

***Neuroscience,
Consciousness and
Transformational Coaching***

MODULE ONE



AGENDA/OVERVIEW

DAY ONE

- Introductions and Connection—the Group Brain
- The Seven Levels of Effectiveness
- Coaching for a Shift

DAY TWO

- The Brain Above and Below the Line
- Neuroplasticity
- The Pre-Frontal Cortex
- The Two Hemispheres of the Brain

DAY THREE

- The Intuition System
- Coaching the Seven Levels
- Integration

GROUP BRAIN part one

1) There are three cards for each person:

- Coaching
- Neuroscience
- Consciousness

2) Write down a bit about your personal experience in each area

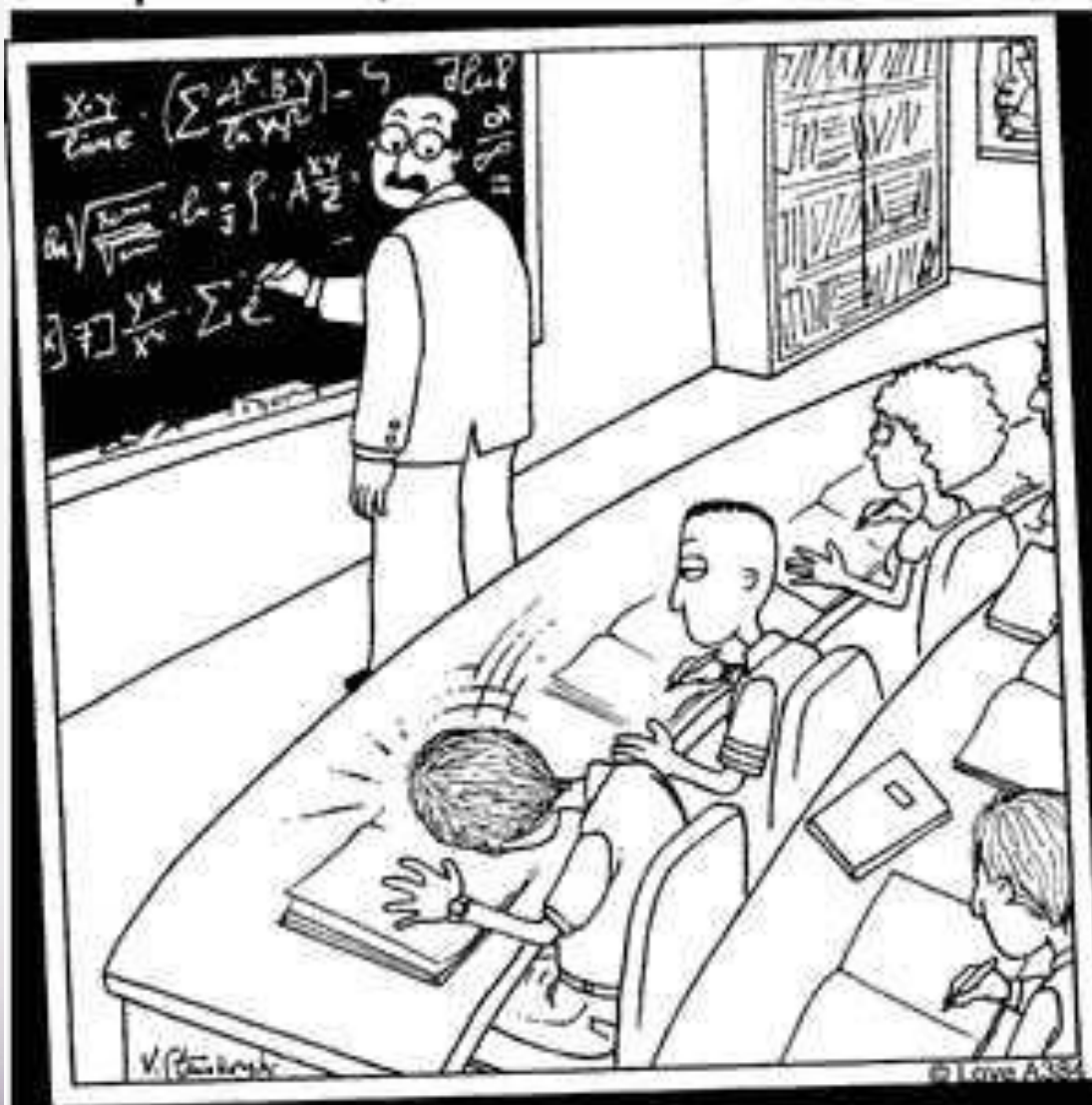
- Study/Classes/Workshops/Practice/Books
- Certifications/Degrees
- Work and General Life Experience

