

# THE GENIUS IS YOU

UNDERSTOOD & APPLIED

- NEUROPLASTICITY
- FLOW STATE
- GROWTH MINDSET



# 60 MINUTES WITH ME [+30]

- I AM THAT
- INTENTION
- NEUROPLASTICITY
- FLOW STATE
- GROWTH MINDSET
- TAKE HOME AND INTEGRATION
- QUESTIONS
- EMBODIMENT – COLD DIP

# I AM THAT [LEKKER]

- ROOTS
- SHRINK & ENGINEERING
- UNIVERSAL ~~STRUGGLES~~ LESSONS
- BUILDING BRIDGES
- VISION & COMMUNITY



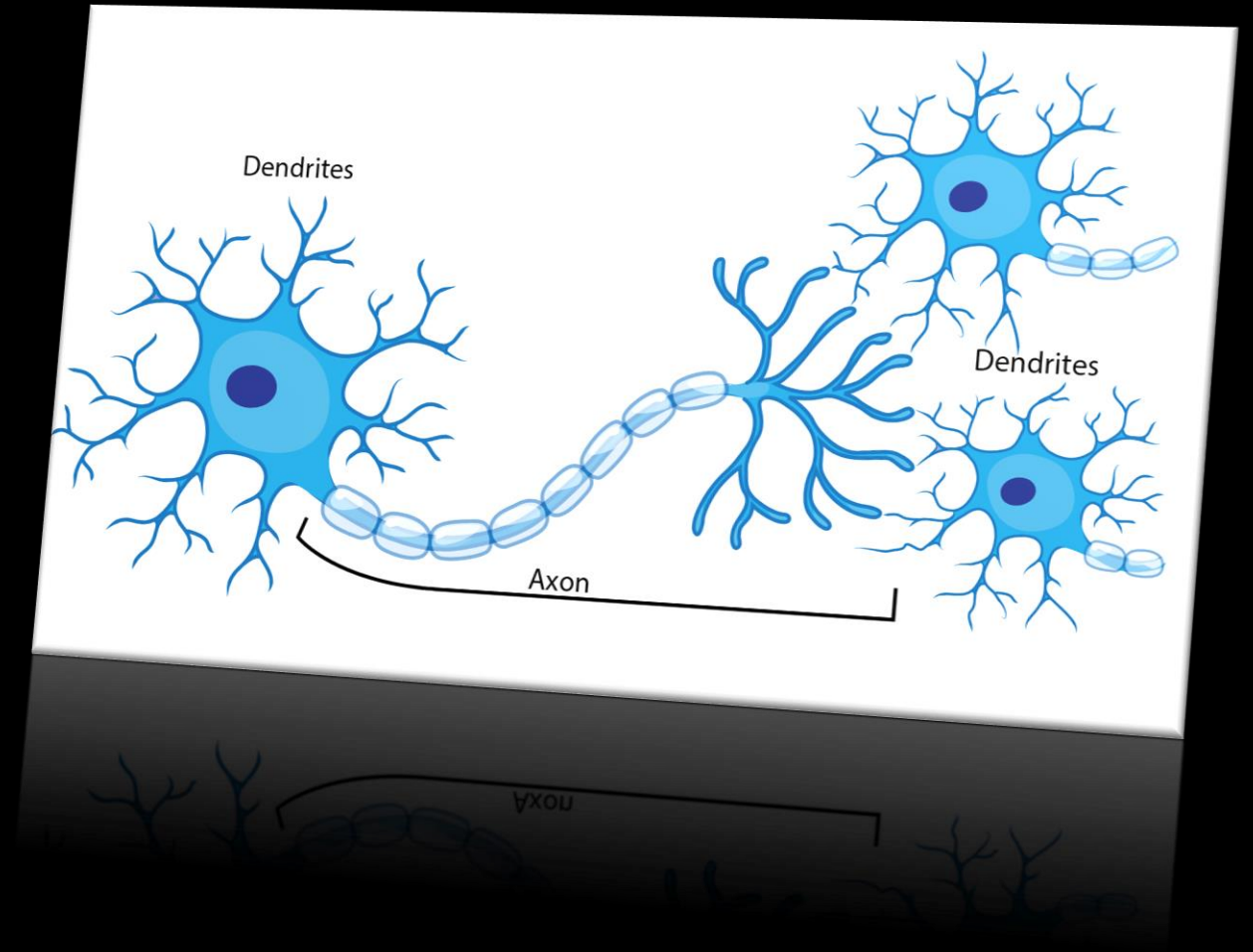
# NEUROPLASTICITY

HOW WE LEARN...

