


organize your
mind for
brain wellness



organize your
mind for
coaching



ICF Coaching Science
2014

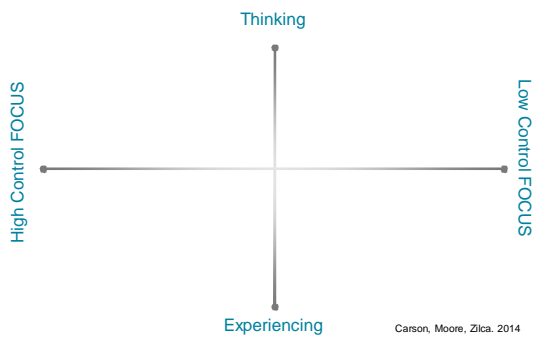
1. Surviving to Thriving
2. Organize Your Mind
3. Coaching Mechanisms of Action

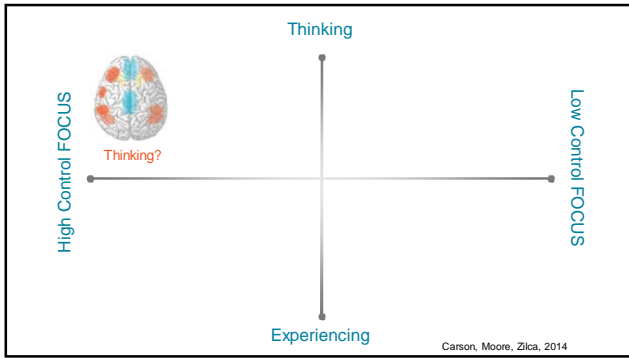
I could not do this without

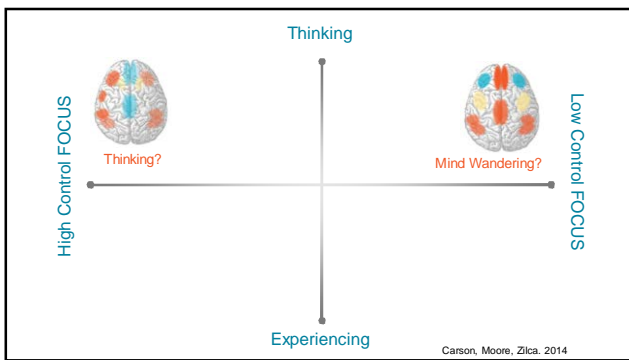


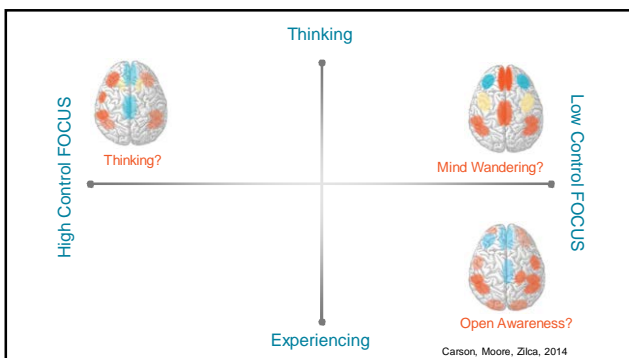
Paul Hammerness, MD Wilma Koutstaal, PhD Shelley Carson, PhD Ran Zilca

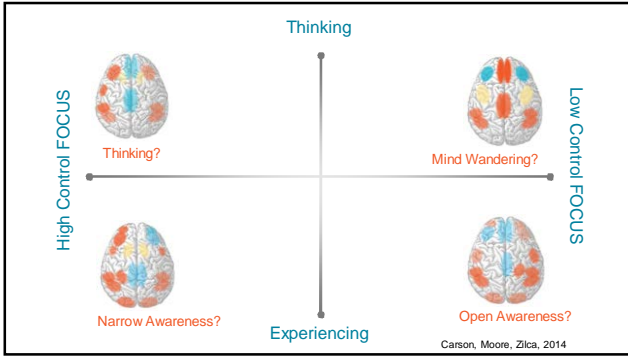
Where is your mind right now?



