

COORDINATE COMPEL CONNECT CO-MMENCE COLLABORATE CO-OWN COALESCE
CO-AUTHOR COEDUCATIONAL COEXIST CO-EVOLVE COFFEE COFOUND
CO-FUNCTION COGNITIVE COHESIVE COHORT COHOST COINCIDE COLD-CALCULATE
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 CONCENTRATE CONCEPT
CONCERN CONCERTED CONFIGURE CONCLUDE CONCURRENT CONFIDE
CONFIDENCE CONFIRM CONGRUITY CONCISE CONTENT



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

The brain is a monstrous, beautiful mess. Its billions of nerve cells - called neurons - lie in a tangled web that displays cognitive powers far exceeding any of the silicon machines we have built to mimic it.

~William F. Allman

Session One ~ 9/25

The Importance of Co-Active
and Integration

Session Two ~ 10/2

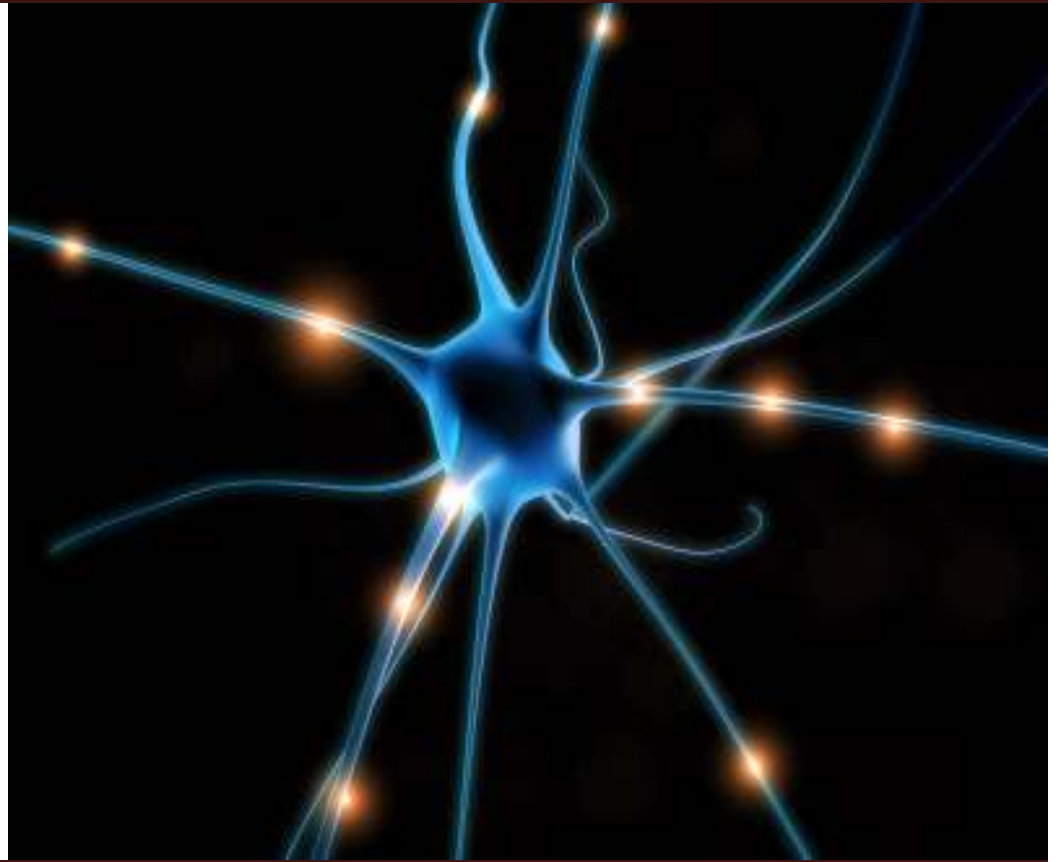
The Four Cornerstones
and Neuroplasticity

Session Three ~ 10/9

The Three Principles
and the Pre-Frontal Cortex

Session Four ~ 10/16

The Five Contexts and the
Social and Interconnected Brain



Series Overview



Information & Logistics

- ~ Feel free to write in questions or comments throughout the session, and we will answer as many as possible during the Q & A times.
- ~ You'll receive an email with suggested pre-work and homework before each session.
- ~ There is a closed Facebook group set up for discussion: **Neuroscience and Co-Active Coaching Discussion** – pre- work and homework will be posted here as well.
- ~ Recordings will be available at: <http://www.thecoaches.com/webinar-access/loginWA.php> within 72 hours. A copy of each week's slides will also be accessible to everyone through the same website after the call.