# NEURO WHAT?

## The basics of neuroscience

- Evolution & plasticity
- Conditioning & dogs
- Beauty of failure
- Fail properly!
- 60 / 40 success formula

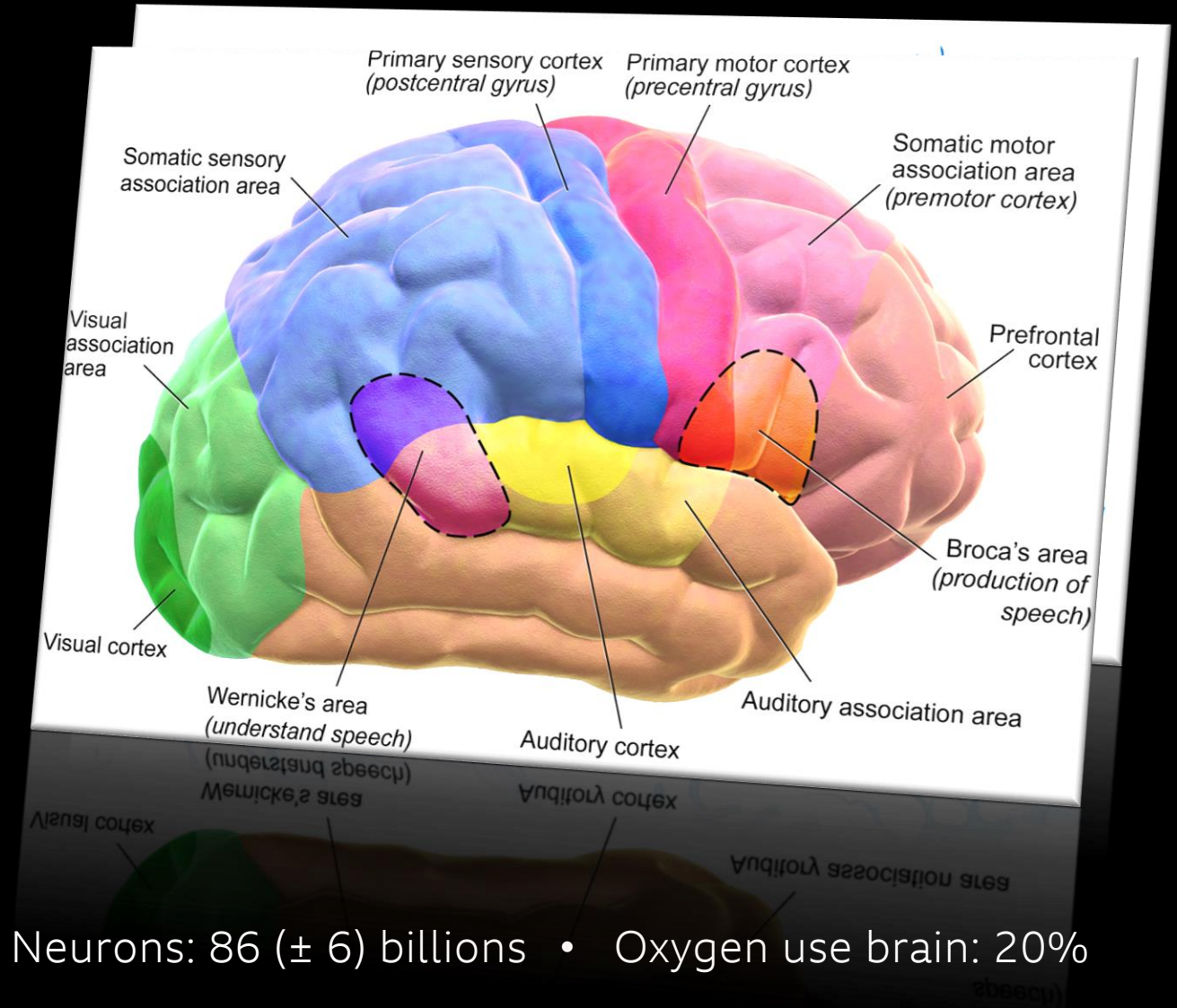


- Neurons: 86 ( $\pm$  6) billions
- Oxygen use brain: 20%
- Synapses: >100 trillions
- Glucose use brain: 25%