GROUP BRAIN part two

- 1) Take all three of your cards with you**
- 2) Find someone you don't know and share your COACHING cards with each other**
- 3) At the bell, find a new someone and share your NEUROSCIENCE cards**
- 4) At the next bell, find a new someone and share your CONSCIOUSNESS cards**
- 5) At the next (final) bell, please put all your cards up on the wall**

INTRODUCTIONS

- 1) Name and where you are from**
- 2) Where you studied coaching**
- 3) ONE thing from one of your cards that will help us all know you better**
- 4) ONE thing you want to get out of the weekend**



Professor Herman stopped when he heard that unmistakable thud – another brain had imploded.

**if you come over here
we can grab both edges
of the gap
and hold it open
for the light
to
come
through**

~Ann Betz

The Seven Levels of Effectiveness – BTL

In your small groups, read the description of your level, then discuss:

- *Where have you encountered this level in your life?*
- *What is a metaphor for this level?*
- *Make notes of key distinctions*

Then try on (physically):

- *What is the embodiment of this level?*

Hopelessness



MANKOFF

"You're depressed? My depression makes your depression look like euphoria."

Fear



"He does have a point."

Frustration



"That's the problem with e-mail — no one to bite."

The Seven Levels of Effectiveness – ATL

In your small groups, read the description of your level, then discuss:

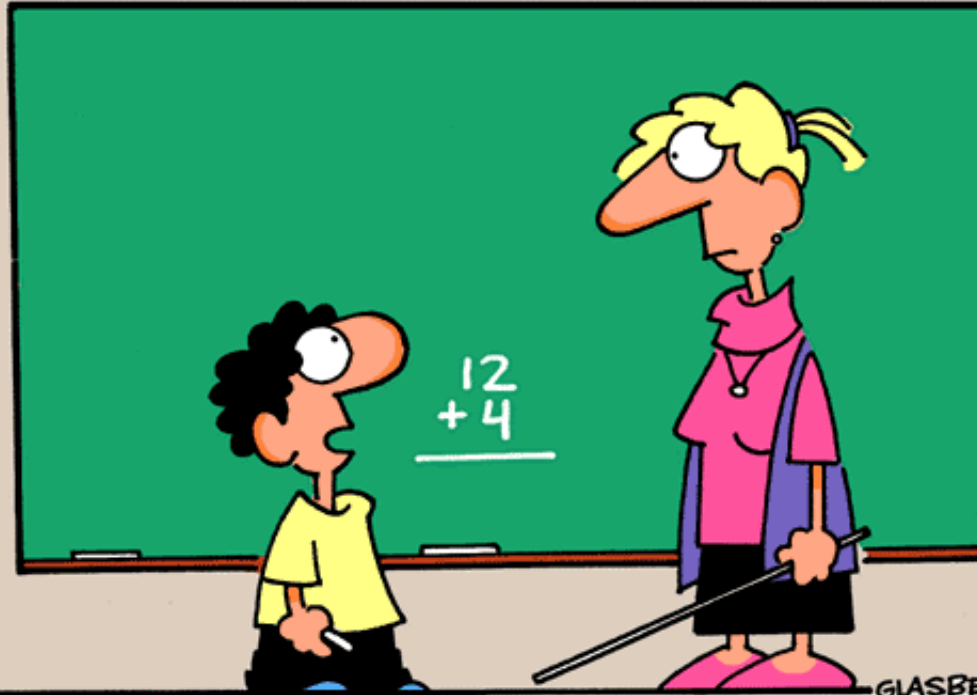
- *Where have you encountered this level in your life?*
- *What is a metaphor for this level?*

Then try on (physically):

- *What is the embodiment of this level?*

Courage

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“Do I get partial credit for simply having the courage to get out of bed and face the world again today?”

Engagement



"Sweetheart, could you maybe include the dog?"

Innovation



"I expect you all to be independent, innovative, critical thinkers who will do exactly as I say!"

Synchronicity

THE GRIZZWELLS

By Bill Schorr

Do you know what serendipity means?

