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COLEAGUES COLLECTIVE COLORFUL COMBINE CONCUR COMEBACK COMFORT
COMMAND **CO-ACTIVE®** COMMERCE COMMINGLE COMMIT CONVERSATION
COMMUNITY COMMUNICATE COMPARE COMPASS COMPASSION COACH COMPLETE
COMPLIMENT COMPANY COMPREHEND CONCEIVE CONCENTRATION CONCEPT
CONCERN CONCERTED CONFIGURE CONCLUDE CONCURRENT CONFIDE
CONFIDENCE CONFIGURE CONFIRM CONGRUITY CONCISE CONTENT

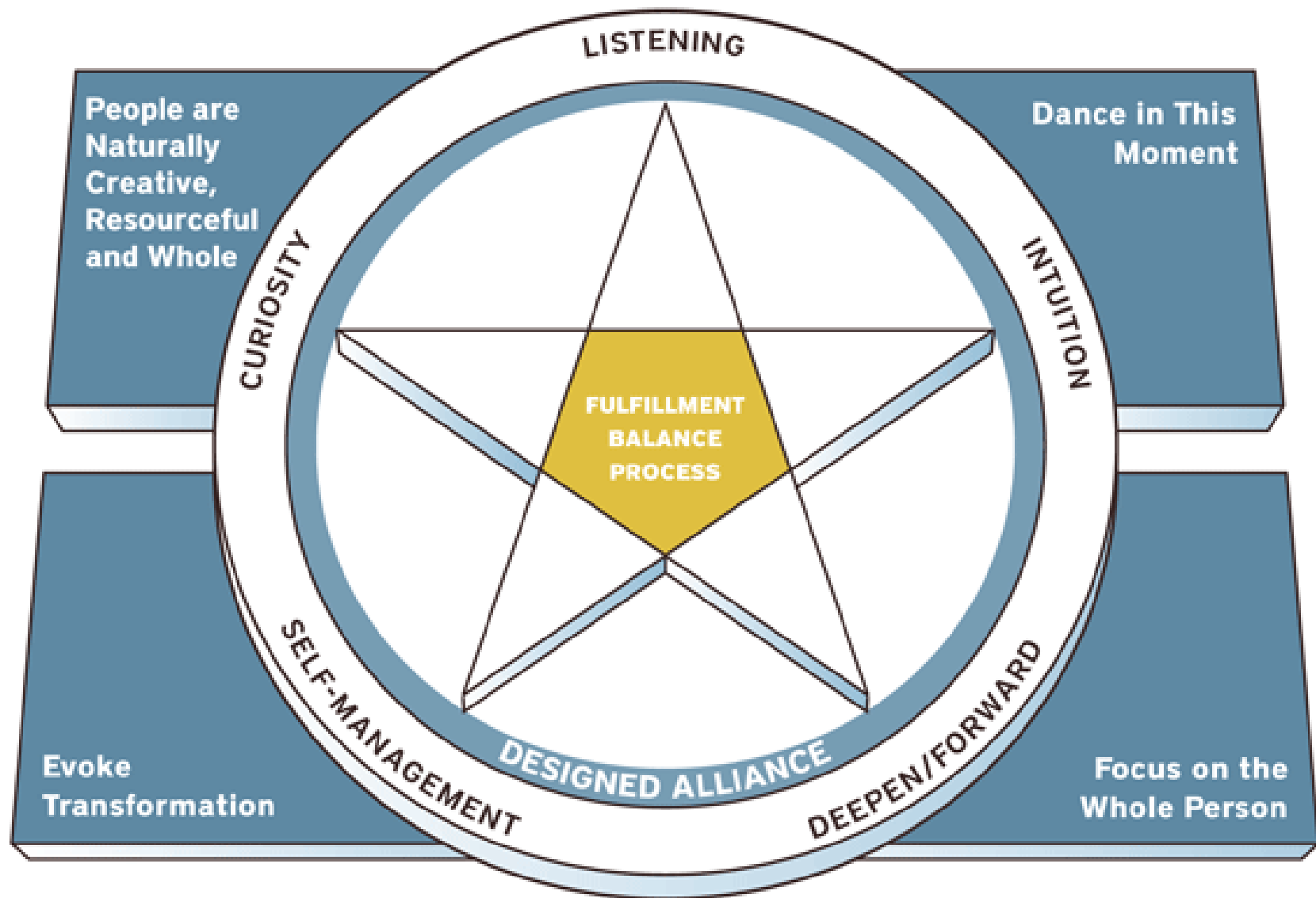


Welcome *to the Neuroscience of the Co-Active Model!*

Session #4

Co-Active Contexts and the Social and Interconnected Brain