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UNIVERSAL LAWS

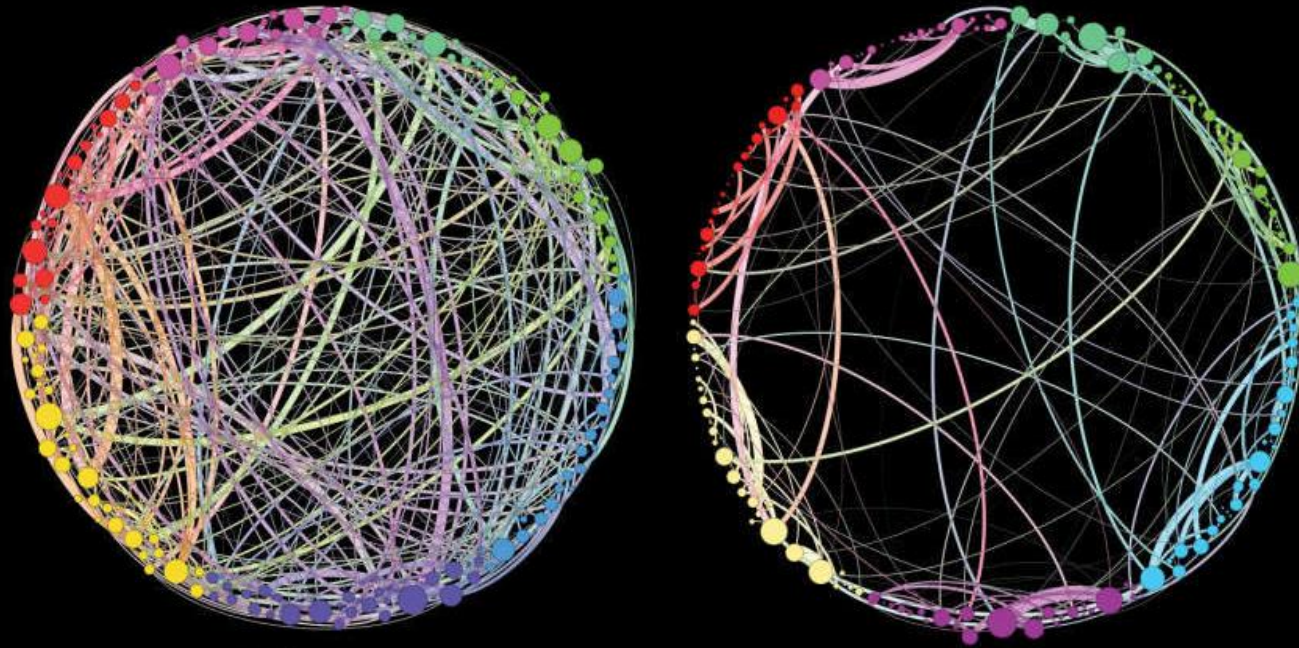
NEURONS THAT  
FIRE TOGETHER,  
WIRE TOGETHER.



Norman Doidge – The Brain's Way of Healing



UNIVERSAL LAWS



USE IT  
OR LOSE IT.



# NEUROPLASTICITY – MODERN-DAY CHALLENGES

## Novel circumstances!

- Slaves to evolution
- Prosperity in societies
- Comfort & convenience
- Unintentional learning
- Skip a meal?!

## Example:

- A very sad day...
- Troubles in a relationship...
- Your boss is an absolute...

❖ But careful!



# FLOW STATE

# FLOW STATE – DEFINITION

## 4 Main Characteristics

- Deep involvement in an action
- Fusion of action and consciousness
- Feeling of control
- Distorted perception of time  
(faster or slower)

## Paradox at work

- More frequent flow during work, but people prefer leisure activities
- Explanation:
  - Stronger goal focus at work

FLOW STATE – DISCIPLINE

IT TAKES DISCIPLINE TO REACH FREEDOM.

