



VITAL2015

Connect. Inspire. Lead.

The Executive Brain

Patty Fahy, MD and Lynn Elliott



AMERICA'S
ESSENTIAL
HOSPITALS





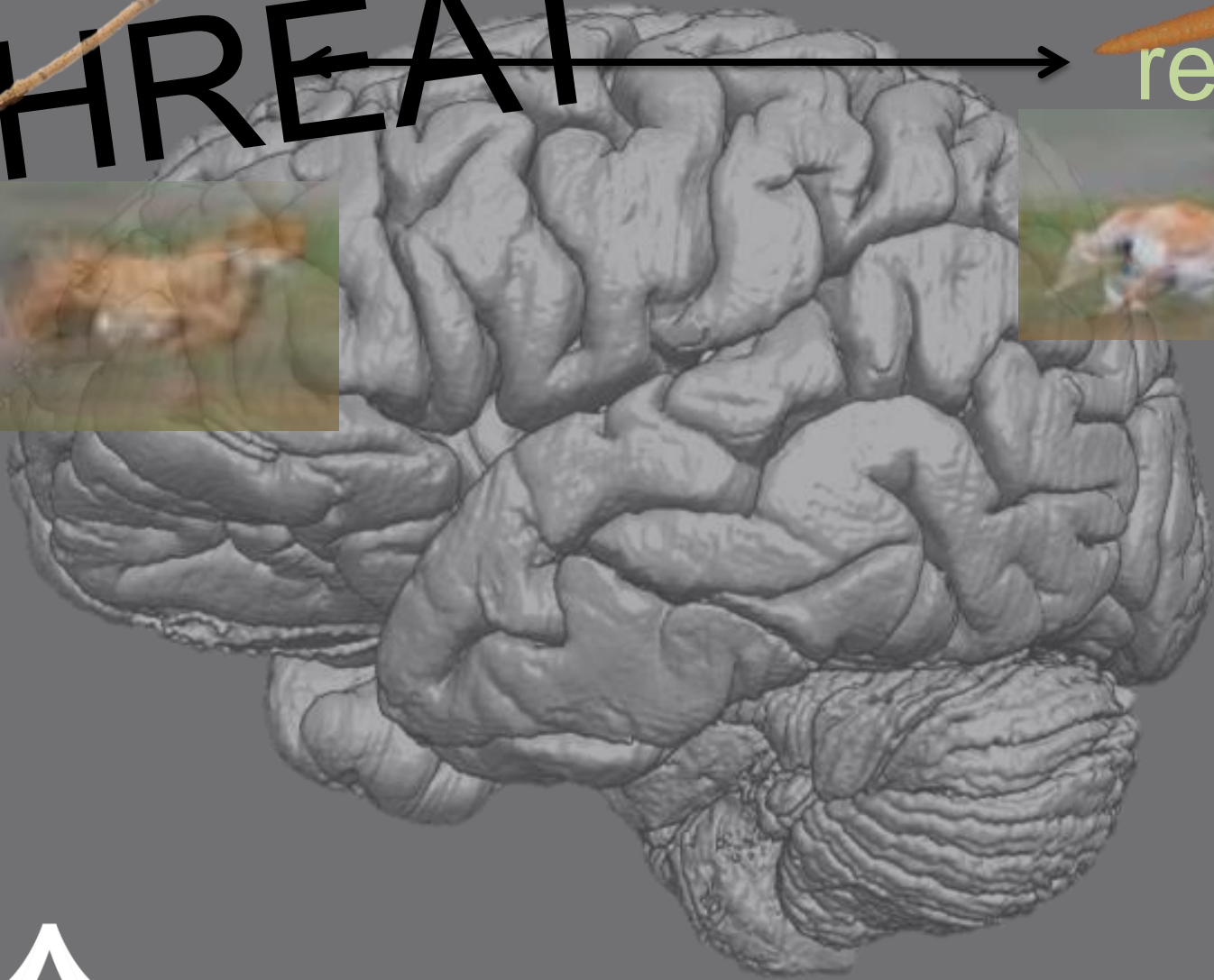
POLL

What is the **BIGGEST PROBLEM** with meetings you attend?

