

7 FUTURE

THRIVE!

**develop, flourish,
grow, prosper
blossom, shine,
succeed, increase,
progress, radiate,
excel!**

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it's a little harder for us mortals



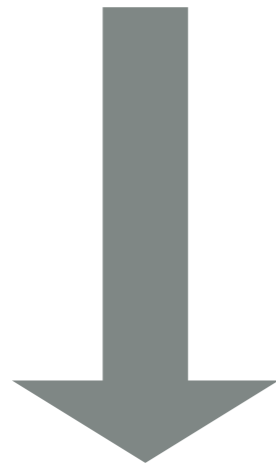
SWOT ANALYSIS

	Helpful to achieving the objective	Harmful to achieving the objective
Internal origin (attributes of the organization)	S Strengths	W Weaknesses
External origin (attributes of the environment)	O Opportunities	T Threats

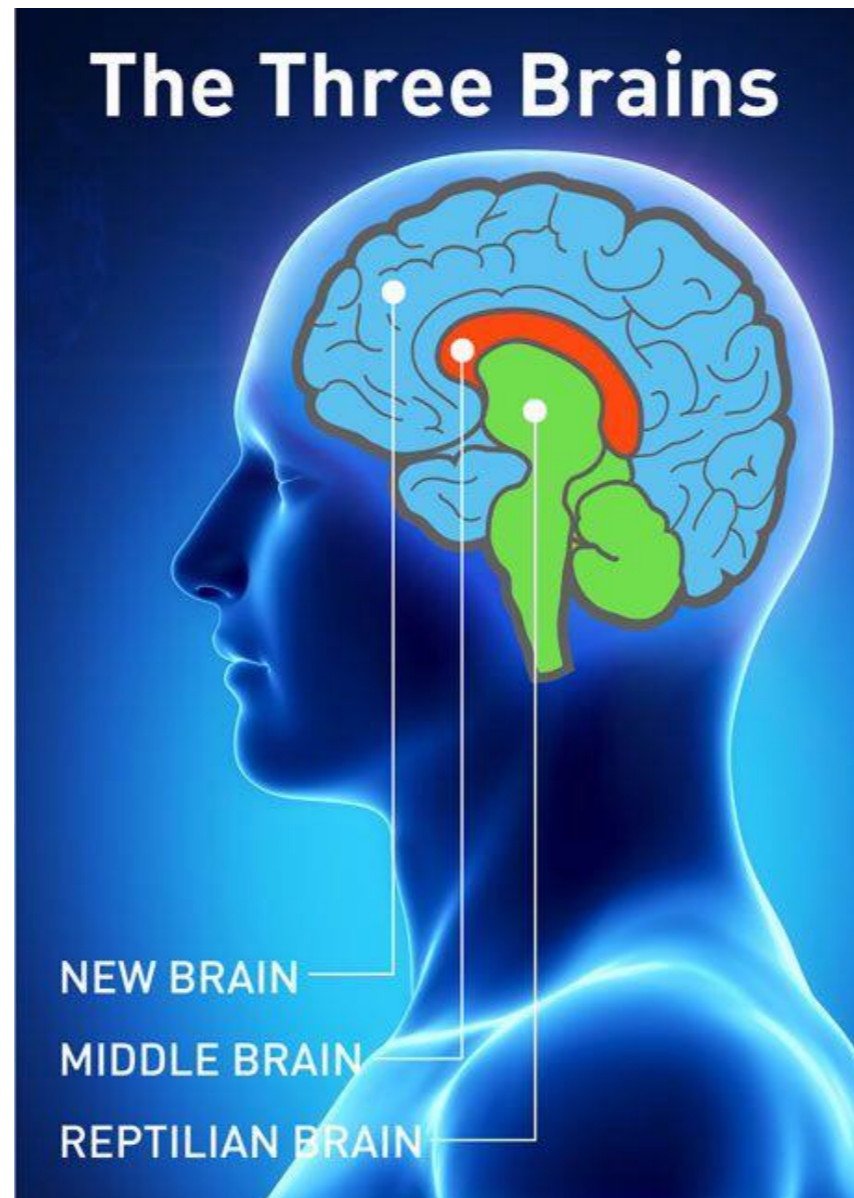
QuickTime™ and a
decompressor
are needed to see this picture.

survival & safety: sensory intelligence more important than EI and IQ?

