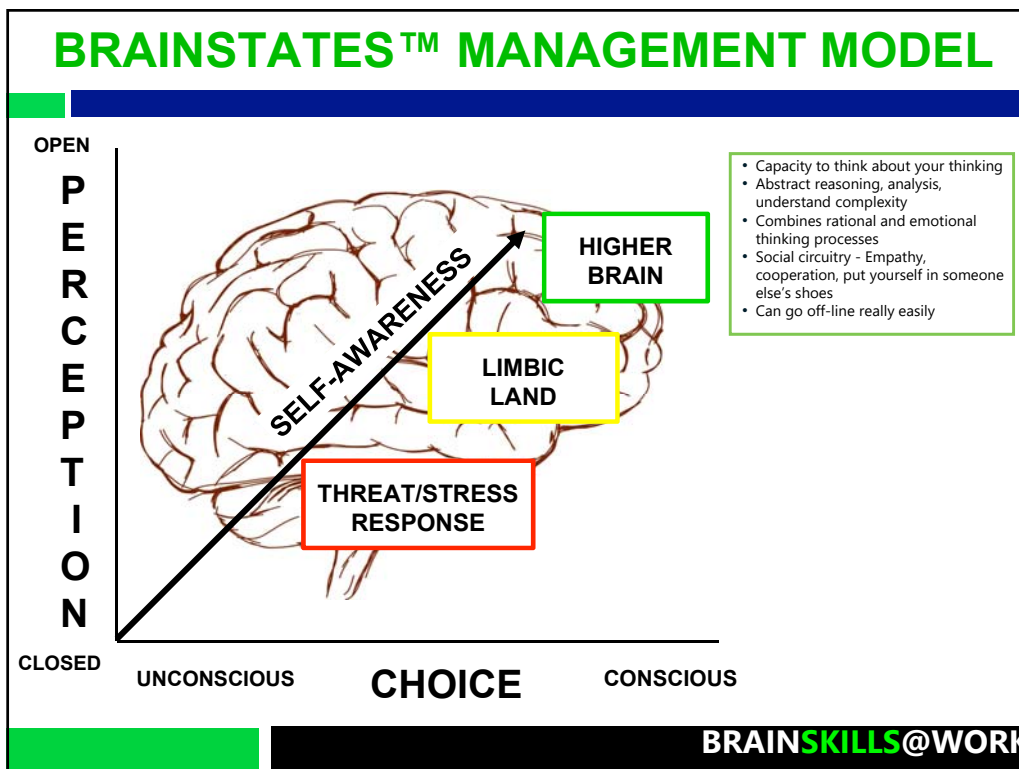
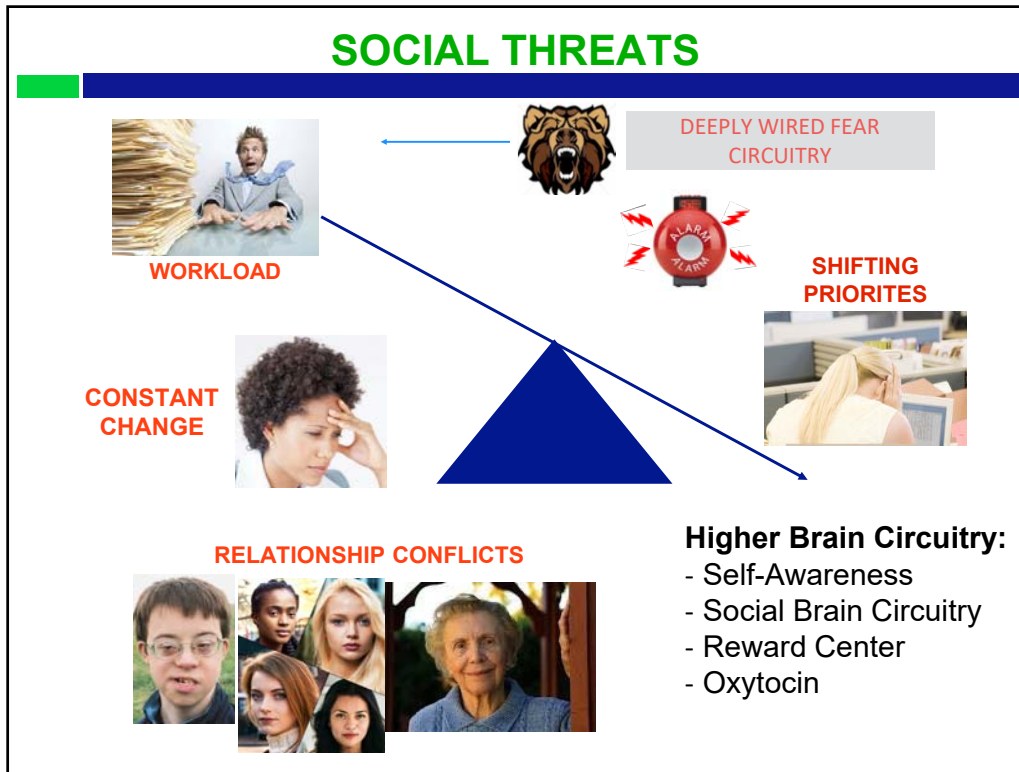
the amygdala is not a single "thing" but a conglomerate of structures playing different roles in emotional and non-emotional processes