- The science of the five contexts of Co-Active Coaching
- How we feel and know each other
- A tool for enhancing connection and understanding



Context #1: LISTENING



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Listening is a magnetic and strange thing, a creative force. The friends who listen to us are the ones we move toward. When we are listened to, it creates us, makes us unfold and expand.

~Karl Menninger

LISTENING

Level One

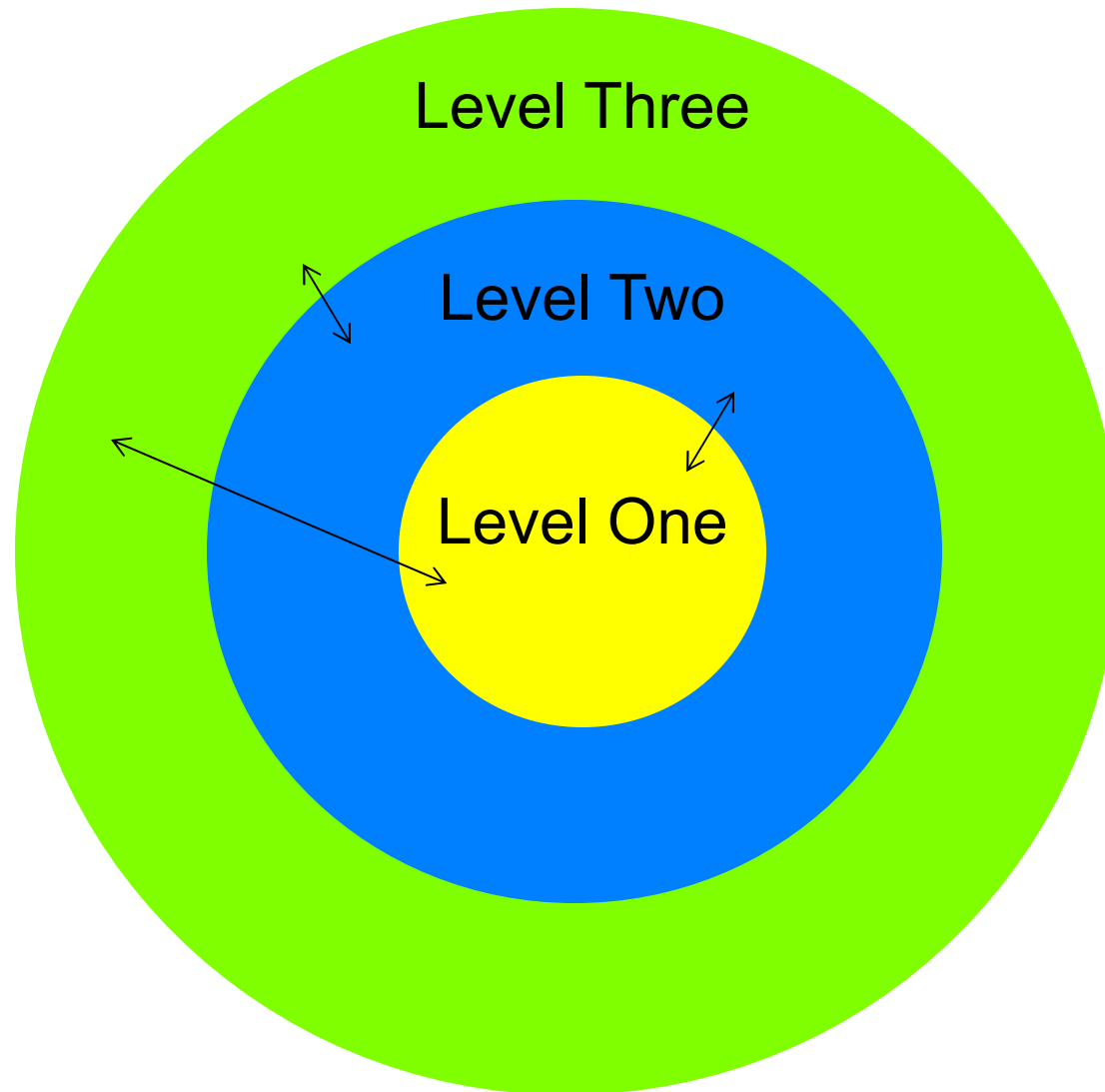
- Multi-modal neurons
- We are inherently self-referential in order to understand

