NeuroLeadership: Mindfulness & Optimal Energy  
May 7th & 8th  
Offered For-Credit & Non-Credit

Day 1: Thursday, May 7  
8:30am Leadership, Energy, and Self-Awareness  
- Understand the link between leadership, self-awareness and energy  
- Complete the 20 question diagnostic  
- Understand the four-quadrant model and its link to leadership  
- Choice, awareness, accountability  
10:00am Break  
10:15am The Leadership Brain  
- Participants understand the role of the brain and the four quadrants  
- Brain training? (are there pushups for the brain)  
- Understand neuroscience of attention and how they can apply at work  
- The AGES model  
12:00pm Lunch  
12:30pm Insights Profile – Amanda  
- Understanding self, others and interaction can be the single most important aspect of personal, team and organizational development  
- Gain the ability to understand and value differences in others and become more productive with your interactions  
- Improved commitment and motivation of employees and development of key leadership competencies  
2:15pm Break  
2:30pm Ways of managing your energy  
3:15 - 3:30pm Close – summary  

Day 2: Friday, May 8  
8:30am Developing your social intelligence  
- Understand Neuroscience of relationships (SCARF) - and what that means for leadership  
10:00am Break  
10:15am Neuroscience of good and bad choices  
- Think versus blink- when to trust your gut, when to use a model  
- Risk in life and leadership  
- Understand neuroscience of habit  
10:45am Applying this in my life  
- What is next  
- Action planning  
11:15-11:30am Close/Evaluations