slower &
more aware



fast &
automatic



sometimes called
the triune brain

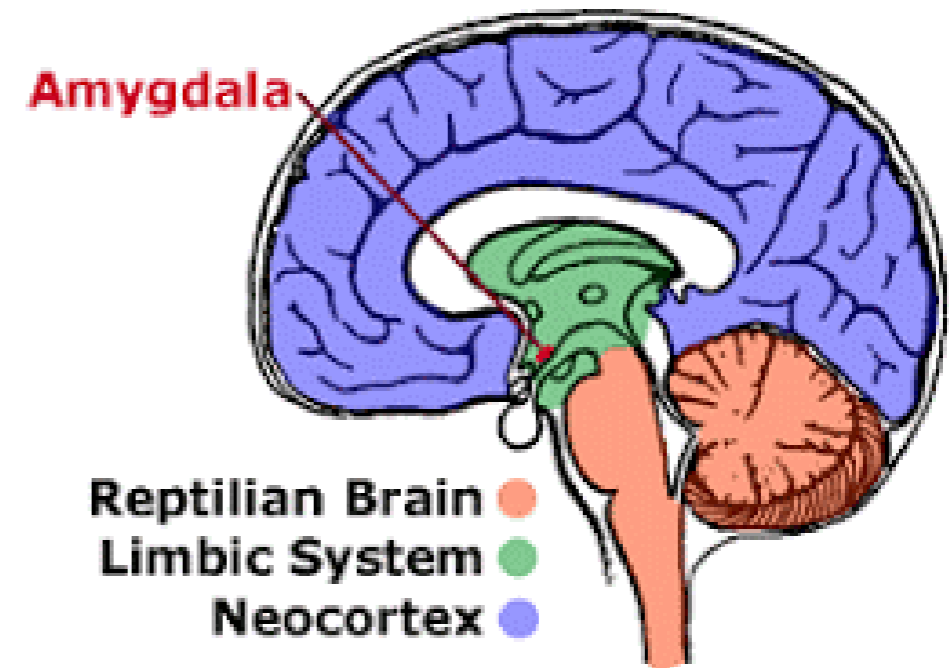
human
mammalian
reptilian

rational
thought/awareness
emotions/memories
social engagement
sensory processing
powerful instincts

SWOT ANALYSIS

	<p>Helpful to achieving the objective</p>	<p>Harmful to achieving the objective</p>
<p>Internal origin (attributes of the organization)</p>	<p>survival instinct self regulation threat detection prioritising needs</p>	<p>fast automatic unconscious amoral</p>
<p>External origin (attributes of the environment)</p>	<p>Opportunities</p>	<p>stress trauma brain injury genetic disease diet</p>

The Evolution-Designed Brain





150 mins per week
 75 higher intensity
 30 daily
 alternate
 mix up
 in company



clean v processed
 colour v neutral
 variety v limited
 organic v depleted
 enjoy v bored
 fast v greed



8-10 glasses per day
 more when exercising hard
 less in evening



energy
 renew
 repair
 build
 strengthen
 regulate



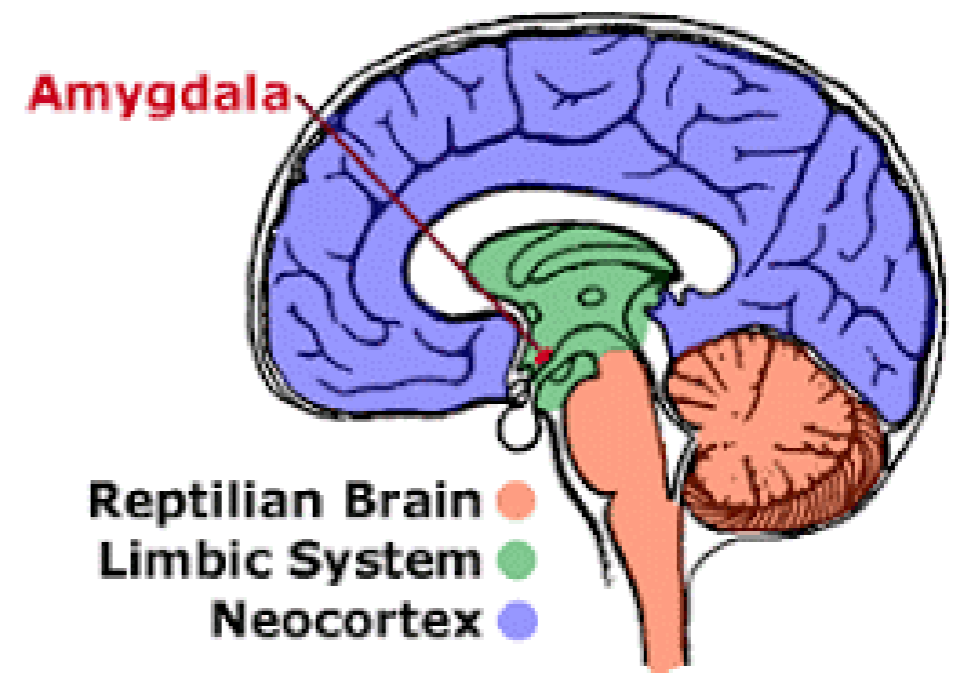
mammalian brain seeks emotional safety/comfort



SWOT ANALYSIS

	Helpful to achieving the objective	Harmful to achieving the objective
Internal origin (attributes of the organization)	positive emotions learning emotional memory	fast fear anger worry anxiety catastrophising sadness
External origin (attributes of the environment)	give and develop trust create and nurture relationships find your level be involved	isolated early years neglect birth trauma bullying exclusion bereavement accident/illness

