

Activating the Heart in Groups (ACTH)TM

Otto Scharmer writes that the real work of leadership lies in activating an inspired social field. And we need to cultivate this social field, drawing on the form and structure of relationships among individuals, groups, organisations and systems. Perhaps it is more than a social field as we connect with the physical realities we are part of too.

Several things are needed for this kind of collective intelligence to be activated. Not least is a commitment to working beyond ego, building the pre-conditions for trust and a shared purpose. One dimension that is coming to the fore right now is the role of heart intelligence.

The heart is not just a seat of emotion. Over twenty years of high quality peer reviewed scientific research by the Institute of HeartMath and others have helped to cast new light and provide new evidence on how hearts work. The heart is a real centre of intelligence; it has its own neuronal networks. It is almost like we have a mini heart-brain. Our emotional state is woven into this in a very interesting ways.

Heart based intelligence is at the core of both personal and collective leadership. Many of us find that it is easier to activate when we are working in the same physical space and meeting face to face. But many of the challenges we face and ways we are working internationally are demanding that we grow our capacity to work and lead virtually too.

This research suggests that at the personal level the heart plays a powerful role in facilitating cognitive function, our capacity to work rapidly with intuitive perception, activate foresight, creativity, communication and connection with each other and the situations we find ourselves in. We can strengthen the capacity of our hearts to become more coherent and work in this way.

What happens when groups of people are doing this together at the same time has been less extensively researched so far, but this is a fast expanding field.

This is a very new HeartMath program is optimized to create a culture where teams can thrive. This is program is for all teams to work optimally, with enhanced communication and creatively.

Skills that lead to:

- Increased positive energy and bonding.
- More appreciation, care, kindness and cooperation among individuals.
- Better communication.
- Enhanced collective intuition for increasing creativity and finding solutions to problems.
- Decrease in social discord and adversarial interactions.
- Viewing things from a more inclusive perspective.
- Motivation and momentum to make something purposeful happen.
- Increased sense of well-being and appreciation of collective action.
- Fewer mistakes and errors.
- Faster and more accurate decision-making.
- Shorter meeting times.

Modules Include:

- Team Well-being Discovery
- Activating Optimal Team Results: Coherence is Key
- Moving from Discord to Harmony
- Harnessing the Power of Positive Attitudes
- Technology for Increasing Group Coherence
- Creating Flow in Non-flowing Situations
- Activating the Team's Heart Qualities and Values
- Lifting Team Energy: Relational Energetics
- Raising Personal Vibration for Team Effectiveness
- Breaking Through Communication Barriers
- The Uplifting Effect of Positive Energy
- How Mindsets Affect Team Performance
- Co-Creating Your Team's Coherence Plan

Techniques, Tools and Practices:

- Prep
- Attitude Breathing™
- Shift and Lift™
- Cut Thru®
- Coherent Communication™
- Depletion to Renewal™ Grid
- Vibrational Awareness
- Prep, Shift and Reset
- Spot Check

Want Activating the Heart in Groups (ACTH)™ Training for your organization?

PHONE/TEXT Zissis at 647-402-9067 about scheduling a customized
HeartMath Resilience Advantage™ Training for your organization.