

Neurophysiology Workbook



LEADERSHIPcoaching

Unleash Your Potential.

iidentity **i**ntelligence™ **i**nventory



YOUNGADULTcoaching

YOU. Only Better.™



LEADERSHIPcoaching

Unleash Your Potential.



ROUNDTABLEcoaching

**Business Success.
Life Significance.**





identity intelligence™

Identity in Christ & identity intelligence™

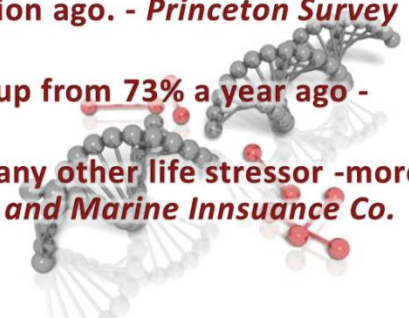
what you _ _ _ _ _

not what you _ _ _ _ _

Are Professionals Stressed?

Lack of CLARITY & DIRECTION:

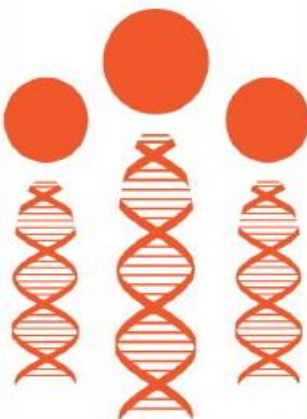
- iii 31 billion searches on Google every month
- iii Young workers will have 10-14 jobs by 38
- iii 1 in 4 workers with current employer < 1 year
- iii 1 in 2 workers with current employer < 5 years
- iii Stress and depression on the rise '60/29 00's/14
- iii 40% of workers report their job is "very or extremely stressful" - *Northwestern National Life*
- iii 25% of employees view their jobs as the number one stressor in their lives. - *Northwestern National Life*
- iii 75% believe the worker has more on-the-job stress than a generation ago. - *Princeton Survey Research Associates*
- iii 83% of American workers say they feel stressed out by their jobs, up from 73% a year ago - *Forbes*
- iii Problems at work are more associated w/ health complaints than any other life stressor -more so than even financial problems or family problems. - *St. Paul Fire and Marine Insurance Co.*



Know Your Passions!

*Don't ask
yourself what
the world
needs; ask
yourself what
makes you
come alive.
And then go
and do that.
Because what
the world
needs is
people who
have come
alive.*

*- Harold
Whitman*



27 Questions to Find Your Passion¹

Guidance: You are the only one who can find your passion - It's inside you and just has to be uncovered.

Use the below to explore what lights you on fire. Don't rush through these. Go somewhere quiet, with no internet and dedicate at least 2-3 hours to developing your answers. Some may apply more than others. That's fine. Allow your mind to run wild. These questions will only be useful if you allow them to.

It's Time To Start Living With Passion!

1. What makes you happiest in your life? What excites you?
2. What do you do that makes you feel invincible?
3. What do people thank you for?
4. What are you ridiculously good at? What are your precious gifts?
5. Who do you look up to? Who are your mentors? Who inspires you? Why?
6. When was the last time you massively over-delivered on something? What was it and why did you work so hard?
7. When was the last time you were in a state of "flow", in the zone and totally lost track of time? What were you doing?
8. Imagine you won \$158 million in the lottery. It's now three months later. How will you spend tomorrow?
9. What would you do if you knew you could not fail?
10. If you could have or do anything, what would it be?
11. What topics do you find yourself continuously arguing or defending with others? What beliefs does your stance represent?
12. What makes you most angry about the state of the world? With unlimited resources how could you fix it?

What are you most afraid of for the next generation, whether you have kids or not?

¹ www.liveyourlegend.net

What are you passionate about?