Session #1

The Critical Importance of Being Co-Active

BRAIN CONCEPT: Integration

- The impact of integration on the brain and overall effectiveness
 - How Co-Active coaching helps the brain connect with itself
 - New tool for intentional brain integration

Do I contradict myself?

*Very well then I contradict myself,
(I am large, I contain multitudes.)*

~Walt Whitman

Definition of Integration:

The *linkage* of *differentiated* parts

~Dr. Daniel Siegel





What are we Integrating?

- Right and Left Hemisphere
 - Higher and Lower Brains
- Multiple Aspects of our Selves
- Information from our Heart and Gut Brains
 - CO and ACTIVE



Q & A

*The intuitive mind is a sacred gift and
the rational mind is a faithful servant.
We have created a society that honors
the servant and has forgotten the gift.*

~Albert Einstein

On the one hand....



LEFT

- One-point focus
- Specificity; narrows things down
- Language and logic
- Separateness
- Explicit
- Filters out information
- Sequences and plans
- Usefulness
- Positivity

RIGHT

- Holistic
- Big Picture
- Metaphor
- Information from the body
- Oneness/interconnection
- Implicit
- Takes in much of the information available
- Present moment
- Purpose and meaning

*The two hemispheres of the brain play important roles,
and we need them both for maximum effectiveness*

On the other hand....



LEFT

- RIGIDITY
- Blame
- Anger
- Sees people as things
- Misses the point

RIGHT

- CHAOS
- Overwhelm
- Anxiety
- Depression
- Hopelessness

*Each hemisphere has its own less effective tendencies
when in reactive mode*

In the Effective Brain



each hemisphere is able to link with the positive aspects of the other hemisphere as is helpful

as well as inhibit the other hemisphere's reactive tendencies and/or over-calibration



*Co-Active – a metaphor
for the two hemispheres*

RH = CO
LH = ACTIVE

Hyphen is integration
as well as inhibition

LEFT

RIGHT

STRUCTURE

FOCUS
DIRECTION
POSITIVITY

FREEDOM

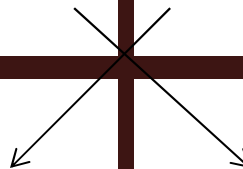
ONENESS
MEANING
PRESENT MOMENT

RIGIDITY

ANGER
BLAME
DENIAL

CHAOS

OVERWHELM
DEPRESSION
FEAR



RH / LH Integration Tool— the DIAGONAL PROCESS

1. Notice where your client is coming from ~ is it CHAOS or RIGIDITY?
2. Go “diagonal” above
3. If they are more in CHAOS, work on structure and focus
4. If they are more in RIGIDITY, work on purpose and meaning

LEFT

RIGHT

STRUCTURE

FOCUS
DIRECTION
POSITIVITY

FREEDOM

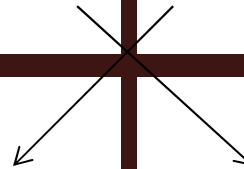
ONENESS
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OVERWHELM
DEPRESSION
FEAR





Q & A



HOMework

1. Use Diagonal Process with a coaching client and post your results and learning to the Facebook group.
1. Notice your Right and Left Hemispheres in both creative and reactive mode. What takes you to Chaos? What takes you to Rigidity? If you lean in to the other hemisphere when you are reactive, how is that helpful? Post to FB group.

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



FOR MORE INFORMATION

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changing business.
transforming lives.