

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!*



Information & Logistics

Just a gentle reminder that recordings will be available within 72 hours at:

<http://www.thecoaches.com/webinar-access/loginWA.php>

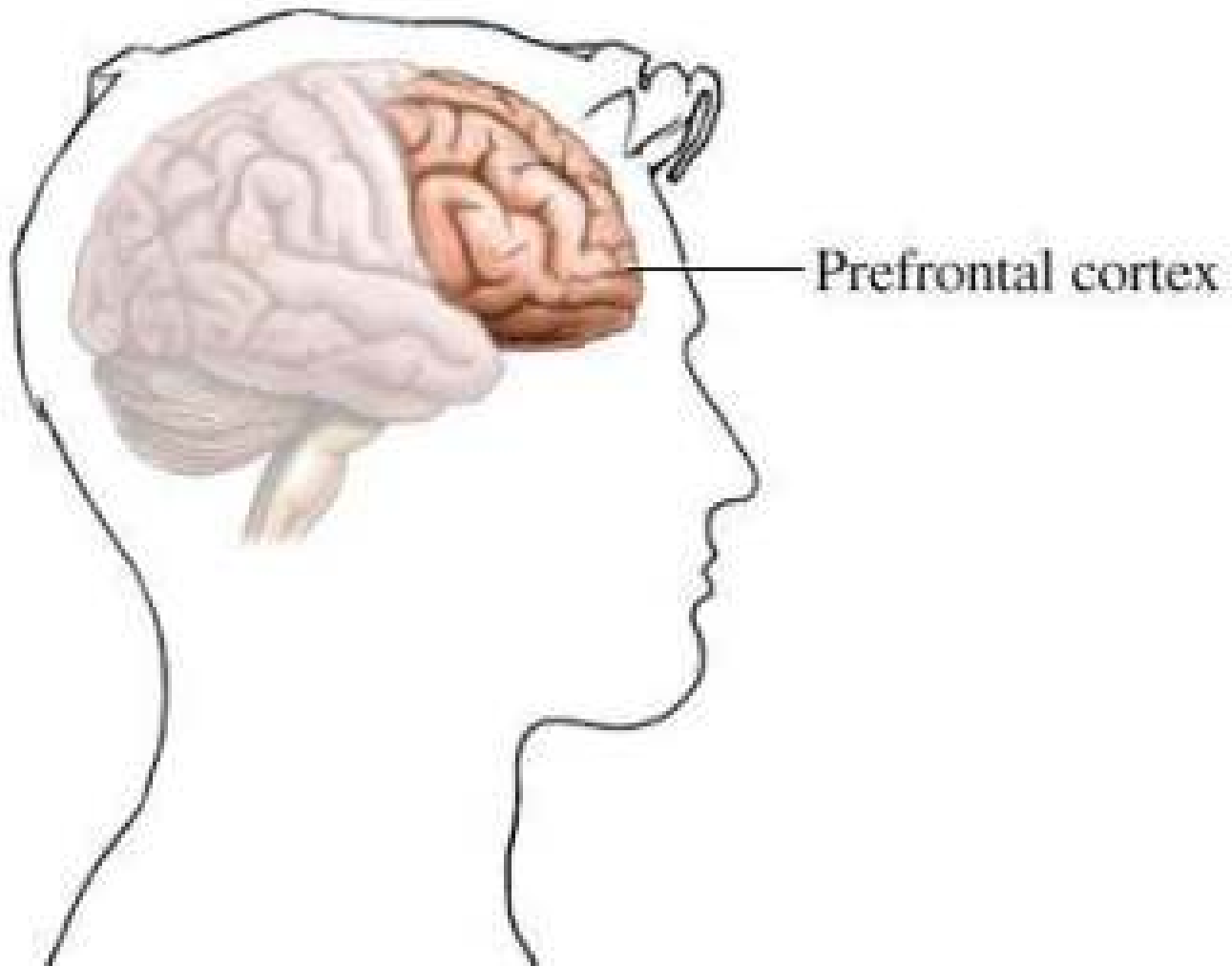
A copy of each week's slides will also be accessible to everyone through the same website after the call.

(NOTE: slides and recordings don't get posted to the FB group.)