That's weird... I was just going to ask you the same question

Seriously? There ought to be a word for that

Yeah... it's a coincidence

Whoa!! It just happened again!

Funny! I was just thinking that



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3/8

By Hilary Price

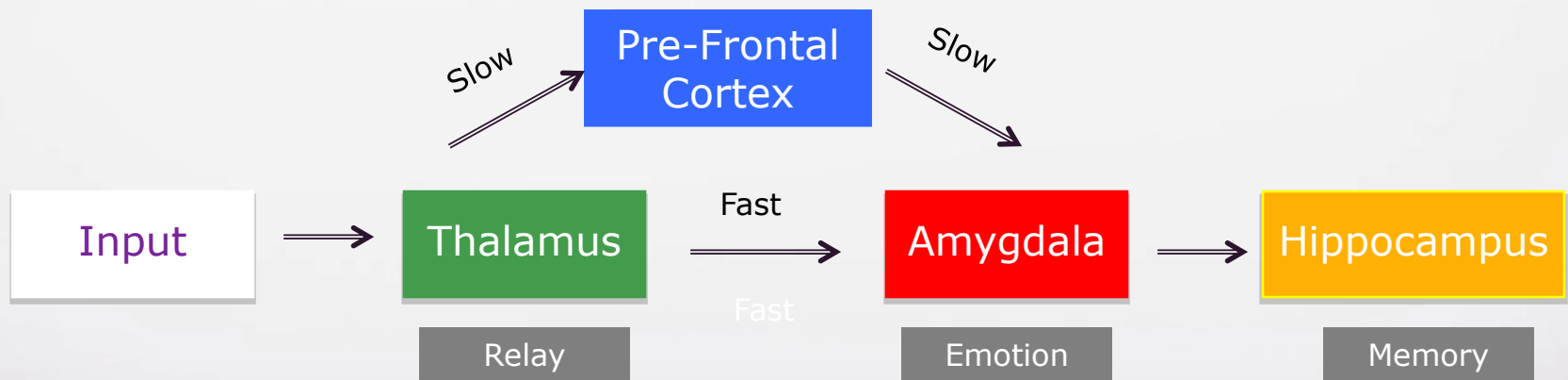
The Circle Process

- **Coachee identify an area they are dominantly Below the Line.**
- **Coach ask:**
 1. What percent are you **Below** and what percent **Above**? Draw line and write in percentage.
 2. What are some of the words that resonate **Below**? Write them in.
 3. What are some of the words that resonate **Above**? Write them in.
 4. Choose the word **Below** and the word **Above** that have the most resonance.
 5. Explore the feeling of each word chosen (BTL and ATL) as well as embodiment.
 6. Brainstorm, how can you bring the **Above** word to the **Below** word? Be creative!
 7. Commit to **one** action.
 8. Check to see percentage now.

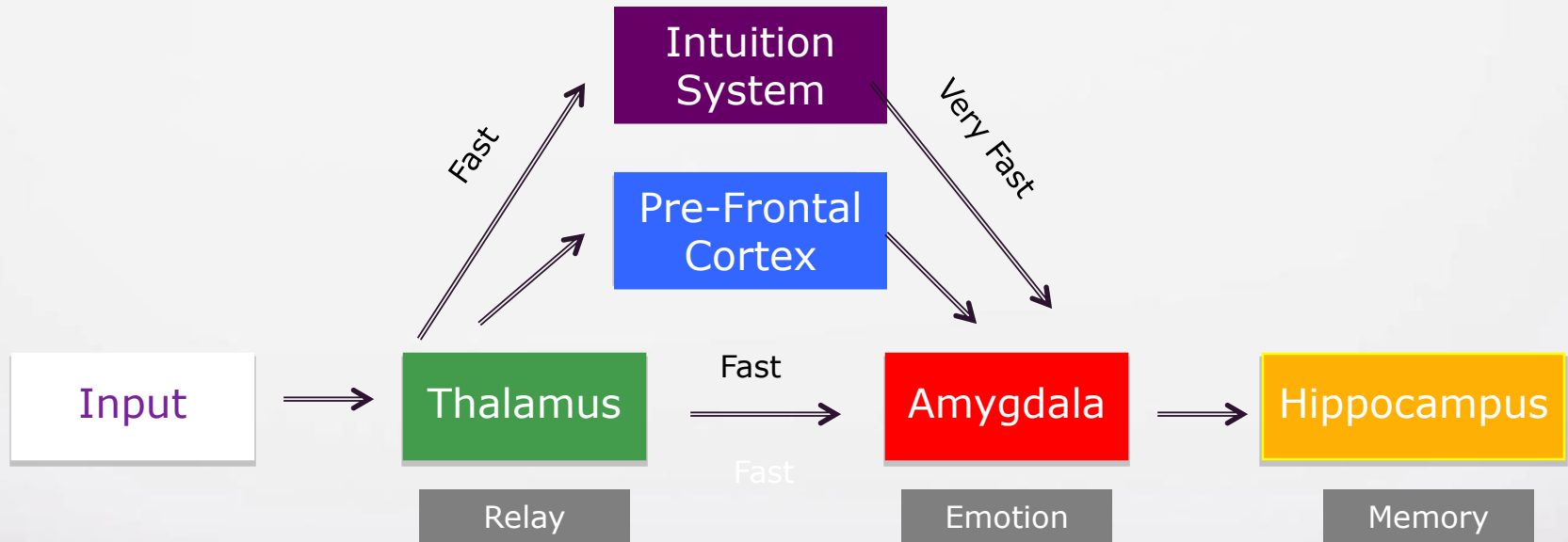
So, What?



