



Coaching the Brain The Neuroscience of Emotions and Values Practical Applications to Coaching

Program

Session one

What are values?
How values connect with emotions
How emotions work
Towards and away from emotions
Hot cognition
The emotional system of the brain
The amygdala hijack
Practical applications in coaching

Session two

Hot and cold thinking
The trolley dilemma
The autonomic nervous system
How emotions manifest
Emotions and deception detection
Exploring your emotional profile
Universal facial expressions of emotion
Practical applications in coaching

Session three

Macro, partial and micro expressions of emotion
Emotion and mood
Stress and the HPA circuit
The principal neurotransmitters and their functions
Glutamate, GABA, Serotonin, Oxytocin
Epinephrine and norepinephrine
Dopamine
Practical applications in coaching

Session four

The neuroscience of emotional intelligence
The role of the insula
Self-awareness
The effect of mindfulness meditation
Practical applications in coaching

Session five

Strategies for emotional self-regulation

Congruence

Values and rewards

Damasio somatic marker hypothesis

The Iowa card research

Decision strategies

The best decision strategy

Practical applications in coaching

Session six

Emotions and intuition

The enemies of intuition

Increasing intuition

Happiness as an emotion

The two types of happiness

Pleasure and meaning

Emotional resilience

The neuroscience of gratitude

Practical applications in coaching

There will be action steps and tasks throughout the course.