Session #3

Co-Active Principles and the Pre-Frontal Cortex

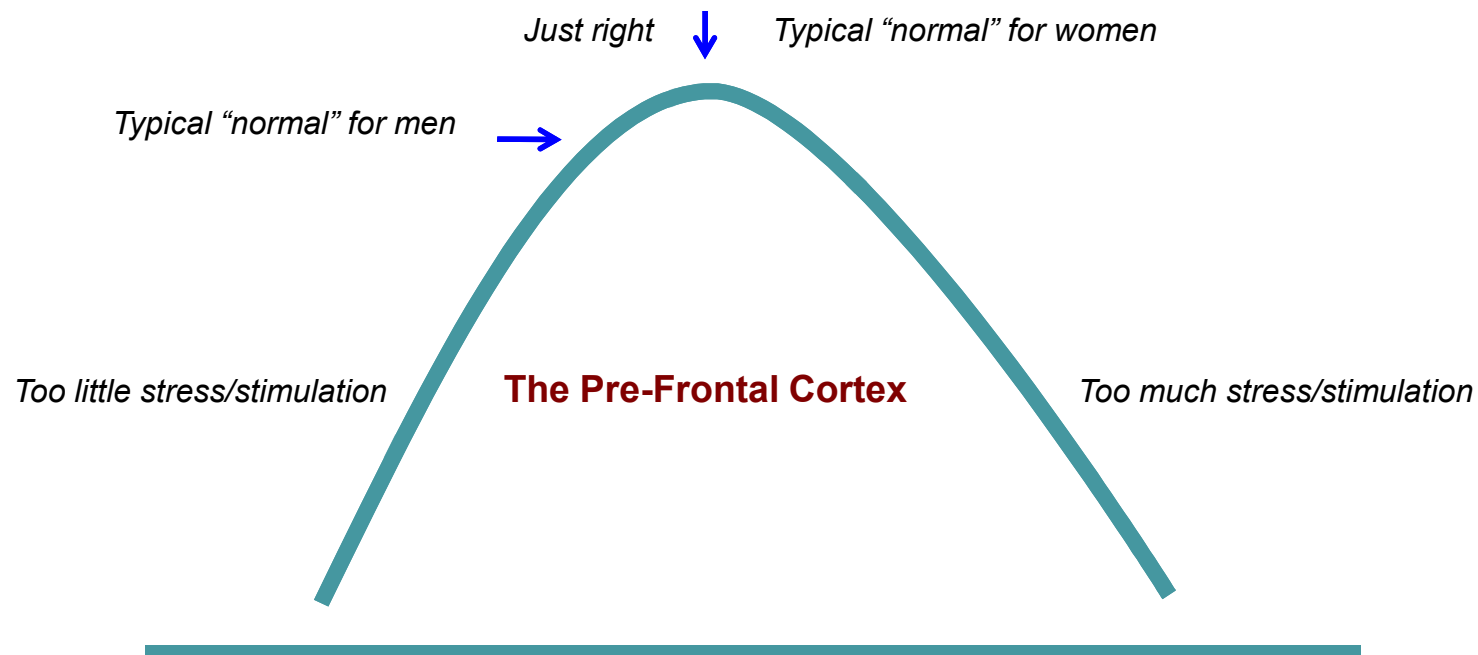
- The fascinating Pre-Frontal Cortex (PFC)
- How the principles of Co-Active coaching can positively impact the PFC
- Research on stress reduction and the three principles
- A tool just for your clients' PFCs 😊





The Pre-Frontal Cortex: AKA “Goldilocks”

High level functioning: goal direction, abstract concepts, memory encoding and retrieval, decision-making, understanding what others are thinking, delaying gratification