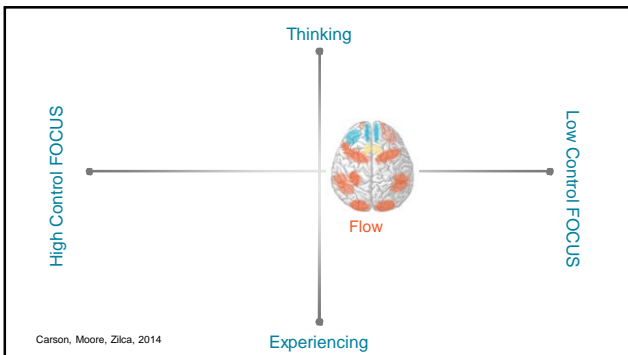


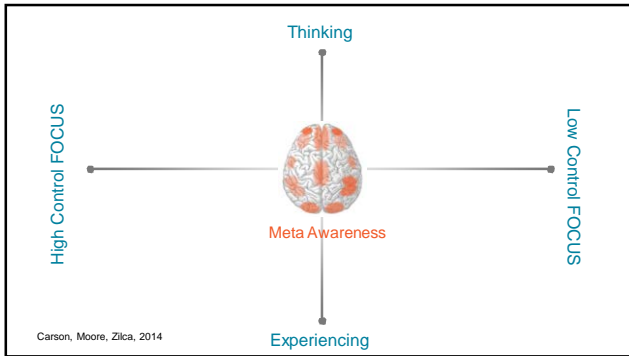


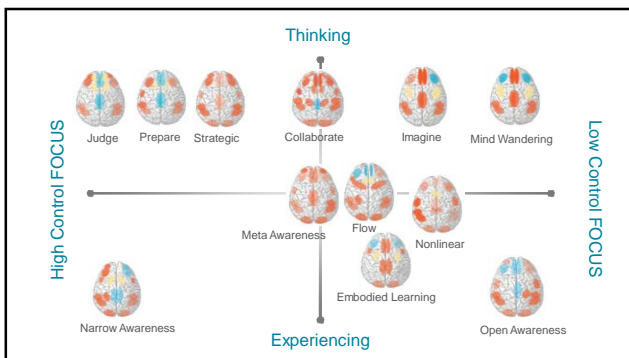




Where is my mind now?







What is an organized mind?

- ~ Intentional
- ~ Agile
- ~ Deep

Hammerness, Moore, Organize Your Mind, Organize Your Life, 2012

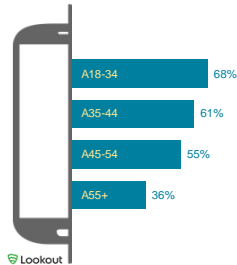
Why is it hard to organize our minds?

- ~ Low brain energy
- ~ Overdose of negative emotions
- ~ Chronic multitasking
- ~ Chronic distractions



Hammerness, Moore, Organize Your Mind, Organize Your Life, 2012

We're addicted to checking our smartphones



Lookout Mobile Mindset Survey, 2012

Distractions cause
1,000+ car crashes per day
420,000 car crashes per year
3,300 deaths per year

WWW.DISTRACTION.GOV

**Hacked,
Hooked,
Hi-jacked**
**Ability to focus
is impaired**

- ~ Have to respond immediately
- ~ Not paying attention to other people
- ~ Feel restless when you are away
- ~ Stay longer than intended
- ~ Use to escape negative emotions

Huffington Post: 6 Signs your Smartphone is Stressing You Out, 2013

**If brain focus is impaired,
we can't remember, think,
collaborate, create, learn,
and perform at our best.**

**How can we
organize our
minds?**

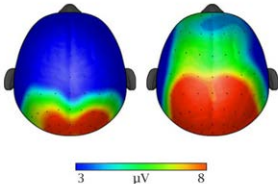
1. **Physical Health:**
Upgrade brain energy
2. **Mental Health:**
Tame your frenzy
3. Use your brain states well