Brain Function Below the Line



Brain Function Above the Line



Brain Below the Line

- 1) Pre-Frontal Cortex is NOT fully in control (reactivity is high)
- 2) Brain is not well-integrated
- 3) Brain is not well connected to body/intuition
- 4) Mirror neurons create BTL in others

Physiological Response BTL

- Increase in adrenalin, respiration, sweating
- Diversion of blood to muscles and away from digestion
- Activation of inflammatory hormones
- Decreased functioning of immune system
- Weight gain

Brain Above the Line

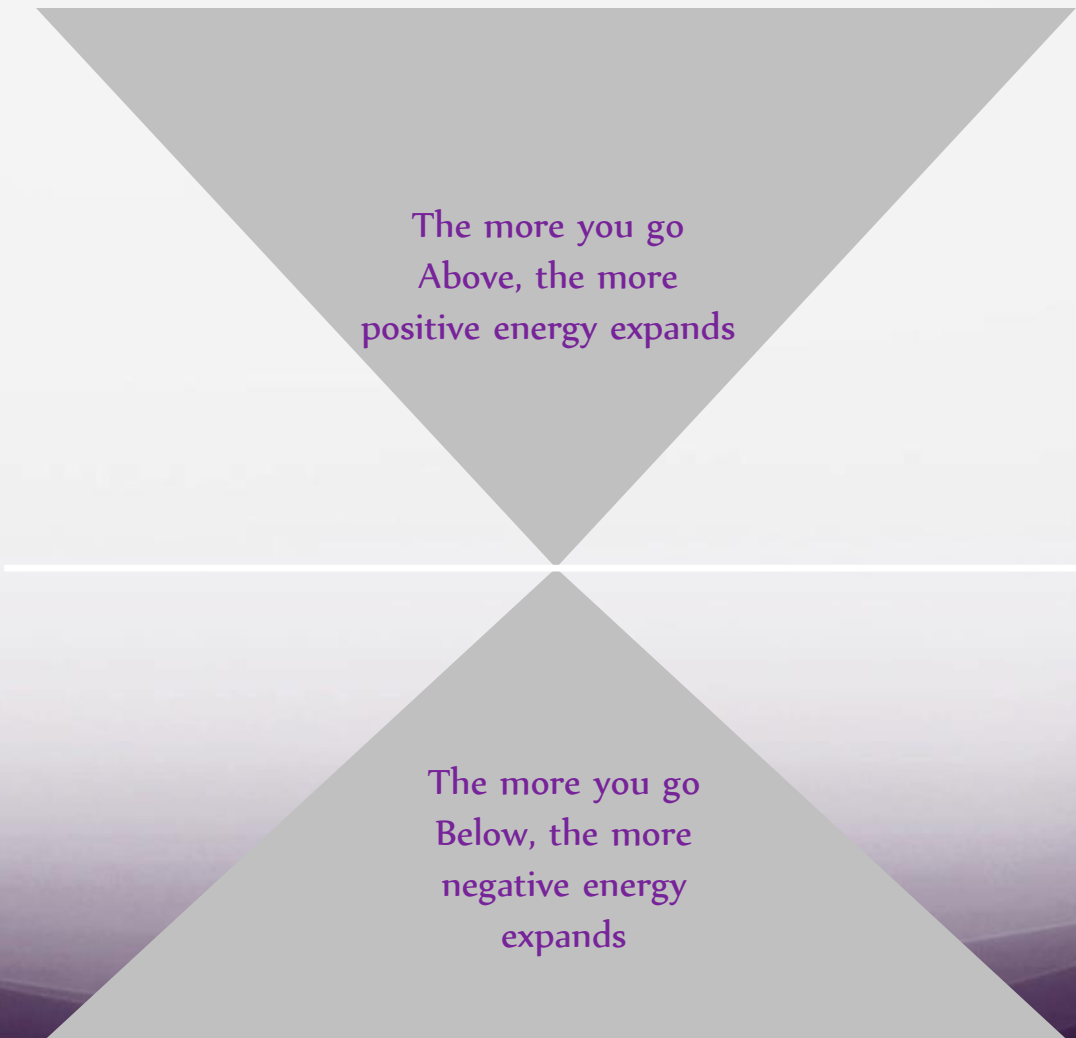
- 1) Pre-Frontal Cortex is more and more in control
- 2) Brain is more and more integrated
- 3) Brain is more and more connected to body/intuition
- 4) Mirror neurons create ATL in others