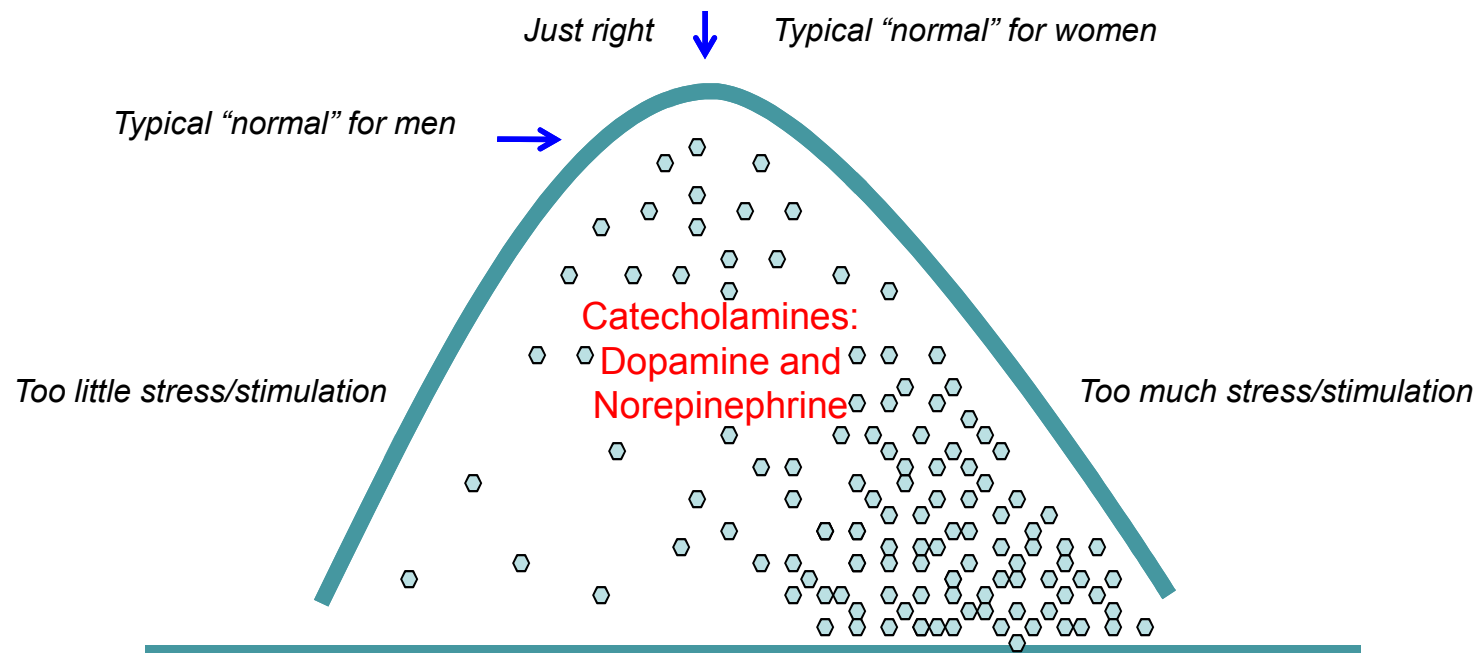


Functional impairment: Foggy thinking, poor impulse control, poor decision-making, poor memory, lack of empathy

Adapted from Hains and Arnsten, Learning and Memory, 2008.

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Too little stress/stimula tion