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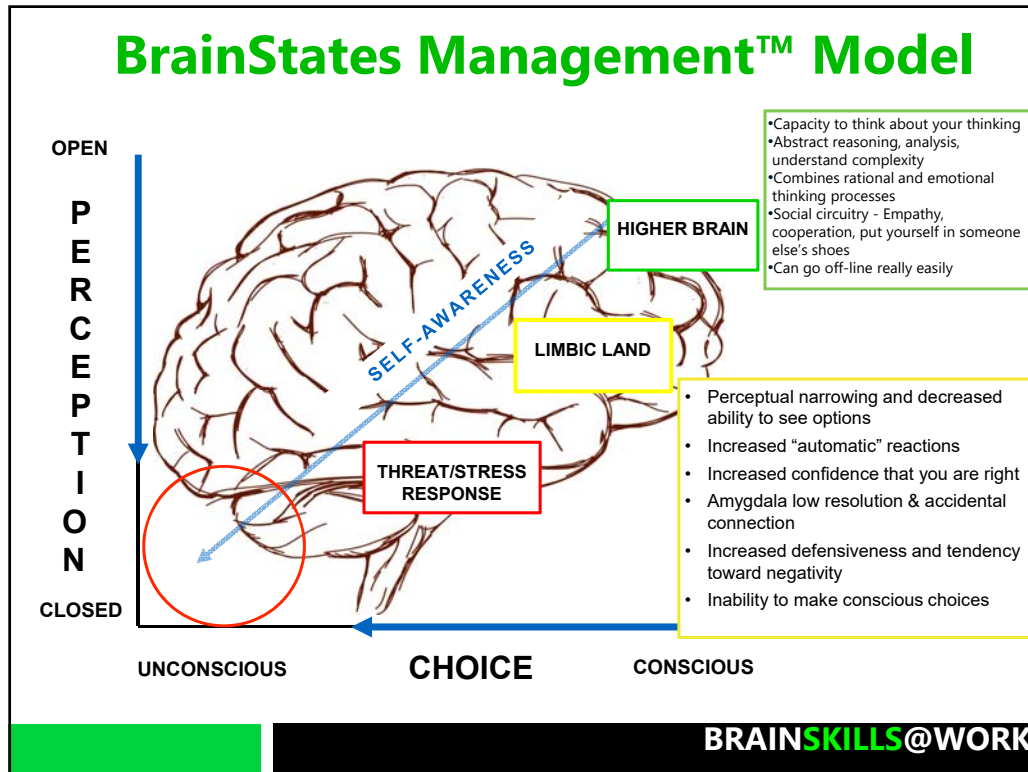
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POSITIVE EMOTIONS AND THE SOCIAL BRAIN

What's Love Got to do With It?