Physiological Response ATL

- Endorphins
- Oxytocin
- Anti-inflammatory hormones
- Immune system boosted
- Healing
- Weight balance (metabolism and endocrine system in natural balance)

ABOVE	BELOW
TRUST	SUSPICION
AUTHENTICITY	DECEPTION
CONNECTION	DISCONNECTION
PATIENCE	IMPATIENCE
CREATIVITY	REACTIVITY
CALMNESS	AMYGDALA HIJACK
CLARITY	CONFUSION
RESPONSIBILITY	BLAME
FREEDOM	CONTROL
PRESENCE/AWARENESS	ABSENCE/UNAWARENESS

Expansion Above and Below



The more you go
Above, the more
positive energy expands

The more you go
Below, the more
negative energy
expands

EXPANSION and the LEVELS

1. Pick a polarity card
2. With your partner, walk through the ladder, looking at each level from the perspective of this card (1 minute per level)
 - What happens at each level?
 - Where have you seen this in clients?
 - What results get created at each level?

HOMework **(aka HOMEFUN)**

1. Listen for how the Seven Levels speak. What do they say? What are the cues you hear that tell you someone is coming from a particular level?
2. Set up client for coaching on Saturday night.

Welcome to Day Two

- How the Levels Speak
- Neuroplasticity
- The Pre-Frontal Cortex
- The Right and Left Hemispheres of the Brain

Seven Levels Meet and Mingle

- Take your 7 Levels card and find one or two others
- Have a conversation about the weather, each speaking from your level (don't show card)
- At the bell, show cards and exchange them so that each person has a new card
- Find a new partner(s) and repeat – pick a new topic of your own



"Look, I can't promise I'll change, but I can promise I'll pretend to change."

Neuroplasticity and Change

- If it fires, it wires
- The more often we do something, the stronger the neural pathway We have well-developed neural pathways designed to keep us safe
- Coaching helps us create and strengthen new neural pathways
- The greater the variety of sensory inputs the more pathways associated with the behavior
- “Neuroplasticity is a 6-syllable word for hope.”
~Dr. Linda Page

Neuroplasticity Coaching

In Pairs:

1) Coachee, think of something you are “below the line” about

2) Coach ask:

- *Where are you laying down red strands about this issue?*
- *What are the blue strands that are there as well?*
- *Where do you want to focus your attention?*
- *What would create more blue strands for you?*
- *What do you need/want to stop or diminish?*
- *One action in the blue.*

3) Lay down red or blue yarn as appropriate

So, What?



