

Coaching the Brain

The Neuroscience of Beliefs

This module deals with how the brain forms beliefs, the traps that can make it form limiting beliefs, how to evaluate beliefs and how to change them using neuroscience research.

Introduction Session

Introduction to the brain

What is neuroscience

History of Neuroscience

Neuroplasticity – how the brain changes itself

How habits are formed and changed in the brain

Practical applications and summary

Session one

What are mental models?

Where do they come from?

How neuroplasticity changes mental models

How the brain works as a series of competing systems

How the brain hemispheres understand differently

How 'the interpreter' brain system resolve differences in our experience

Practical applications and summary

Session two

How the interpreter explains and invents

Choice Blindness

Pattern Detection

Implicit Bias

Practical applications and summary

Coaching the Brain

Session three

Learning – implicit, conditioned and operant
The brain as a prediction machine
Dopamine and the prediction error
How we learn and update beliefs
The dopamine reward and reframe pathways
Expectations and agreements
the 'If... then' fallacy
Practical applications and summary

Session four

How the brain predicts
Optical illusions – hard wired predictions
Blindspots
Dealing with ambiguity
How language works in the brain
Language illusions
Practical applications and summary

Session five

System one and system two thinking
The ways system one misleads us
Confirmation bias
Availability bias
Source Amnesia
Truth Amnesia
Practical applications and summary



Coaching the Brain

Session six

Social pressures and expectations
The Neuroscience of 'shoulds'
How to evaluate mental models
How to get the best feedback on mental models
How to change mental models in the brain
Practical applications and summary

There will be exercises, action steps and tasks throughout the course.

There will also be a live demonstration of neuroscience coaching from the trainer.