– *GABRIELLE ROTH*



Robert Greene – Mastery

# FLOW STATE – AUTOTELIC PERSONALITY

## Flow-Personality-Traits

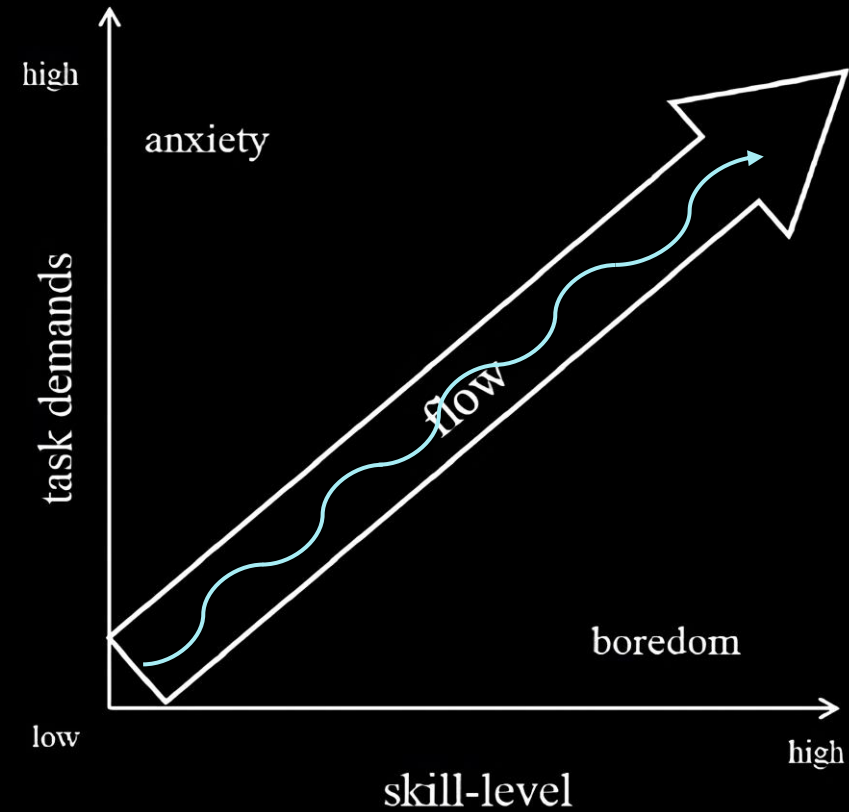
- Frequent self-determined realistic goal setting
- Viewing difficulties as challenges
- Continuous improvement of skills in learning opportunities
- Reduced self-attention



# FLOW STATE – ENVIRONMENT

## 3 central conditions experience

- Fit of requirements and abilities
- Clear objectives
- Immediate feedback

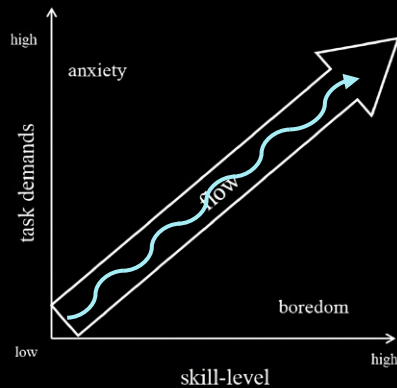




# FLOW STATE – ENVIRONMENT

## 3 central conditions experience

- Fit of requirements and abilities
- Clear objectives
- Immediate feedback



## Other

- Unusual tasks & novelty
- Banish multitasking
  - 15 minutes
- Work atmosphere
- No time pressure