- A. **NO AGENDA** or agenda ignored, no clear objectives
- B. **NO ACCOUNTABILITY**: who will do what by when?
- C. **NO INPUT** solicited for the agenda or content/purpose
- D. **INSIDERS**: leader's chums with undue influence
- E. **DISRUPTORS**: late arrivers, snipers, side conversations

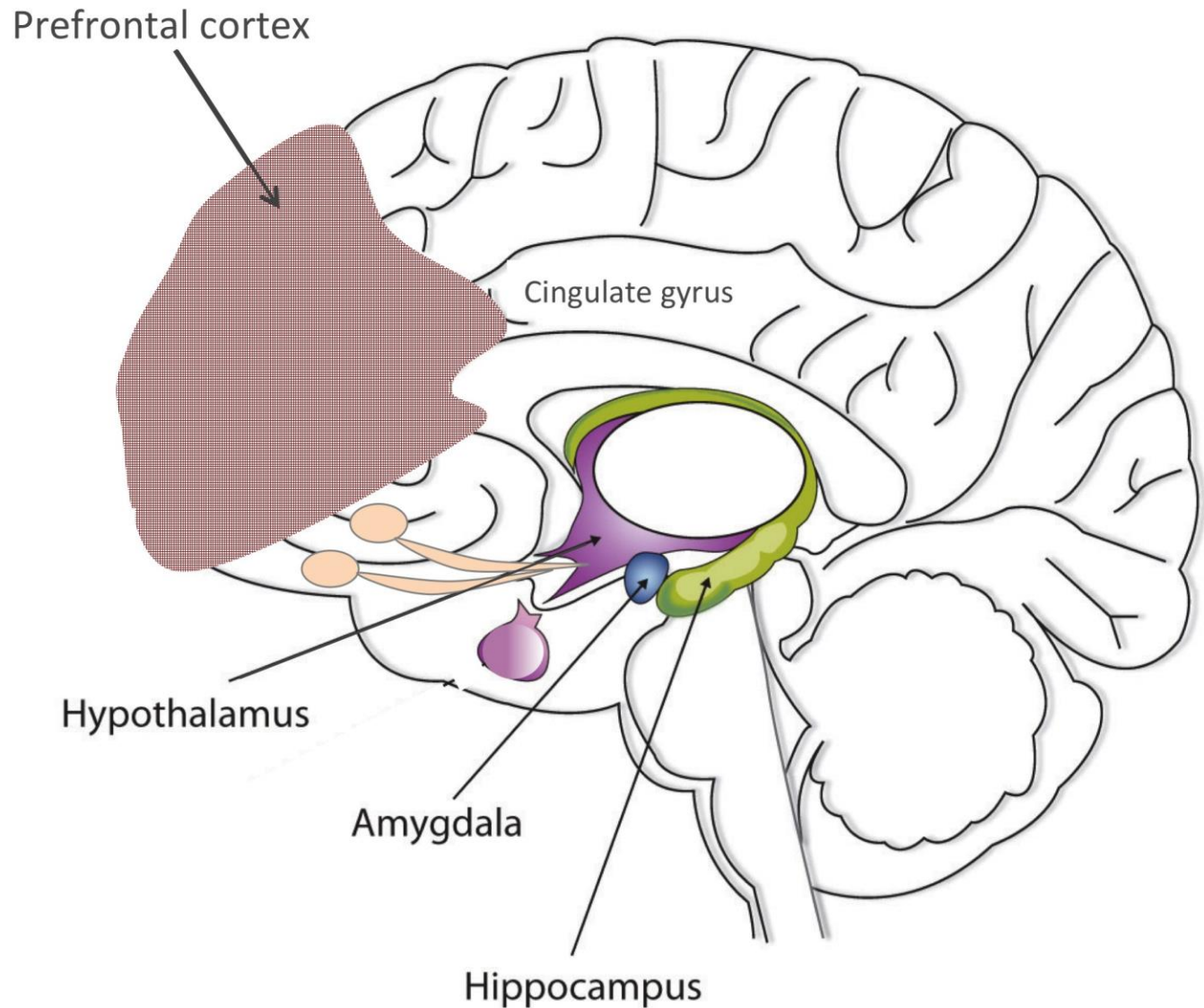
THREAT

reward



PFC=
Executive
Function

LIMBIC
SYSTEM=
Emotions
Instincts
Automatic
Behaviors
Memories



THREAT

reward



**Physically *and* socially
the human brain is wired to avoid threat and seek reward.**

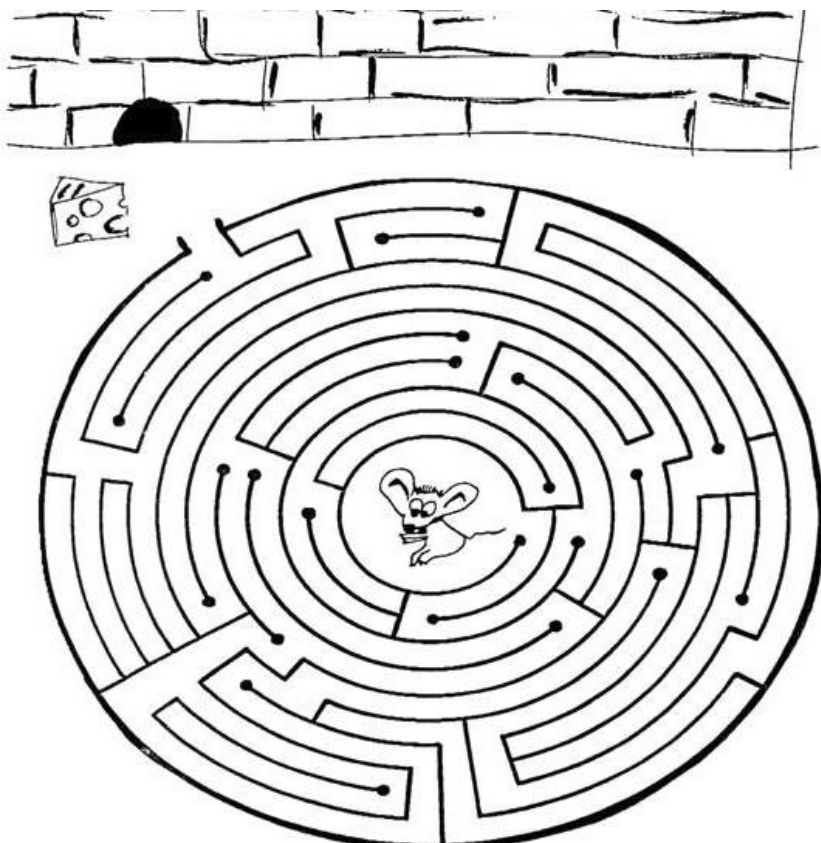
CARB NEEDED

FOR BRAINS TO FUNCTION AT THEIR BEST:

- **CLARITY**
- **AUTONOMY**
- **RESPECT**
- **BELONGING**

THREAT AND REWARD AT YOUR MEETINGS:

- A. NO AGENDA **CLARITY**
- B. NO ACCOUNTABILITY **CLARITY, RESPECT**
- C. NO INPUT **AUTONOMY**
- D. INSIDERS **RESPECT, BELONGING**
- E. DISRUPTORS **CLARITY, RESPECT**



Ronald S. Friedman & Jens Forster
Journal of Personality and Social Psychology 2001

POLL

What were the results of the experiment?

- A. Cheese participants reported feeling **HUNGRY**
- B. Unprecedented number of **DOODLES** on answer sheets
- C. Better cognitive performance with **CHEESE MAZE** participants
- D. Better cognitive performance with **OWL MAZE** participants



POLL

Which motivator is the **biggest threat to cognitive function** on your team or in your workplace?