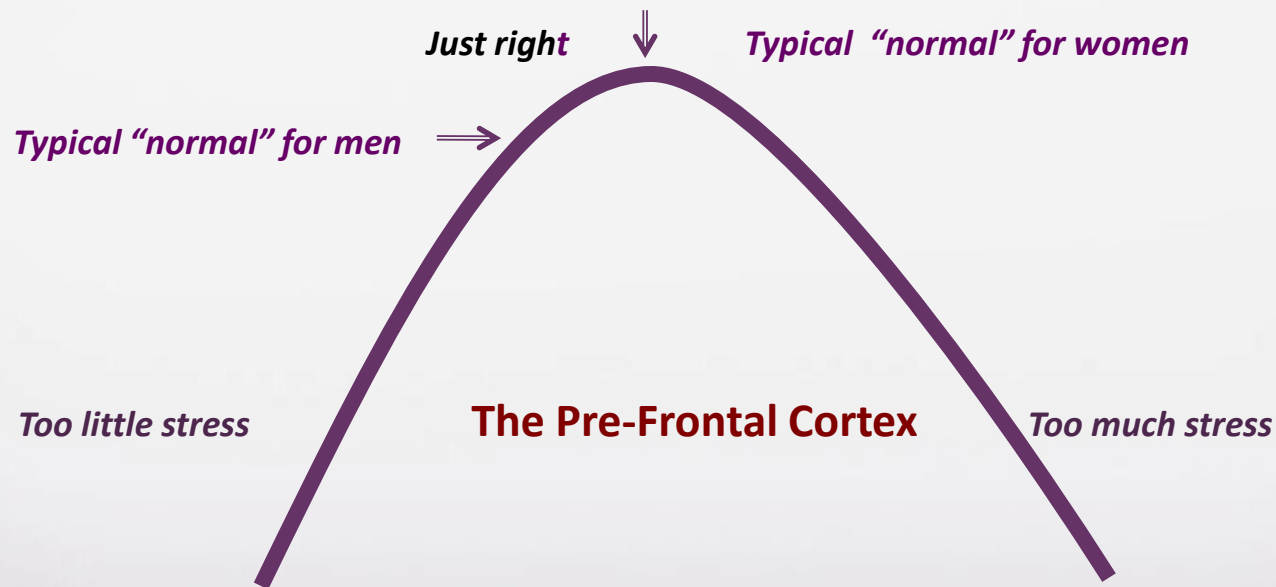


Dave Coverly...

"And how would you like your porridge,
too hot, too cold, or just right?"

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

The Pre-Frontal Cortex

- Coachee choose a place you know you are in “too little” or “too much”
- Coach:
 1. What is it like where you are? Feelings, embodiment.
 2. What takes you there?
 3. What might bring you up or back?
 4. Where will you choose to put your focus to bring yourself to grounded center?

HOW'S
WORK
GOING?

I'M NOT SURE.
IS IT POSSIBLE
TO FEEL PANIC
AND INDIFFERENCE
AT THE SAME TIME?

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So, What?



RH/LH Sorting Game

- In your triad or pair, look at your cards and **ONE AT A TIME**, put each card in the quadrant you think it belongs. **GO SLOWLY** and discuss why you think each card goes where.
- As you lay down cards, look for connections to the other cards in the quadrant. What are the themes you are seeing? What are you discovering about each quadrant?
- What questions come up as you do this?

The intuitive mind is a sacred gift and the rational mind is a faithful servant.

~Albert Einstein

*For some of our clients it
looks like this.....*

The Rational
Brain



The Intuitive Brain

And so they need this.....

The Rational
Brain



Structure/
Reason



The Intuitive Brain



The Rational
Brain

*And so they really need
this.....*



The Rational
Brain

RH/LH Diagonal Process

Coachee pick a topic where they are Below the Line:

- Which hemisphere is dominant (go there)?
- What does it feel like here?
- What do you say from there to self and others?
- Go to the opposite (“helper”) hemisphere (diagonally across, above the line)
- What does this hemisphere feel like/say from above the line?
- What does the other hemisphere feel like/say from above the line?
- What does integration say?
- Action from Integration?

LEFT

RIGHT

STRUCTURE

FOCUS
DIRECTION
POSITIVITY

FREEDOM

ONENESS
MEANING
PRESENT MOMENT

RIGIDITY

ANGER
BLAME
DENIAL

CHAOS

OVERWHELM
DEPRESSION
FEAR



So, What?