# CONNECT TO THE GENIUS IN YOU

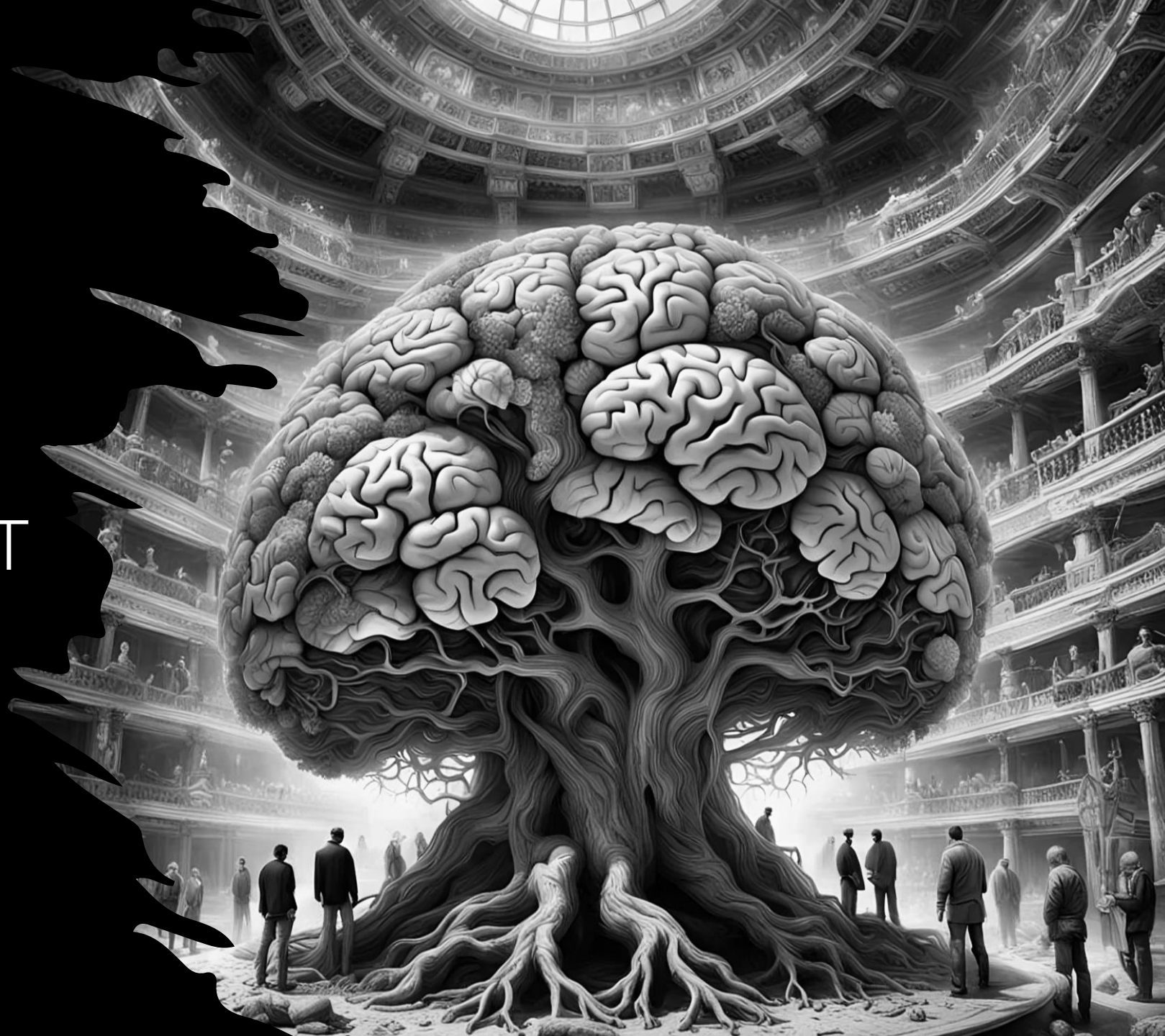
We all are a genius!

3 indicators to reconnect

- It hides in plain sight!
- It makes you curious!
- It ignites you!



