



Unlock Your Authentic Personal Power: A Neuroscience Perspective on Leadership.

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Successful leadership is personal. You have to be authentic to be successful. Authenticity is amongst others influenced by genetics, life experiences and the choices you've made or failed to make. At the Mind Moves Institute, Johannesburg we have found that the interplay between these three factors tend to compound over time and become hard wired in your brain and body as basic programming that underpins your leadership.

This 'basic programming' may be perceived as default behaviour and why not all leaders lead in the same way. It is what makes you unique. Hence some leadership skills and qualities may come to you naturally, for example to plan, delegate and budget, while public speaking may be a stressor. Or, public speaking, people management and innovative problem solving may be your core competencies, while administration, spelling and budgets may be stressors. Your basic programming may be the reason why you approach a child, a teacher and a parent as a who and not a what and why being caring and understanding makes leading more fulfilling, but complex.

You are not a victim of your basic programming. Human programming is called neuroscience and due to neuroplasticity can be pruned and expanded through reflection and moulding to acquire additional skills and dissolve stress.

This session would enable you to –

- reflect on your genetics, life experiences, choices and the interplay between them
- appreciate where you came from and what shaped your brain structures, feelings and thoughts that brought you to this moment in time as a leader
- take a step closer to authentic leadership
- identify your unique stress profile and how to harness neuroscience principals to dissolve stress
- offer movement based self-management tools to unleash your authentic personal power.

This interactive, evidence based presentation/workshop will underline why Malloy says: 'It's no longer about the survival of the fittest, it is about the survival of the fitter' - the leader who can adapt to fit, while staying authentic.