- 13. What do you love helping people with? How do you most commonly help others?
- 14. What's your favorite section in the bookstore? What's the first magazine you'd pick up at the grocery store?
- 15. When was the last time you couldn't sleep because you were so excited about what you had to work on? What was it?
- 16. If you trusted that your art (your creativity) would support your life, How would you live?
- 17. Out of all your current roles, activities, and hobbies - what would you gladly do for free?
- If you were able to be a member of the audience at your own funeral (in 100 years or so) what would you want to hear people say?
- 19. What do you want to be remembered for - what dent do you want to have put in the world?
- 20. What do your friends always tell you you'd be good at, that you should do for a living (i.e. "she'd make a great...")? If you don't remember, then go ask five of them.
- 21. What are you naturally curious about?
- 22. If you had a free hour to surf the internet, what would you explore?
- 23. Think back to when you were 5 or 10 years old. What did you want to be when you grew up? Anything goes. What skills and metaphors do these represent (i.e. pilot may be a symbol for freedom)?
- 24. If you could write a book to help the world, that is guaranteed to be a best seller, what would the title be? What's it about?
- 25. What careers do you find yourself dreaming of? What jobs do others have that you wish were yours?
- 26. What 3-5 dream jobs or businesses can you imagine that would firmly embody your core beliefs about the world. Sky's the limit.

And a bonus... What revolution do you want to lead?