# GROWTH MINDSET

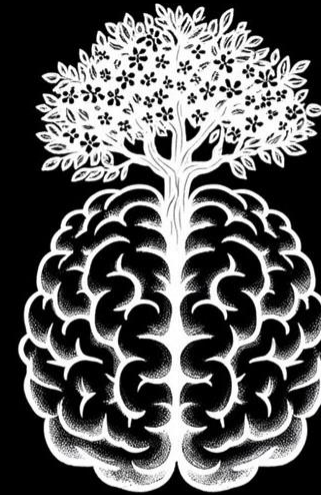




# GROWTH MINDSET – BASICS

## Shift of Perspective

- Stress perception
- Growth vs. Fixed mind
- Terminate chasing problems
- Challenge yourself
- Gamification of life
- Joyful learning



**GROWTH  
MINDSETT**

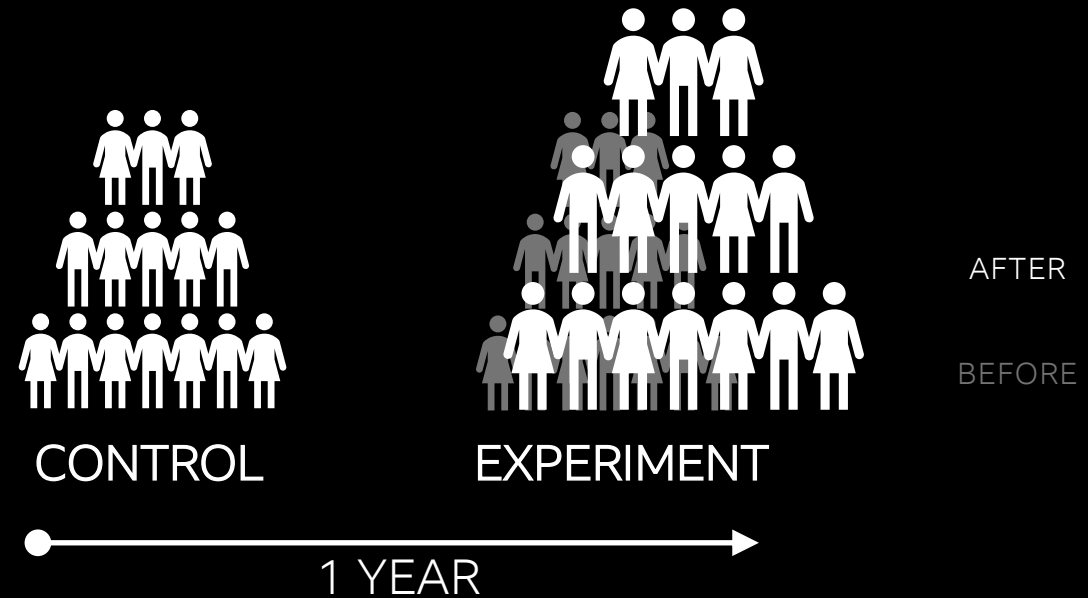


**FIXED  
MINDSET**

# GROWTH MINDSET – RESEARCH

## Motivational Psychology

- Studies & replications
- Study design
- Results
- Conclusion



Build a life you don't feel the  
need to distract yourself from.

– *DAN KOE*



# A GUIDE TO GROWTH

## 6 bullets towards a Growth mindset

- Emphasise Effort & Learning
- Teach about Neuroplasticity
- Promote productive Effort
- Discuss the Power of “Yet”
- Highlight Role Models
- Provide Feedback

# Everybody is a Genius

But if you judge a fish by its ability to climb a tree,  
it will live its whole life believing that it is stupid.

*– ALBERT EINSTEIN*

# GROWTH MINDSET – BUOYANCY

## Positive stress

- Deliberate stress exposure
- Eat the Frog!
- Resilience



Build a personality you  
don't feel the need to  
distract yourself from.

– *DAN KOE x SUE LIEM*

# TAKE HOME AND INTEGRATION

There is only as much magic in life as you allow yourself to imagine.

Life is full of ~~struggles~~ challenges.

Life is a choice!

So many people are awake and yet are still asleep.

Focus is the today's currency.





# QUESTIONS

... OR YOU ASK ME  
LATER INDIVIDUALLY

QUESTIONS THIS IS YOUR CHANCE!