- A. CLARITY
- B. AUTONOMY
- C. RESPECT
- D. BELONGING



“The primordial emotional task is driving the collective emotions in a positive direction and clearing the smog created by toxic emotions.”
Daniel Goleman

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What is the BIGGEST PROBLEM with meetings you attend?

📱 Text **AEHMEETINGS** to **22333** once to join, then **A, B, C, D, or E**

🔒 Answers to this poll are anonymous

NO AGENDA or clear objectives **A**

NO ACCOUNTABILITY (who will do what by when) **B**

NO INPUT into the agenda or content/purpose **C**

INSIDERS with undue influence **D**

DISRUPTORS (late arrivers, snipers, side conversations) **E**



What were the results of the experiment?

📱 Text **AEHMEETINGS** to **22333** once to join, then **A, B, C, or D**

🔒 Answers to this poll are anonymous

Cheese participants reported feeling HUNGRY

A

Unprecedented number of DOODLES on answer sheets

B

Better cognitive performance with CHEESE MAZE participants

C

Better cognitive performance with OWL MAZE participants

D



Which motivator is the biggest threat to cognitive function on your team or in your workplace?

📱 Text **AEHMEETINGS** to **22333** once to join, then **A, B, C, or D**

∞ Answers to this poll are anonymous

CLARITY **A**

AUTONOMY **B**

RESPECT **C**

BELONGING **D**