Hammerness, Moore, Organize Your Mind, Organize Your Life, 2012

01 Upgrade Brain Energy

EEG Measure of Attentional Resources


After reading After 20 min walk



3 μV 8

Hillman et al. The Effect of Acute Treadmill Walking on Cognitive Correlates and Academic Achievement in Preadolescent Children. *Neuroscience* 149 (2009)

Coach Megs Brain Foods



Alloway, T. Alloway, R. The Working Memory Advantage. 2013

02 Tame your Frenzy



Hammerness, Moore, Organize Your Mind, Organize Your Life, 2012

Emotions are biological messengers of met and unmet needs

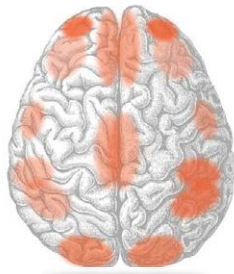


Inner critic frenzy

- ~ You are not good enough
- ~ I am not good enough



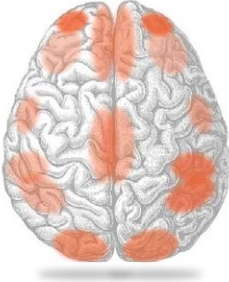
Get Meta
Notice & Name Emotion



Jon Kabat-Zinn, Mindfulness for Beginners, 2012

Five Facet Mindfulness Assessment


1. **Awareness** Not automatic pilot
2. **Observing** No interpretation
3. **Describing** Labeling
4. **Non-judgment** Acceptance
5. **Non-reactivity** Not carried away



Accept

Every cell is doing the best it can with the resources it has at hand.

Neff K. Self-Compassion, 2011



Give negative emotions a little compassionō




Growth Mindset



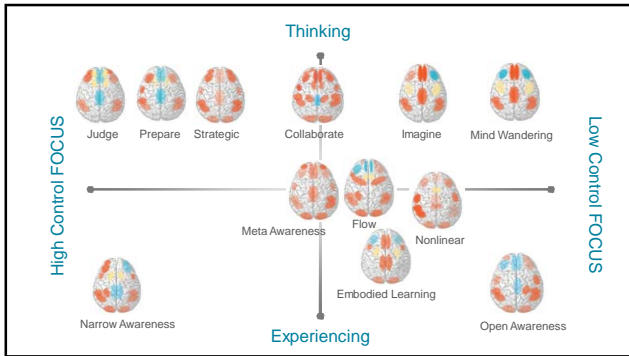
Dweck C. Mindset, 2006

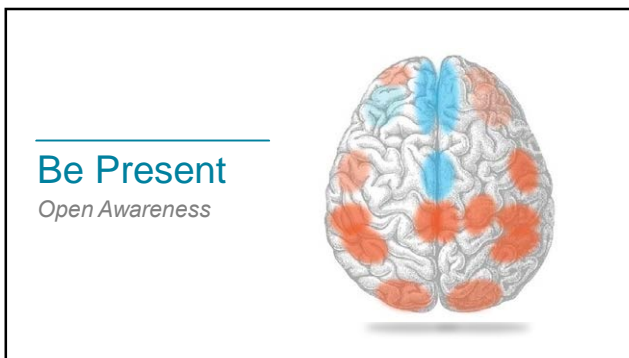
Positive Emotions Improve Brain Function, Resilience, and Health

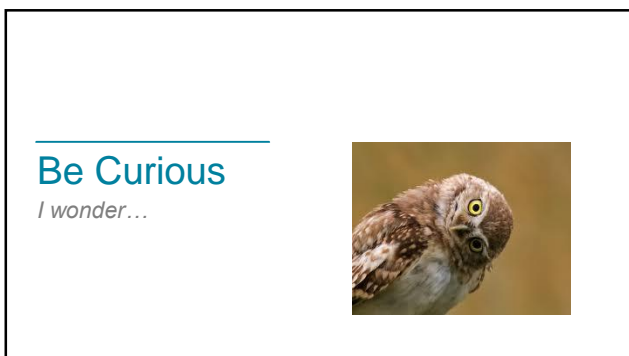


Fredrickson, B. Positivity, 2009

Your brain is energized and calm
ready for coaching sessions

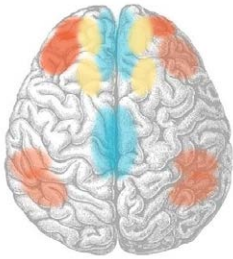






Judge


You are not good enough.