Level Two

- Left hemisphere of the brain
- Focus on parts (words) and information (data)
- Dissects and processes information

Level Three

- Right hemisphere of the brain
- Focus on everything
- Present moment, brings images and metaphor to LH to dissect and process



Context #2: SELF-MANAGEMENT



*"I can't worry about that now.
I'm worrying about something else."*

*The emotional brain responds
to an event more quickly than
the thinking brain.*

~Daniel Goleman

SELF-MANAGEMENT

- Managing (and including) self-referential nature of Level One listening
- RH (empathy and oneness) and LH (focus and separateness) integration and inhibition
- Requires “Top Down” vs. “Bottom Up” processing

Context #3: CURIOSITY

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"I don't like these curiosity levels one bit."

I think, at a child's birth, if a mother could ask a fairy godmother to endow it with the most useful gift, that gift should be curiosity.

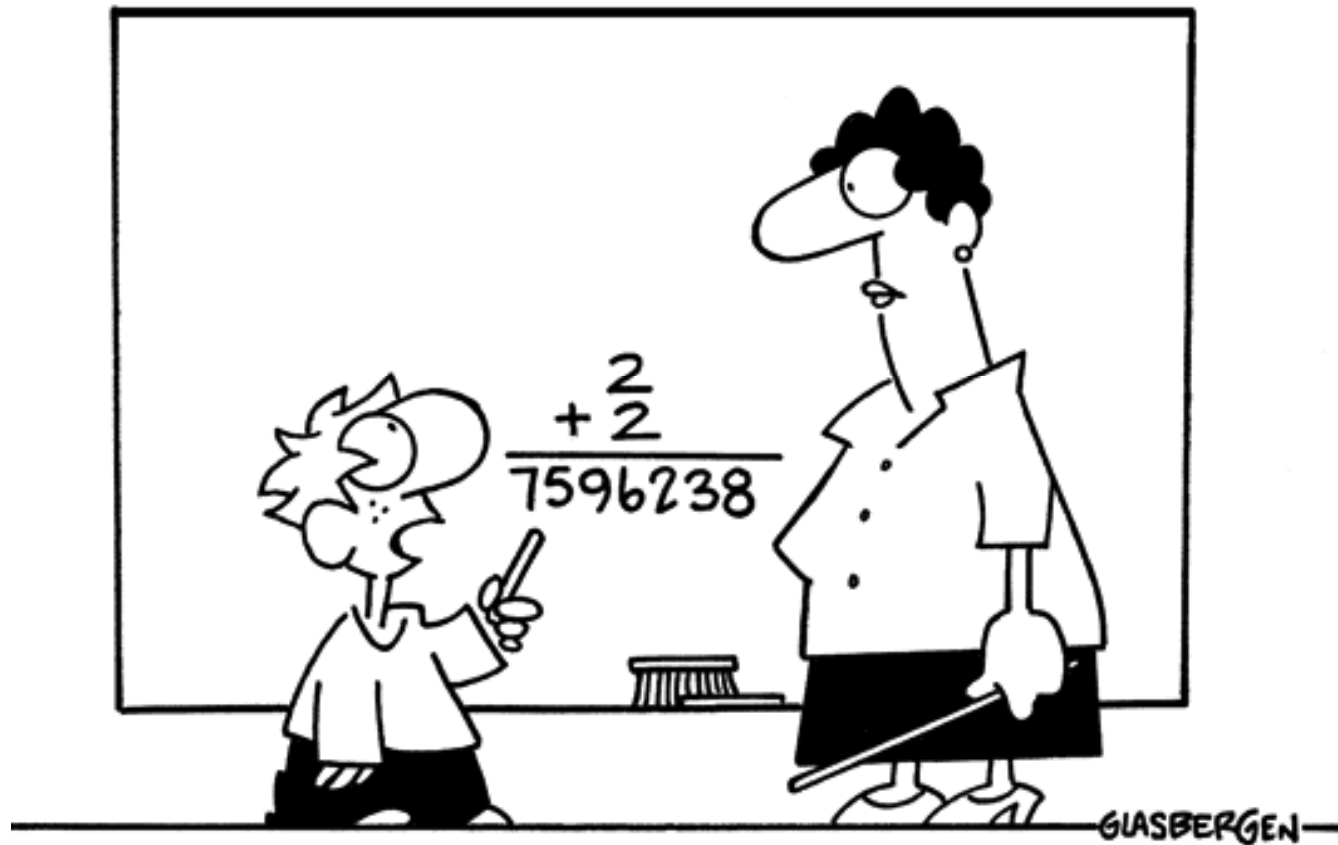
~Eleanor Roosevelt

CURIOSITY

- Engages center for learning and creativity
- Encourages neuroplasticity
- Engages Pre-Frontal Cortex
- Allows messy complexity of right hemisphere to speak and be known
- Allows precision of left hemisphere to focus and understand

Context #4: FORWARD and DEEPEN

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**“In an increasingly complex world, sometimes
old questions require new answers.”**

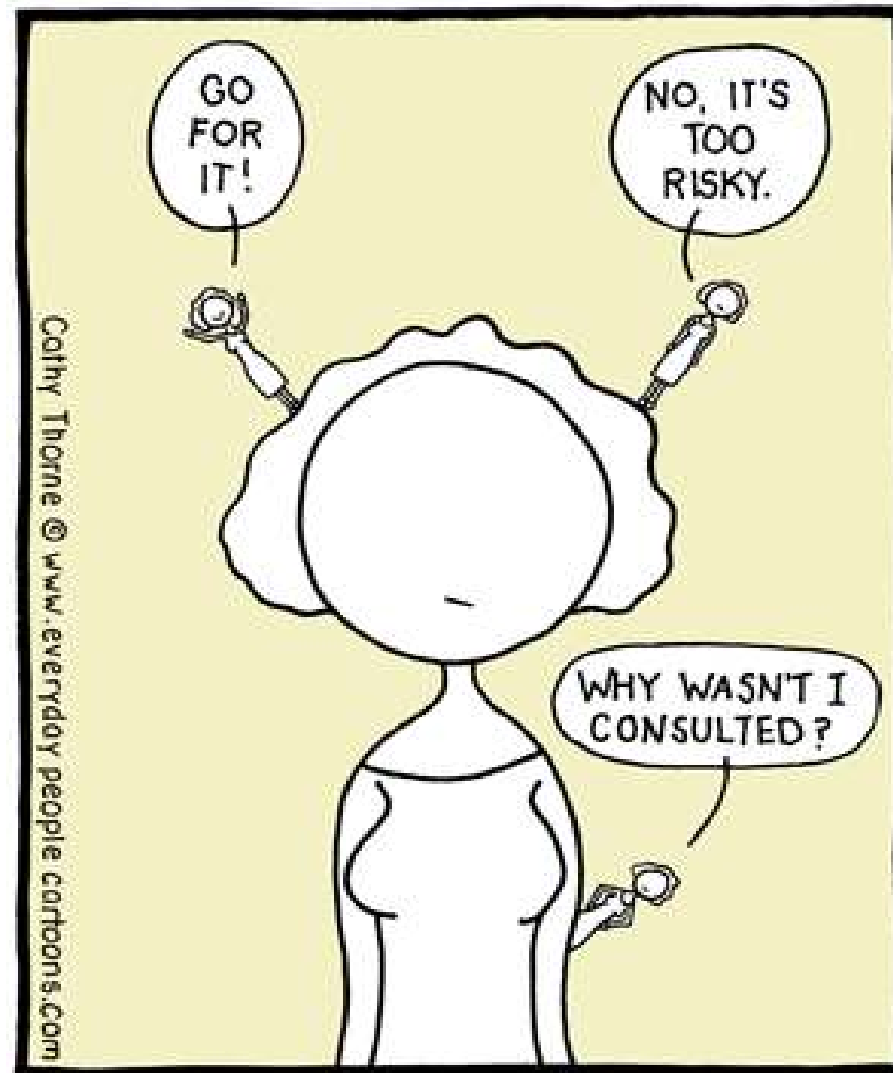
The act of calculating and getting answers is not a reflective activity... it does not generate understanding.

