

THE ART OF STAYING IN THE ZONE

High Performance Somatic Brain Training For Teams

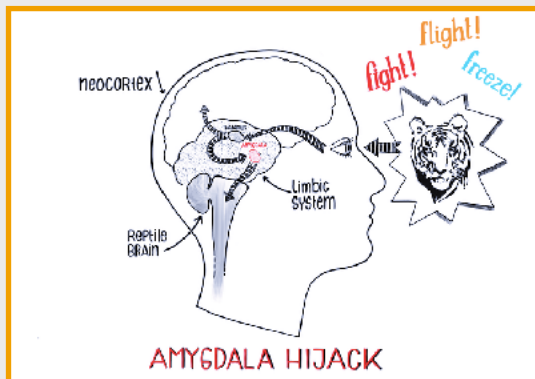
The Power of Regulation

You've seen it before: The communication training just happened, so why did the manager lose it when talking to a colleague? Why did those team members walk out exasperated - even with the communication steps on the table in front of them?

There is a critical skill missing from most behavior-focused training - and that skill is **regulation**.

To make optimal decisions and access high-performance behaviors, people need to learn how to regulate the part of the brain called the amygdala.

It's a skill and it can be learned.



We recommend at least a 3-hour session to achieve behavior changes.



Outcomes

1. Build skills to maintain calm/focus and effectiveness in tough situations
2. Tap innate strengths and resources towards deeper capacities for engagement
3. Explore strategies for increasing EQ (emotional intelligence)
4. Deepen camaraderie and physiological safety with colleagues

Approach

Setting your team up for maximum success with our brain-based training

Data | Provides the science behind the techniques

Experiential | Simple, immediately relevant/useful techniques to access and sustain regulation

Behavior Change | Skills to rewire reactive brains to responsive brains

Success | The constant demonstration of one's integrity, motive, and intent

Leverage | Provides a foundation to maximize any other training you bring in