

Coaching the Brain The Neuroscience of Emotions and Values Practical Applications to Coaching

Program

Session one
What are values?
How values connect with emotions
How emotions work
Towards and away from emotions
Hot cognition
The emotional system of the brain
The amygdala hijack
Practical applications in coaching

Session two
Hot and cold thinking
The trolley dilemma
The autonomic nervous system
How emotions manifest
Emotions and deception detection
Exploring your emotional profile
Universal facial expressions of emotion
Practical applications in coaching

Session three

Macro, partial and micro expressions of emotion Emotion and mood Stress and the HPA circuit The principal neurotransmitters and their functions Glutamate, GABA, Serotonin, Oxytocin Epinephrine and norepinephrine Dopamine Practical applications in coaching

Session four

The neuroscience of emotional intelligence
The role of the insula
Self-awareness
The effect of mindfulness meditation
Practical applications in coaching



Session five
Strategies for emotional self-regulation
Congruence
Values and rewards
Damasio somatic marker hypothesis
The lowa card research
Decision strategies
The best decision strategy
Practical applications in coaching

Session six
Emotions and intuition
The enemies of intuition
Increasing intuition
Happiness as an emotion
The two types of happiness
Pleasure and meaning
Emotional resilience
The neuroscience of gratitude
Practical applications in coaching

There will be action steps and tasks throughout the course.