AWAY EMOTIONS ← → TOWARD EMOTIONS

- The limbic system fires up far more intensely when it senses a threat compared to when it senses a reward
- Away emotions comes on faster and last longer than toward emotions.
- Toward emotions are more subtle, more easily displaced, and harder to build on, than the away emotions (social brain circuitry).

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Positive Emotions and the Higher Brain

- Increase Cognitive Functioning
- Help Stabilize the Pre-frontal Cortex
- Support Compassion vs. Empathy
- Support High Levels of Motivation and Engagement
- Can Be Self-generated
- Are Particularly Contagious
- Cause an Upward Spiral / Build Personal Resiliency
- Keep the Reward Center and Oxytocin Online

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ACCESSING & OPERATING FROM THE HIGHER BRAIN

3 MAIN SKILLS:

1. Recognize Your BrainState.™

- Tool #1: Awareness Cues
- Tool #2: Scale of Receptivity

2. Shift Your BrainState™

3. Maintain and Maximize the Higher BrainState™

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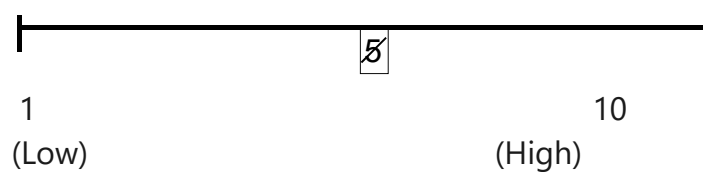
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Skill # 1: Recognize Your Brain State

Threat/Stress Response BrainState™	Limbic Land BrainState™	Higher BrainState™
Physical Body Cues: <ul style="list-style-type: none"> increased heart rate rapid breathing, higher up in chest sweating clenched teeth and jaw tightness in gut/abdomen 	Physical Body Cues: <ul style="list-style-type: none"> shift in breathing breathing is more shallow or higher in chest tense gut shift in heart rate tensed muscles 	Physical Body Cues: <ul style="list-style-type: none"> relaxed muscles even breathing, lower diaphragm calm or energized normal heart rate relaxed jaw
Emotional Cues: <ul style="list-style-type: none"> strong negative emotions anger sad, despair fear, worry, anxiety 	Emotional Cues: <ul style="list-style-type: none"> increased negativity uncertainty low level worry, anxiety or fear feeling stressed 	Emotional Cues: <ul style="list-style-type: none"> happy contentment excited peaceful sense of wellbeing
Thinking Cues: <ul style="list-style-type: none"> negative blame external circumstance or people see very limited range of options either/or thinking reactive 	Thinking Cues: <ul style="list-style-type: none"> see limited possibilities can easily get caught in negative thinking/feeling loops ("awfulizing") less receptive to seeing another perspective reduced ability to focus on tasks 	Thinking Cues: <ul style="list-style-type: none"> open minded see possibilities, expansive positive proactive curious recognize multiple perspectives

Quick Check Tool

Scale of Receptivity™



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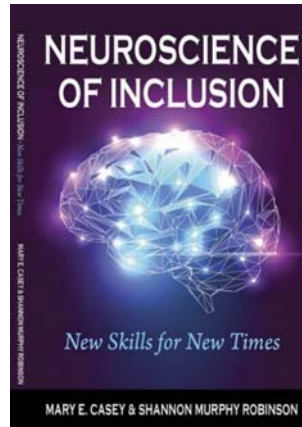
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BrainStates Management™
Self-Assessment Report



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Questions



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Contact Information

Mary Casey

Co-Founder, BrainSkills@Work
612.747.0108

mary@brainskillsatwork.com

www.brainskillsatwork.com

Lisa Griebel

Crescendo Inc.

612.718.4389

lgriebel@crescendoinc.com

www.crescendoinc.com

Thank you!