Conducting research to cure disease

Teaching others what I love to do

Performing to **SOLD-OUT** audiences

Designing groundbreaking architecture

Shopping for the latest fashions

Being at the top of my game
Learning something **NEW** every day

Preserving the environment

Planning parties and events

Exploring new towns and cities

Volunteering

Traveling the world

Caring for animals

Inventing new products

Working outdoors

Living in the country
Living in the big city

Brainstorming solutions

Being around children

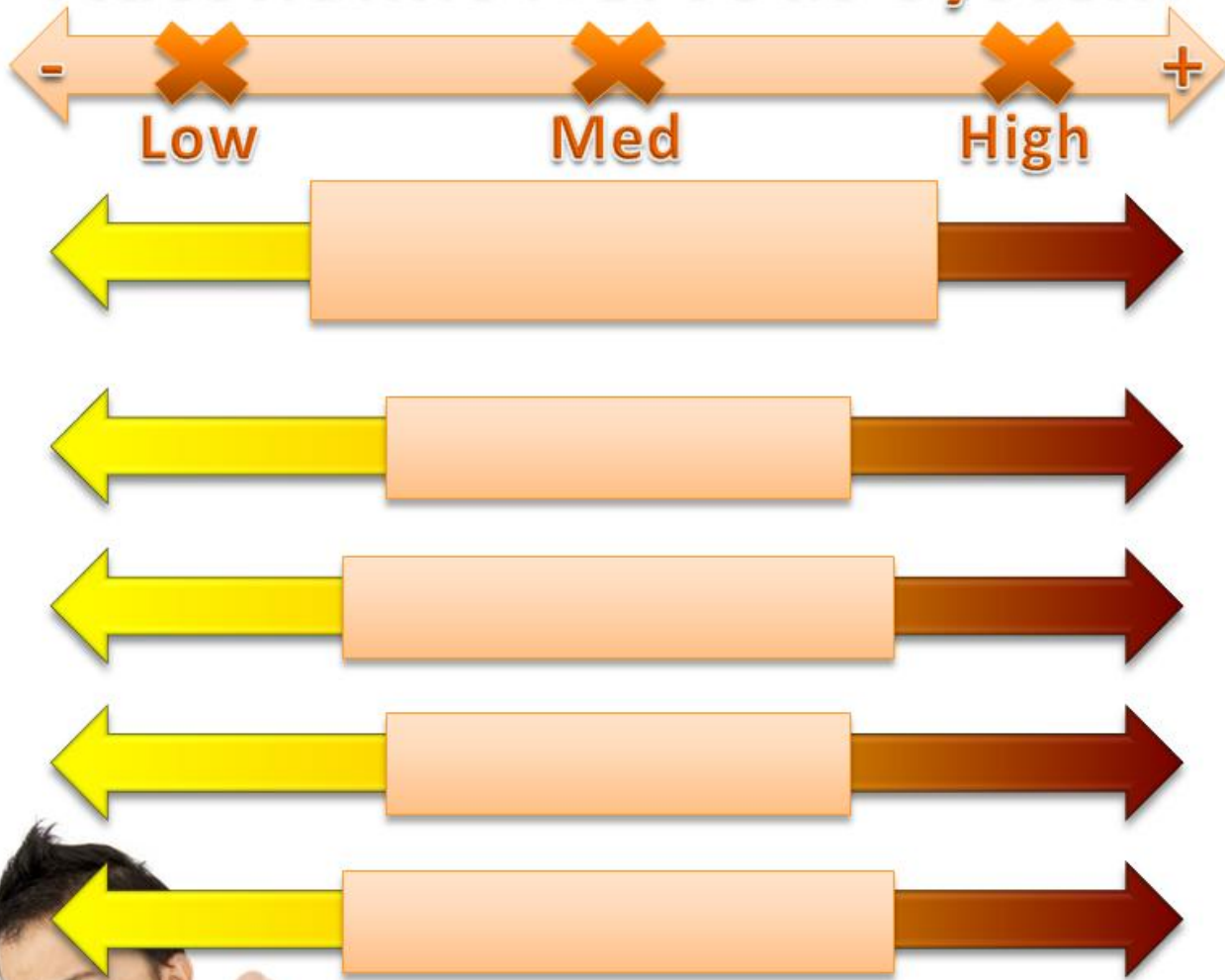


Today's Focus

- 1 Emotional Intelligence
- 2 Social Intelligence
- 3 Professional Development
- 4 Job Roles & Functions

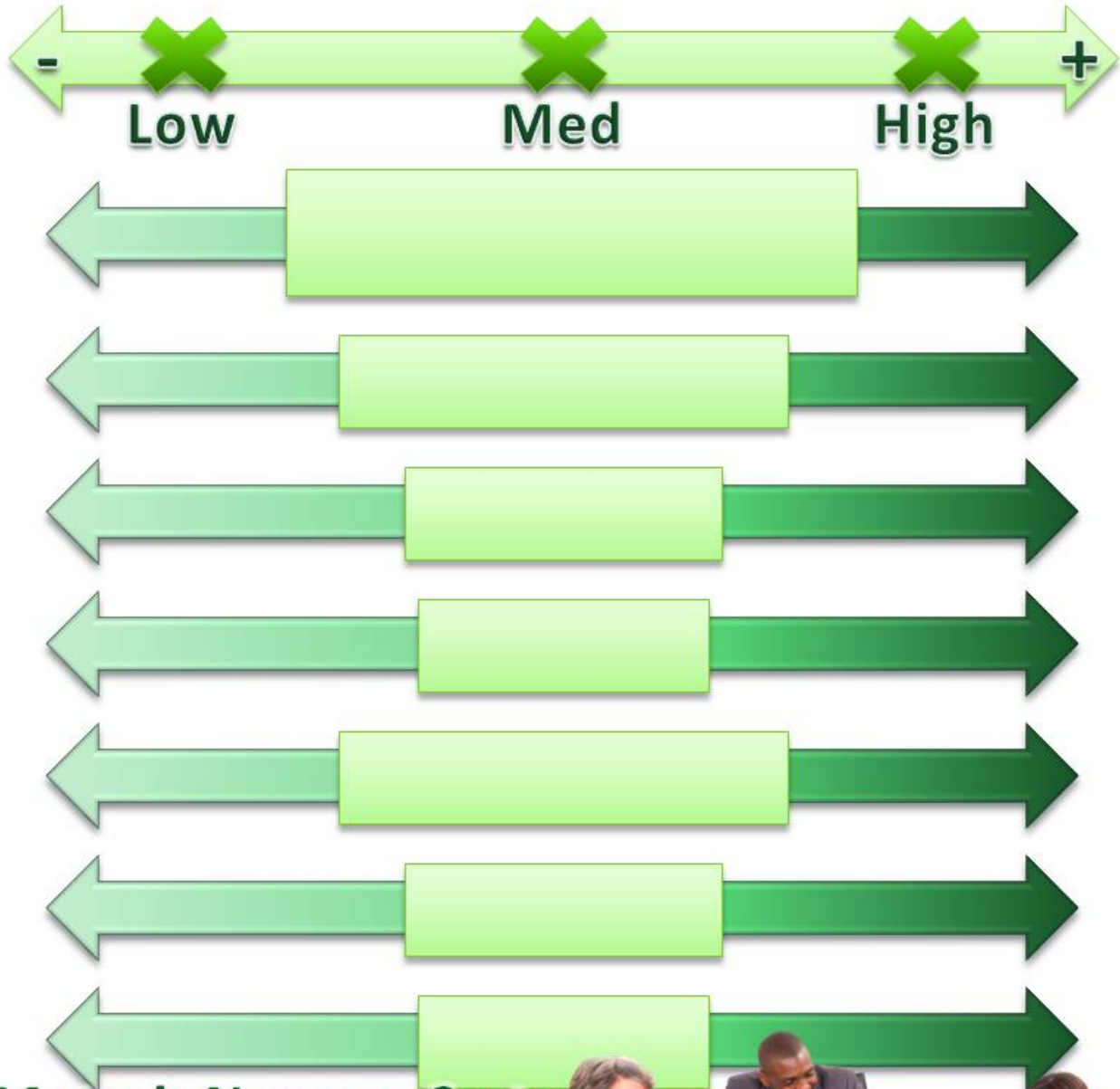


Autonomic Nervous System



*Autonomic Nervous System:
Stress triggers General
Adaptation Syndrome (fight-
or-flight; sympathetic
parasympathetic arousal).*

