Neuroscience of Leadership
CREATING A HIGH PERFORMANCE CULTURE

The Neuroscience of Leadership course is derived from the NeuroTREAD™ framework. TREAD stands for Think, Regulate, Engage, Adapt and Develop – from the perspective of the brain.

COURSE OVERVIEW
NeuroTREAD aims to transform you into an agile leader of change and performance across the following five core stages:

THINK
Interpret core brain functions and what impacts effective decision making.

REGULATE
Recognise emotional triggers of the brain, its response to stress and the process of building resilience.

ENGAGE
Develop strategies to understand emotional and engagement responses of the brain to help build engaged teams.

ADAPT
Lead teams effectively through change by using the brain’s neuroplasticity while recognising the resistance and capability to change.

DEVELOP
Develop the keys to the brain’s ability to learn and develop through a brain-based coaching technique and regular feedback strategies.

COURSE INFORMATION

MODE
Virtual Learning

DURATION
5 hours over 3 days (includes Live Workshops and Online Learning)

TIME
11am - 12.30pm

WHO SHOULD ATTEND?
People and culture leaders, human resource managers, senior executives, people managers and chief executives

TO ENROL
Corporate and Professional Education
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/mqbs-shortcourses
COURSE OBJECTIVES
The course aims to transform you into an agile leader of change and performance. Through a combination of neuroscience, emotional intelligence, collaboration, insights and coaching, you'll be inspired to lead others to peak performance. You'll be encouraged to use real examples of leading to improve performance to assess and develop your leadership skills and capability. Specific objectives include:

- understanding the key anatomy brain structures related to decision making, thinking and emotion
- exploring self-management, emotion regulation and the ability to handle stress
- understanding what it takes to engage others, how emotional contagion and emotional intelligence impact engagement and how to influence the brain's social motivators to change and improve performance levels
- learning about the brain's resistance to change as a 'natural threat state'
- developing the keys to the brain's ability to learn and perform at higher levels through a brain-based coaching technique and an effective regular feedback technique.

Specific learning aspects include:

- the 'threat-reward response', why change is hard and creates threat, how to maximise our creative and cognitive problem solving to solve everyday challenges
- how to handle emotion and stress more effectively with a 30-second circuit breaker, allowing you to move back into a peak mental performance zone; and resilience and reappraisal techniques to manage change and challenge
- how to develop strategies to understand the brain's emotional and engagement responses as a means of lifting engagement levels
- strategies to adapt and help others adapt to changing conditions and circumstances
- technique to develop and help others through change using a brain-based coaching approach, effective questioning, support, insight generation and a growth mindset.

We can also tailor this course for your organisation.

“'The leadership skills I learned at the TREAD workshop have provided significant insight into the effect that stress can have on individual performance and productivity. Applying these skills has helped me become more in tune with my team and internal clients, and I am now a far better leader and manager.’

Christina Hardy
DIRECTOR, BUSINESS DEVELOPMENT AND LEGAL AFFAIRS
GARVAN INSTITUTE OF MEDICAL RESEARCH

WHAT YOU’LL LEARN

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HOW YOU WILL LEARN

VIRTUAL LEARNING

Over the duration of your course, you will participate in online learning and live workshops utilising a custom built platform for your learning. You will also take part in e-learning independently and with your peers to embed learning.

Virtual workshop sessions bring a real-time, social learning environment, where you can share and learn from your peers and your expert facilitator with a limit of 20 participants per course.

COURSE FACILITATOR
KRISTEN HANSEN

Kristen is the founder of EnHansen Performance, providing managers with neuroscience strategies to build leadership, resilience, adaptability, creativity, coaching, self-management and engagement skills.

Kristen is a pioneer in the field of neuroscience of leadership and has 20 years' management experience in the field. Kristen is accredited by the International Coach Federation, is a master trainer in emotional intelligence, and is a DISC and PRISM brain mapping practitioner.

Kristen’s first book Traction: The Neuroscience of Leadership and Performance is out now.