Grant, A. Give and Take, 2013

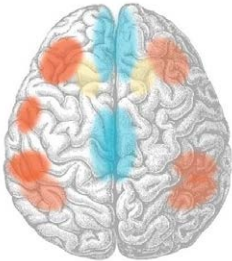
Harness your Drive

High Octane Energy for Focus



Deci, E. Why we do what we do?, 1995 (Self-determination theory)

Prepare



Carson, Your Creative Brain, 2010

Now the coaching session

Connect



Fredrickson, B. Love 2.0, 2013

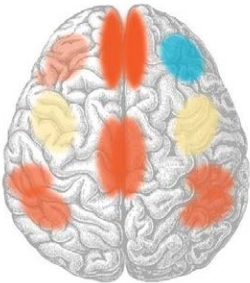
Harness clients drive

High Octane Energy for Focus



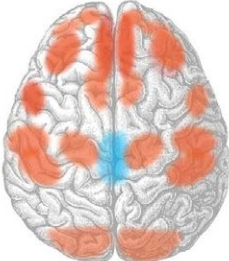
Deci, E. Why we do what we do?, 1995 (Self-determination theory)

Imagine the Outcome



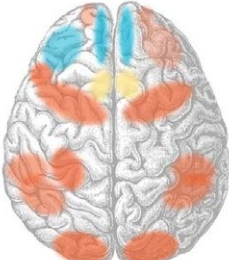
Carson, S. Your Creative Brain, 2010

Collaborate
Create Mind Cloud



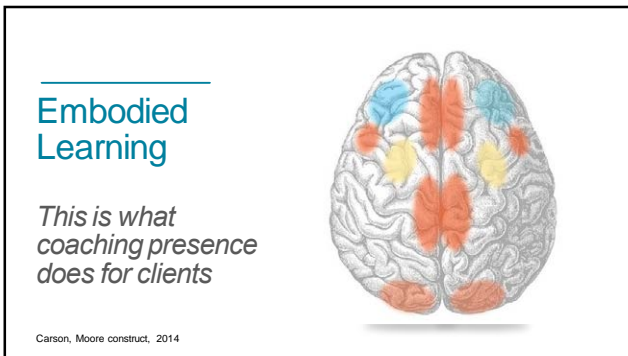
Carson, Moore construct, 2014

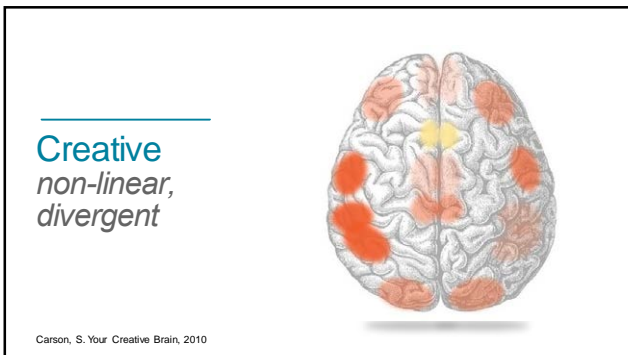
PEAK:
Relational
Flow?
Let go a little



Carson S., Your Creative Brain, 2010





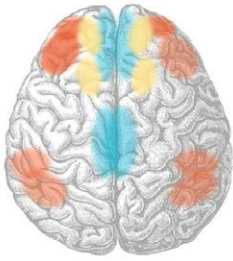


Be Strategic
*Zoom out to
30,000 feet*




Carson, Moore construct, 2014

Evaluate



Carson, S., Your Creative Brain, 2010

Gratitude



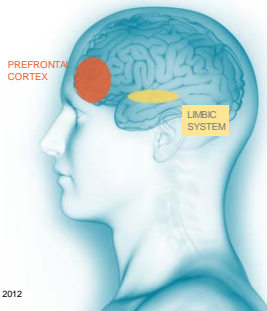
WHAT YOU APPRECIATE...
APPRECIATES!