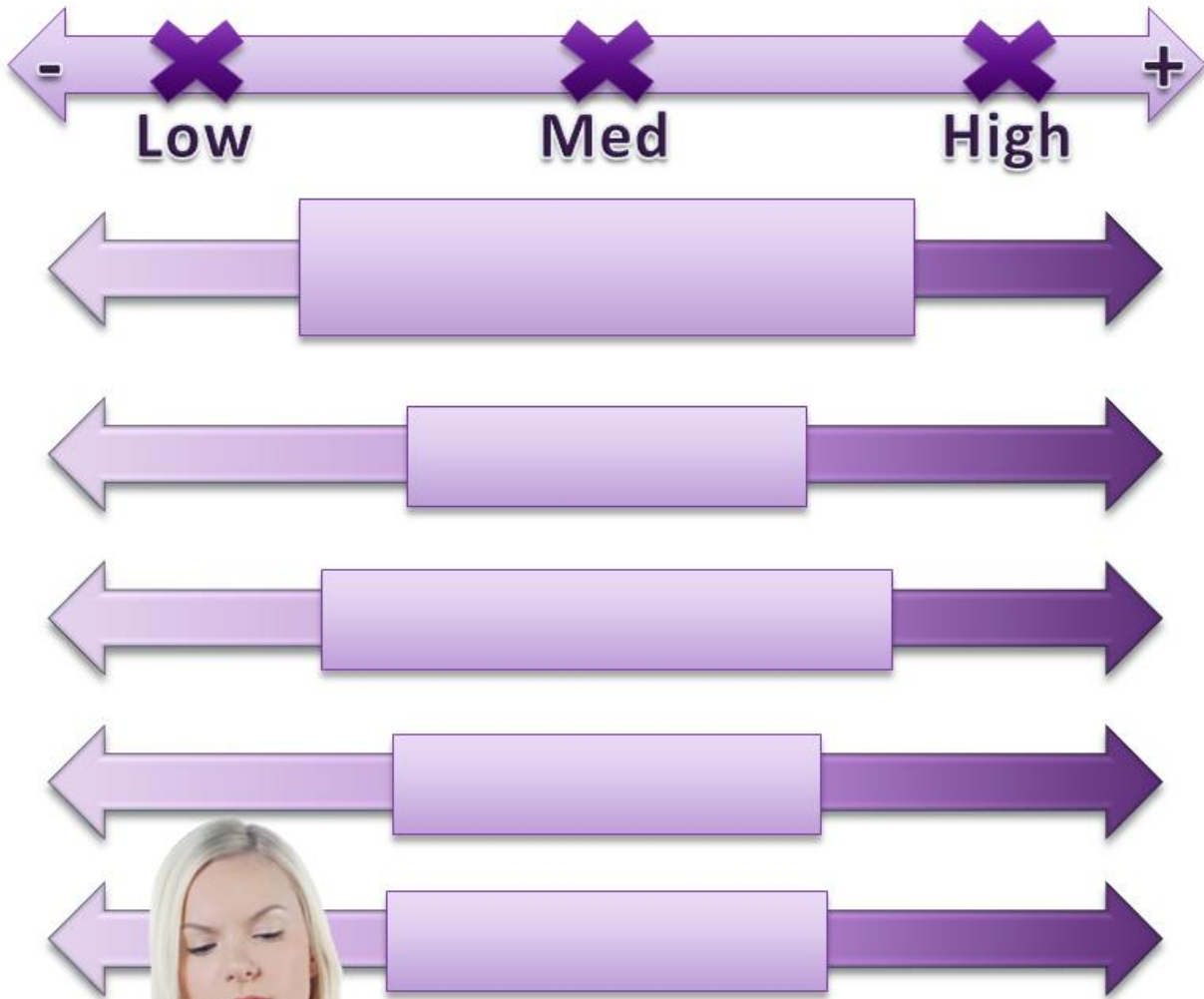
Motoric Nervous System



*Motoric Nervous System:
5 Senses trigger Sensory
Impulses until Max
Stimulus is reached
(afferent efferent nerves).*