~James Zull

FORWARD THE ACTION ~ DEEPEN THE LEARNING

- ACTION = engages the motor cortex
- REMEMBERING = sensory cortex receives input from the five senses
- REFLECTION = back integrative cortex makes sense of the input
- PLANNING = Pre-frontal cortex uses the information from the back integrative cortex (which helps lock in memory and reassemble sensory data) to develop or revise a plan of action for going forward.

Context #5: INTUITION



IT'S A WONDER I MAKE ANY DECISIONS AT ALL.

Intuition is the key to thinking. Intuition is our contact between the conscious and the subconscious. It's your subconscious that suddenly comes through and lets you know that "this is something important to be thought about." It is intuition that is continually opening doors of thought.

~R. Buckminster Fuller

INTUITION IS.....

Anything you know without
conscious processing,
thought, or observation

A complex system of interconnected processes:

1. What we know contextually
 - Involves PFC and hippocampus
 - Involves LH of the brain (rational, data)
2. What we know from our own bodies
 - The Vagus Nerve and RH
3. What we know from other people
 - Sensory information
 - Mirror Neurons
 - The heart's resonant field
4. What we have no business knowing
 - The collective consciousness

Q & A



Coaching Tool: Exploring Your Intuitive Self

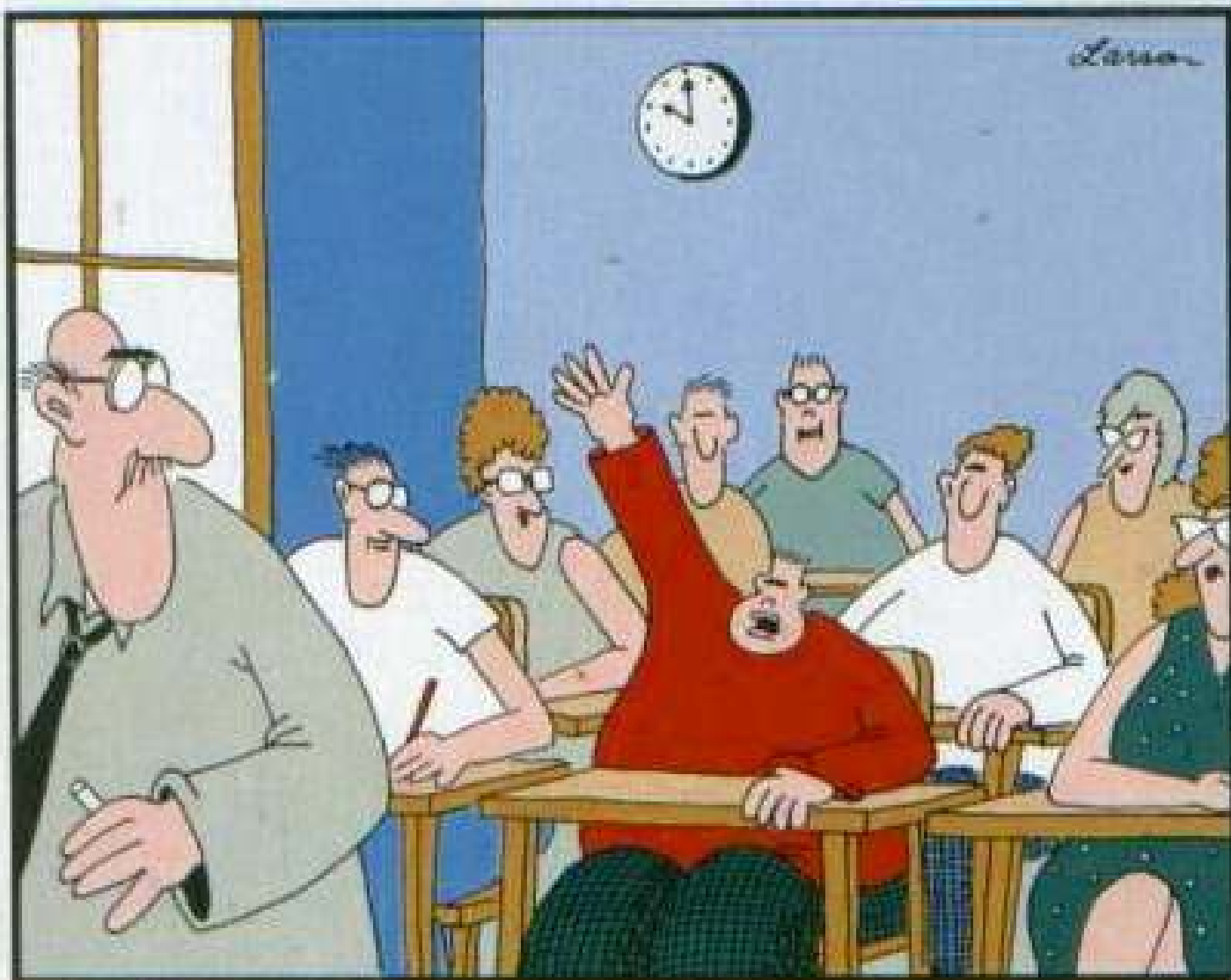
1. Briefly explain the Intuition System to your client.
2. Focus on an area they want to grow/develop or a challenge. Ask them:
 - **What are all the experiences you have had in this area?** How could you trust your contextual intuition in this area more?
 - **What messages does your body have for you in this area?** How could you trust what your body is telling you more?
 - **What do you pick up from others in this area?** How could you trust this more?
 - **What do you sense in this area that is beyond explanation?** How could you trust this more?

HOMEWORK



1. Use the Exploring your Intuitive Self tool with a coaching client and post your results and learning to the Facebook group.
2. Explore your own intuitive self. What are the multiple ways you receive intuitive guidance? What are some ways you have not been aware of before now? Post to FB group.

Life is a joyous experiment. Be your own guinea pig.



**"Mr. Osborne, may I be excused?
My brain is full."**



And from here...?

Please type in:

- 1. What has been the impact of this series on you?**
- 1. What else would you like in a webinar format:**
 - **General topics?**
 - **Continuation of neuroscience?**

*We evolve at the rate of the
tribe we're plugged in to.*

~Caroline Myss

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