What about distractions?

You are deep in a brain state
There is an interruption



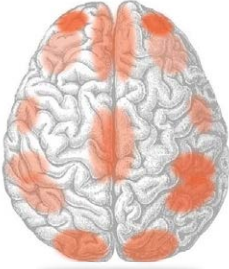
Connect Prefrontal Cortex to Limbic System



Hammerness, Moore, Organize Your Mind, Organize Your Life, 2012


Apply the brakes to distractions

- ~ ABC
- ~ Awareness
- ~ Breathe
- ~ Choose



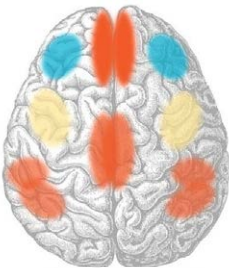
Himmerness, Moore, Organize Your Mind, Organize Your Life, 2012

Take brain breaks



Himmerness, Moore, Organize Your Mind, Organize Your Life, 2012

Mind Wandering
Brain Keeps on Solving Problems Out of Focus



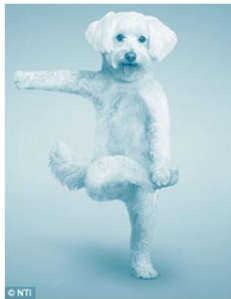
Carson, Moore construct, 2014

Body breaks



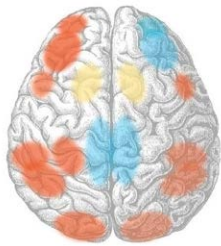
Hammerness, Moore, Organize Your Mind, Organize Your Life, 2012

Yoga

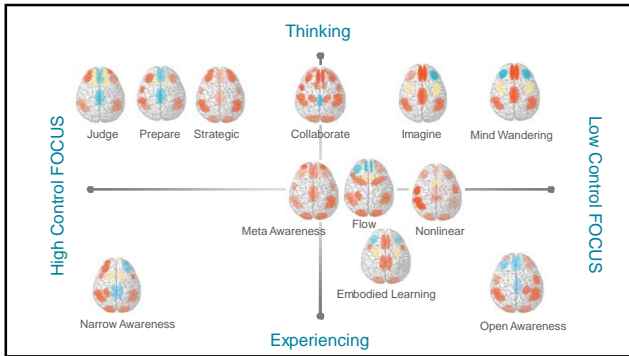


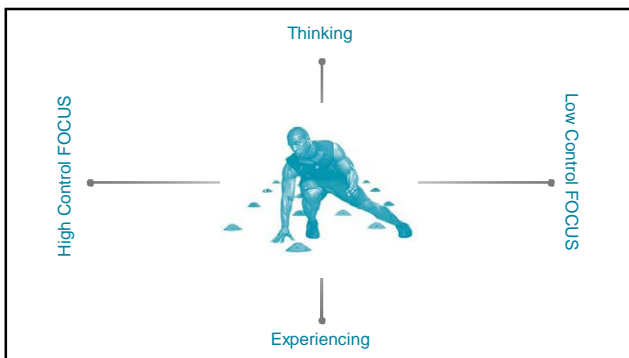
© NTI

Narrow Awareness



Hammerness, Moore, Organize Your Mind, Organize Your Life, 2012





*One's own self is well hidden from
one's own self...
Of all mines of treasure, one's own is
the last to be dug up.*

Friedrich Nietzsche



organize your
mind for
coaching

Margaret Moore, aka Coach Meg
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