# THANK YOU

Instagram: [mental.aesthetics.you](https://www.instagram.com/mental.aesthetics.you)

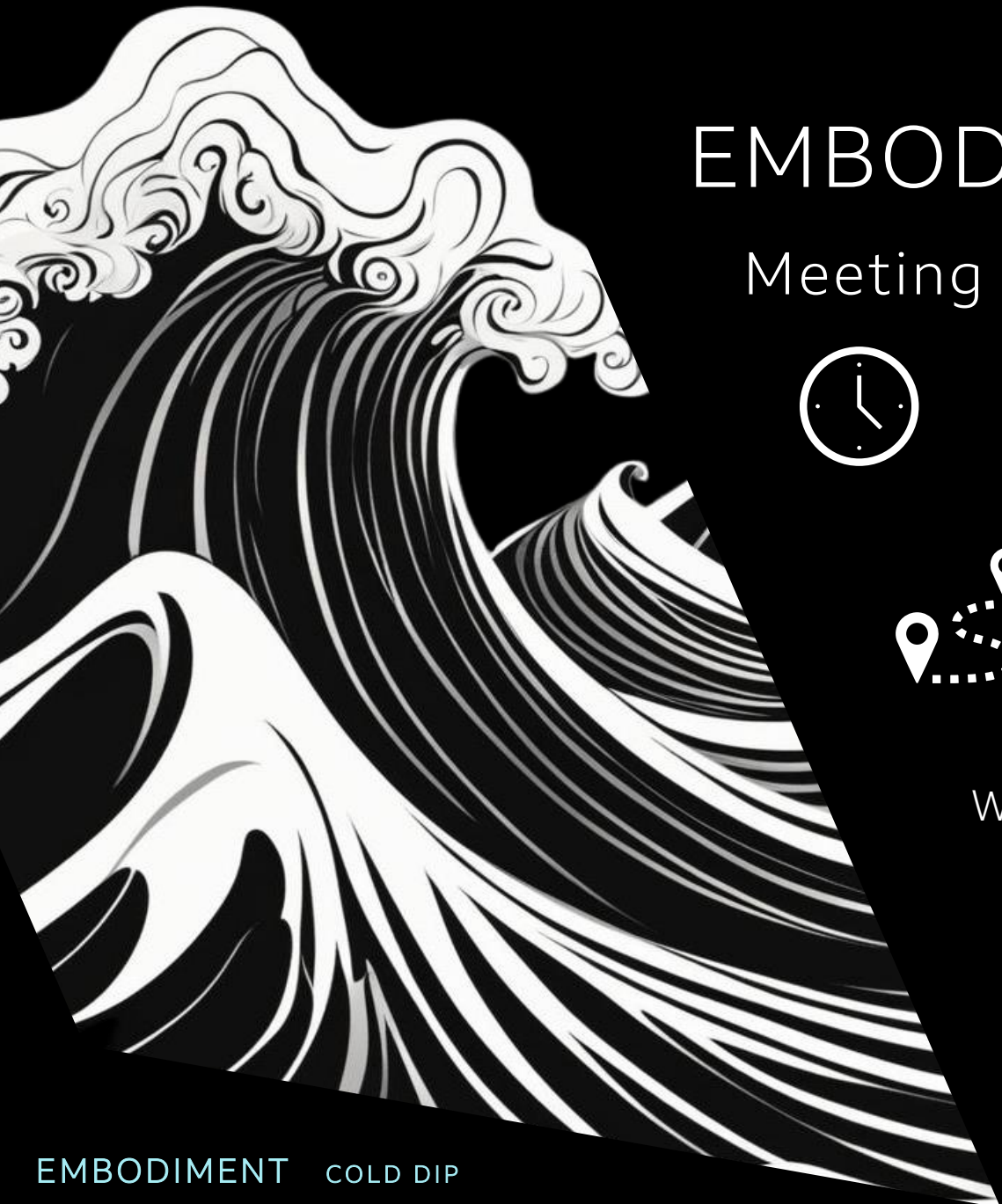
X: [thezarstein](https://twitter.com/thezarstein)

LinkedIn: [Nizar Steiner](https://www.linkedin.com/in/Nizar-Steiner)



REACH OUT LET'S CONNECT

THE GENIUS IS YOU



# EMBODIMENT – COLD DIP

Meeting for the cold dip



Thursday 21:30



we'll move from The Anchor  
to the Light tower

Water temperature: 19-ish degrees Celsius

Deliberate exposure to the extreme cold: 2:30 min

Resilience bundle – a bullet-proof reset button to  
increase your threshold for stress