**Type in an example from your own life
of too little stress/stimulation. What
was it and how did you feel?**



Too much
stress/stimulation

**Type in an example from your own life
of too much stress/stimulation. What
was it and how did you feel?**

Both “too little” and
“too much” take us
to the same place

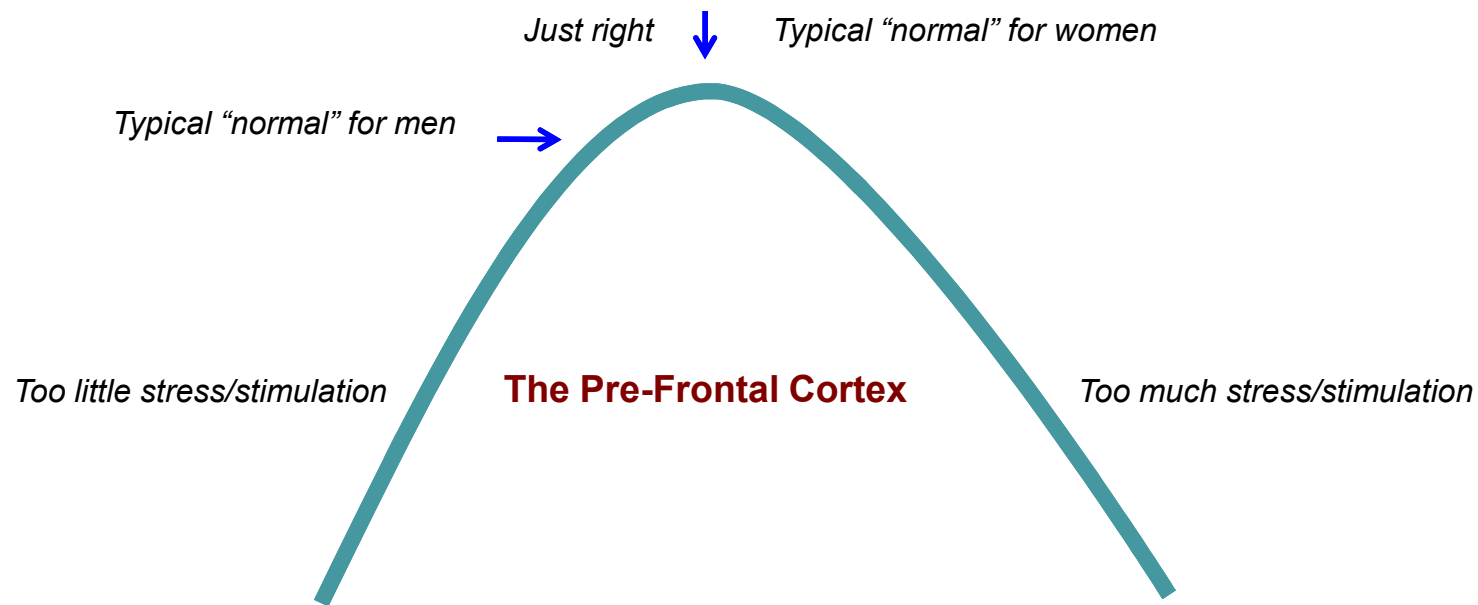


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*Tell me, what is it you plan to
do with your one wild and
precious life?*

~Mary Oliver

Coaching and “Too Little”

The Art of Creating Positive Stress

FULFILLMENT

- Values and life purpose
- Captain and crew / future self

BALANCE

- New perspective / possibility
- Resonant choice
- Co-active strategy

PROCESS

- Going in to the experience
- Being present to everything

AND also

- Challenging and calling forth
- Championing—yes, you can!



Sometimes when people are under stress, they hate to think, and it's the time when they most need to think.

~William Jefferson Clinton

Stress Reduction Kit



**Bang
Head
Here**

Directions:

1. Place kit on FIRM surface.
2. Follow directions in circle of kit.
3. Repeat step 2 as necessary, or until unconscious.
4. If unconscious, cease stress reduction activity.

Coaching and “Too Much”

#1. Suppression – actively push feelings aside, pretend, “never let them see you sweat.” **NOT EFFECTIVE**

#2. Name the emotion – short venting, write it down; naming is different than ramping it up.

#3. Control the environment – make sure you don’t encounter stressor.

#4. Put attention on what is important – focus on what you value and where you are going. **FULFILLMENT COACHING.**

#5. Reframing – find an empowering way to look at the issue. **BALANCE COACHING.**

#6. Mindfulness – meditation, being present to body sensations, being WITH the emotion. **PROCESS COACHING.**





Q & A

Too Little, Too Much, Just Right



Too Little



Just Right



Too Much

Coaching Tool: Just Right

- 1) Briefly explain the Pre-Frontal Cortex to your client. Feel free to share the “Goldilocks Curve” which will be posted in the Files section of the FB group.
- 2) Have your client imagine there is a curve laid out on the floor in front of them, and have them stand on the “too little” side.
 - When or where in their lives are they here?
 - What is a metaphor for their under-stimulated PFC?
- 3) Now have them stand on the “too much” side.
 - When or where in their lives are they here?
 - What is a metaphor for their over-stimulated PFC?
- 4) Then have them stand in the middle of the curve, in “just right.”
 - When or where in their lives are they here?
 - What is a metaphor for their “just right” PFC?
- 5) Now look with them at one area or challenge in their life where they can see they are stuck in “too little” or “too much.”
 - What would be “just right?”
 - How can their metaphor help them go to “just right?”
 - One action they will take from “just right.”

HOMework



1. Use Just Right with a coaching client and post your results and learning to the Facebook group.
2. Think about your own “too little” “too much” and “just right.” Create or find an image for your own “just right” PFC and post it to the FB page.

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



FOR MORE INFORMATION

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changing business.
transforming lives.