HOMework **(aka HOMEFUN)**

1. Coach someone using one of the tools you have learned so far
2. Bring your lunch if you want to be part of the Q & A session tomorrow

Welcome to Day Three

- Checking in on Coaching
- The Intuition System
- Coaching the Seven Levels
- Integration
- Completion

INTUITION

- **GROUP ONE:** I JUST *KNOW*
- **GROUP TWO:** I FEEL IT IN MY BODY
- **GROUP THREE:** I SEE PICTURES
- **GROUP FOUR:** I FEEL WHAT OTHERS ARE FEELING

In your group, talk about what this is like:

- How/when does it happen?
- What sort of information do you tend to access?

INTUITION is....

Anything we know
without conscious
processing, thought,
or observation

The Intuition System

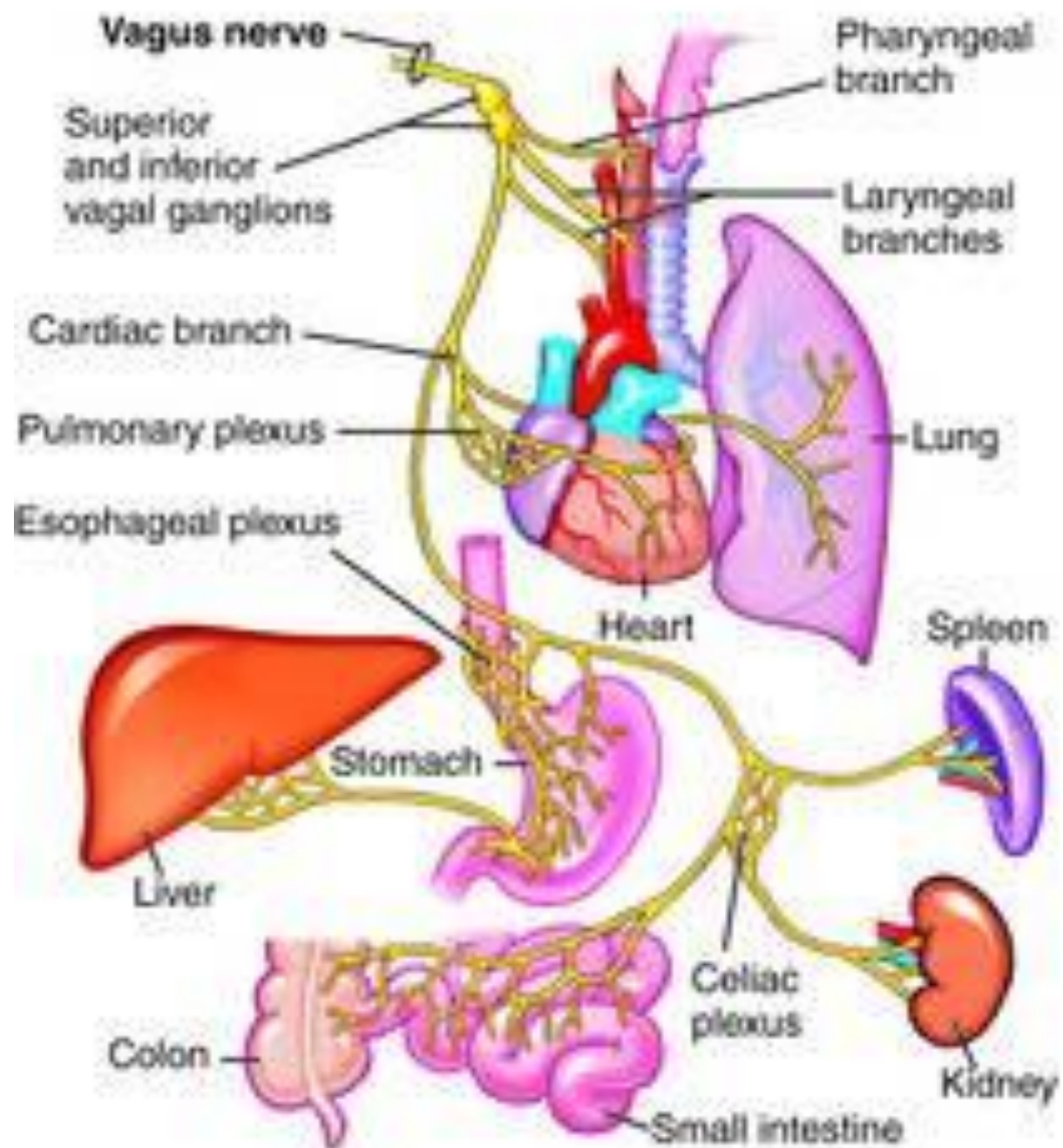
- Brain
 - Context (Memory of Experience)
 - Mirror Neurons
- Body
 - Heart and Gut Neurons
 - Heart's Resonant Field
 - Vagus Nerve Connection (to RH)
 - Sensory Information
- Collective Consciousness