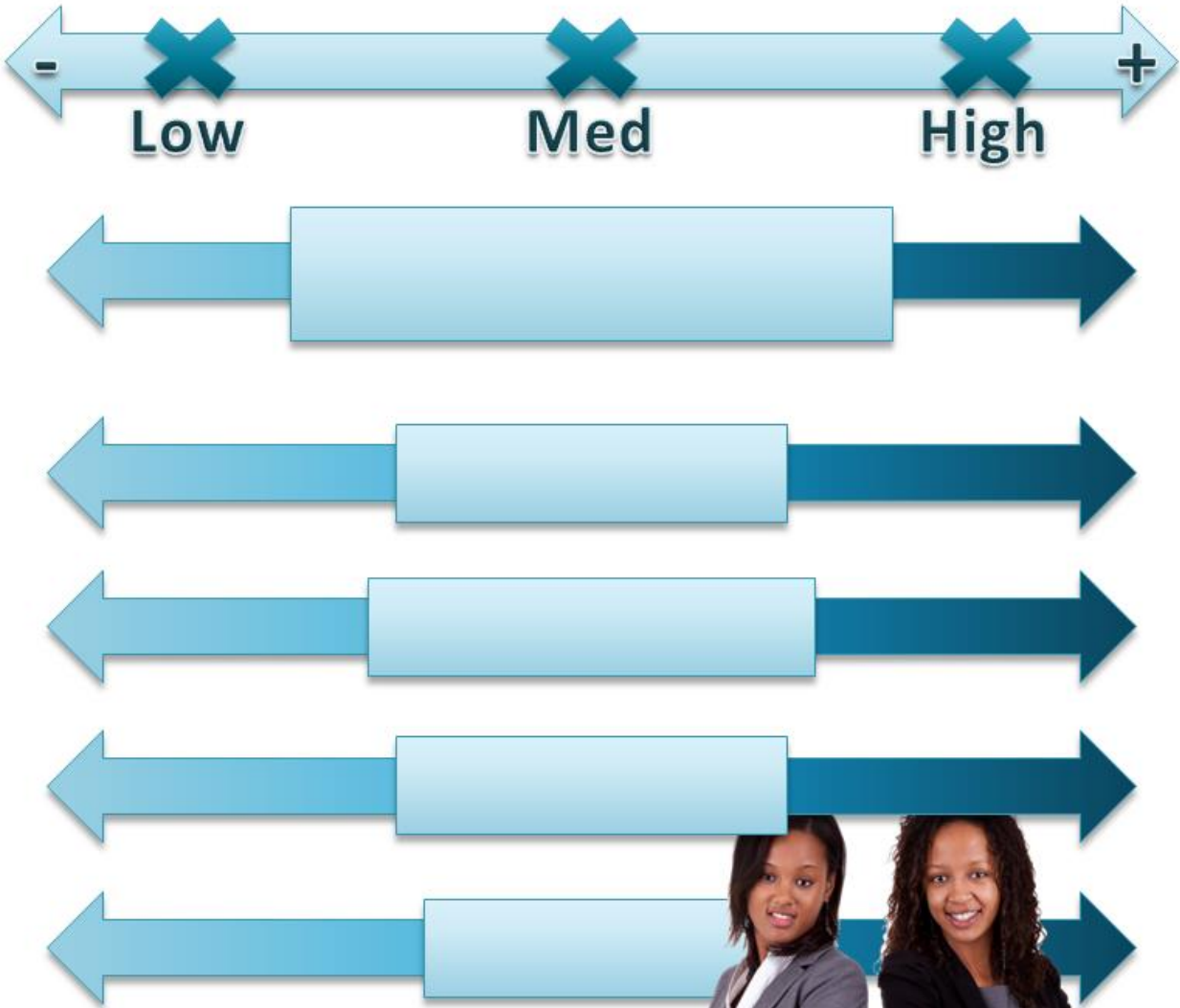
Dopaminergic Nervous System



Dopaminergic System & Cerebral Cortex: once Dopamine is used up creativity stops. About change.