Contextual Intuition

- We tend to have more intuition where we have more experience
- Micro-memories below conscious processing
- Less energy-intensive than conscious thought

Mirror Neurons

- Mirror neurons fire when we do an action or when we observe or imagine the action
- Help us learn by observing and imitating others
- Help us feel and understand others – create connection
- If we don't hold another as part of our group, mirror neurons for empathy don't fire



Vagus Nerve

- Means “wandering” – from the same Latin root that gives us “vague” and “vagrant.” Connected to almost every organ in our body.
- Most information (80-90%) flows **to** the brain.
 - Research on fear shows a measurable physical response before the actual event.
- Controls voice, inner ear, small muscles of face.
- Directly connected to our ability to self-regulate and be emotionally intelligent.

Collective Consciousness

- Quantum entanglement
- Morphic resonance / inherent memory
- Epigenetics
- Attunement

Intuition System Game

- Person A tells a NEUTRAL fact about someone they know (not in the room).
- Person B does “interoception,” checks in with *their own* body response.
- Person B writes down 2-3 words or images that come to them about how A feels about the person they are thinking of. DO NOT CENSOR YOURSELF.
- Person B tells A words, asks
 - What’s true?
 - What’s helpful?

So, What?



Future California Modules

ADVANCED COACHING PROGRAM:

- Module Two, *Change and Integration* – November 21-23, 2014, **\$695**
- Module Three, *Connection and Intuition* – January 9-11, 2015, **\$695**
- Module Four, *Energy and Presence* – April 17-18, 2015 **\$695**
- Register for Modules Two-Four -- **\$1995**

Train the Trainer -- Logistics

- January 14-18, 2015, Celebration, Florida
- \$2995* includes:
 - 4-day intensive
 - 2 one-to-one mentoring sessions
 - Trainer toolkit of BAabove materials
 - One-year license fee, renewable at no additional cost with minimum yearly purchase of participant manuals
- Requirements:
 - Certified NeuroTransformational Coach
 - Reflective participation in Module One with mentoring (either before or after intensive)

*\$500 off if registered before December 1, 2014

Train the Trainer -- Benefits

- Trained to lead two module BEabove training
 - Module One: The Seven Levels of Effectiveness
 - Module Two: Fundamentals of Neuroscience
- License allows training to be offered as follows:
 - Within any organization or business *except* coach training or consulting
 - As public offering to any audience *except* coaches and consultants

Coaching the Levels

- Look at BTL levels
 - what has been your experience in coaching someone who seems to be in this level?
 - what works?
 - what doesn't?
- Look at ATL levels
 - what has been your experience in coaching someone who seems to be in this level?
 - what works?
 - what doesn't?

Walking the Ladder

- OPTION A: Somewhere you are below the line
- OPTION B: Who are you as a coach?
- With coach, look at this from each of the seven levels, starting in Hopelessness
 - What is true here?
 - What does it feel like to be here?
 - What do you notice? What wisdom is here?
 - What is the embodiment of how you feel here?
- After exploring all seven, choose the level you want to stand in going forward
- What actions (Being or Doing) are you motivated to take from this level?
- Commitment and accountability

So, What?



Brain Picture

- What has happened in your brain?
- Allow your Right Hemisphere to explore – without thought or concern
- Allow your hands to grasp whatever color they want, and make whatever shape or pattern they want
- The key is, no thinking (sorry Left Hemisphere)

Picture Interpretation

- Find a triad
- One at a time, look together at each picture
- What was intentional?
- What appears that was unintentional?
(There are no coincidences!)

Completion

- Show Mandala
- One thing you are taking from this weekend
- What is next for you as a coach

Invitation

There is a door I want to pass through
and you've offered
to hold it open for me so I can stand
and look at a distant land

It's bright there and fun and terrifying
and as you gaze at me with steady eyes
you never stop saying
"I see you here"

And this statement of belonging
which you speak so matter-of-factly
buoys me, calms my heart
and carries me over
the threshold to where I want to be

—*Ann Betz*