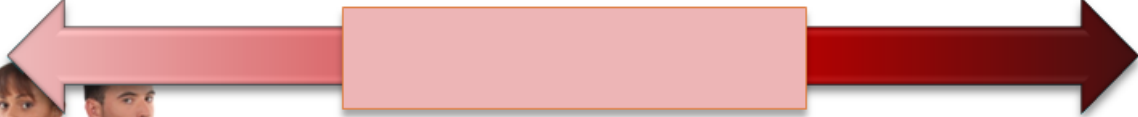
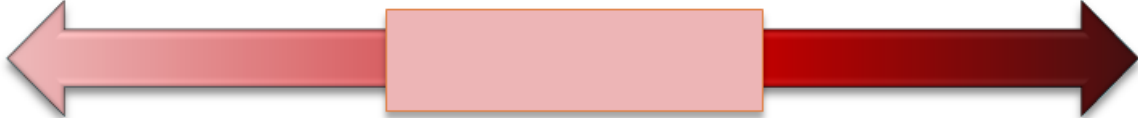
Serotonergic Nervous System



Sex Hormones & Serotonergic System: The Dominance Challenge triggers Defiance based on levels of Testosterone and Estrogen/Progesterone.



Attention Focus System



***Attention Focus System:
Testosterone helps to focus
attention on
sustained, repetitive, goal-
focused behavior.***



Notes



Notes - Learning Journal

SECTION 1

What did I learn?

Why is it important to me?

Who will I tell about this?

SECTION 2

What did I learn?

Why is it important to me?

Who will I tell about this?

SECTION 3

What did I learn?

Why is it important to me?

Who will I tell about this?



Are Teens Confused?



Are Teens Confused & Stressed?

Lack of CLARITY & DIRECTION:

- ✦ 31 billion searches on Google every month
- ✦ Young adults will have 10-14 jobs by 38
- ✦ 1 in 4 workers with current employer < 1 year
- ✦ 1 in 2 workers with current employer < 5 years
- ✦ Stress and depression on the rise '60/29 00's/14
- ✦ 45% teens so depressed difficult to function*
- ✦ 80% feel overwhelmed*



*National College Health Survey



identity intelligence™ & Brain Chemistry

Brain Chemistry: Stress

Stress

1 A.N.S / G.A.S.
Flight | Fight; Cortisol

*Autonomic Nervous System:
Stress triggers General
Adaptation Syndrome (fight-
or-flight; sympathetic
parasympathetic arousal).*

*Motoric Nervous System: 5 Senses
trigger Sensory Impulses until Max
Stimulus is reached (afferent
efferent nerves).*

Brain Chemistry: Stimulation

Stimulation

2 M.N.S.
Afferent | Efferent





Brain Chemistry:
Change

Change

3

D.N.S. / C.C.
Dopamine

This card features a purple and white color scheme. The top left corner has a cluster of yellow and orange dots. The background on the right side shows a purple DNA double helix structure.

Dopaminergic System & Cerebral Cortex: once Dopamine is used up creativity stops. About change.

Sex Hormones & Serotonergic System: The Dominance Challenge triggers Defiance based on levels of Testosterone and Estrogen/Progesterone.



Brain Chemistry:
Control

Control

4

S.S.
Defiance | Submission

This card features a blue and white color scheme. The top left corner has a cluster of yellow and orange dots. The background on the right side shows a blue DNA double helix structure.

Attention Focus System: Testosterone helps to focus attention on sustained, repetitive, goal-focused behavior.



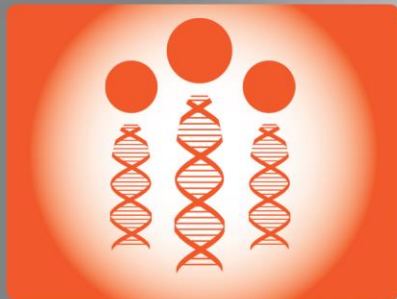
Brain Chemistry:
Distraction

Distraction

5

A.F.S.
Testosterone:Estrogen

This card features an orange and white color scheme. The top left corner has a cluster of yellow and orange dots. The background on the right side shows a brown DNA double helix structure.



YOUNGADULTcoaching

Self Esteem
Confidence
Identity
Relationships
College
Career



LEADERSHIPcoaching

Leadership University
Coaching University
Executive Coaching
Leadership Coaching
Life Coaching
Management Consulting
Project Management
Process Improvement
Conflict Management
Creative Problem Solving
Curriculum Design
Motivational Speakers



ROUNDTABLEcoaching

Mastermind Groups
Confidentiality
Board of Advisors
Christian Worldview
Business Development

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