The Evolution-Designed Brain



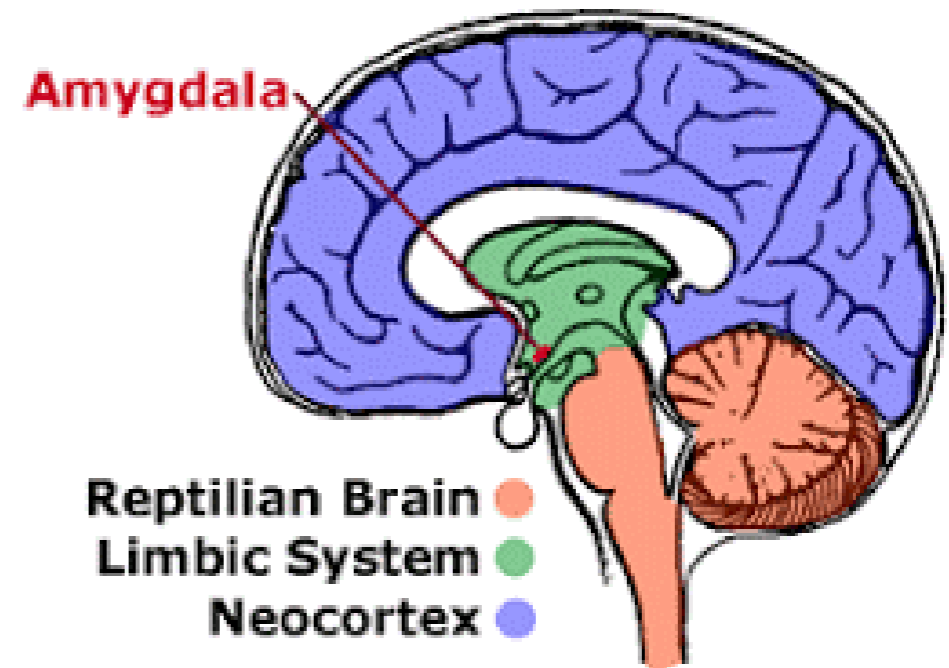
The Thinking Brain

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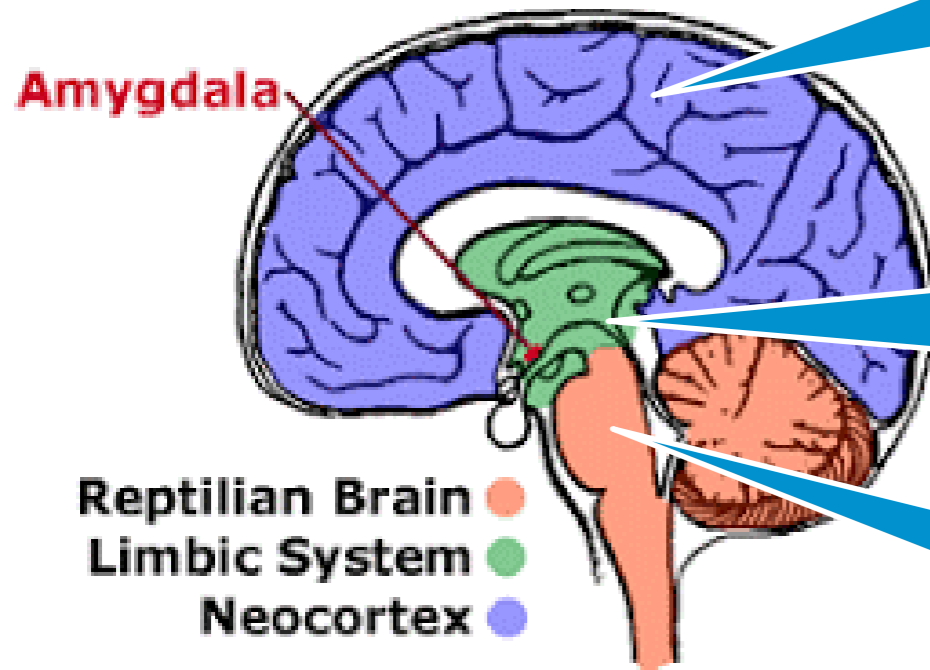
SWOT ANALYSIS

	Helpful to achieving the objective	Harmful to achieving the objective
Internal origin (attributes of the organization)	sensory perception anticipating aware reasoning energy/calm/open mindfulness wellness	slow negative emotions fatigue illness: mental & physical but????
External origin (attributes of the environment)	be part of a team be part of the community recognise needs may change with age	premature ageing sleep disorders deleted immune system sedentary life poor diet

The Evolution-Designed Brain



The Evolution-Designed Brain



HUMAN THINKING BRAIN
happy when learning, anticipating
future reward, connected to higher
purpose, in flow

MAMMALIAN FEELING BRAIN
happy when feels trusted, loved,
social bonds, higher status -
prosocial

REPTILIAN INSTINCTIVE BRAIN
happy when safe from danger -
proself

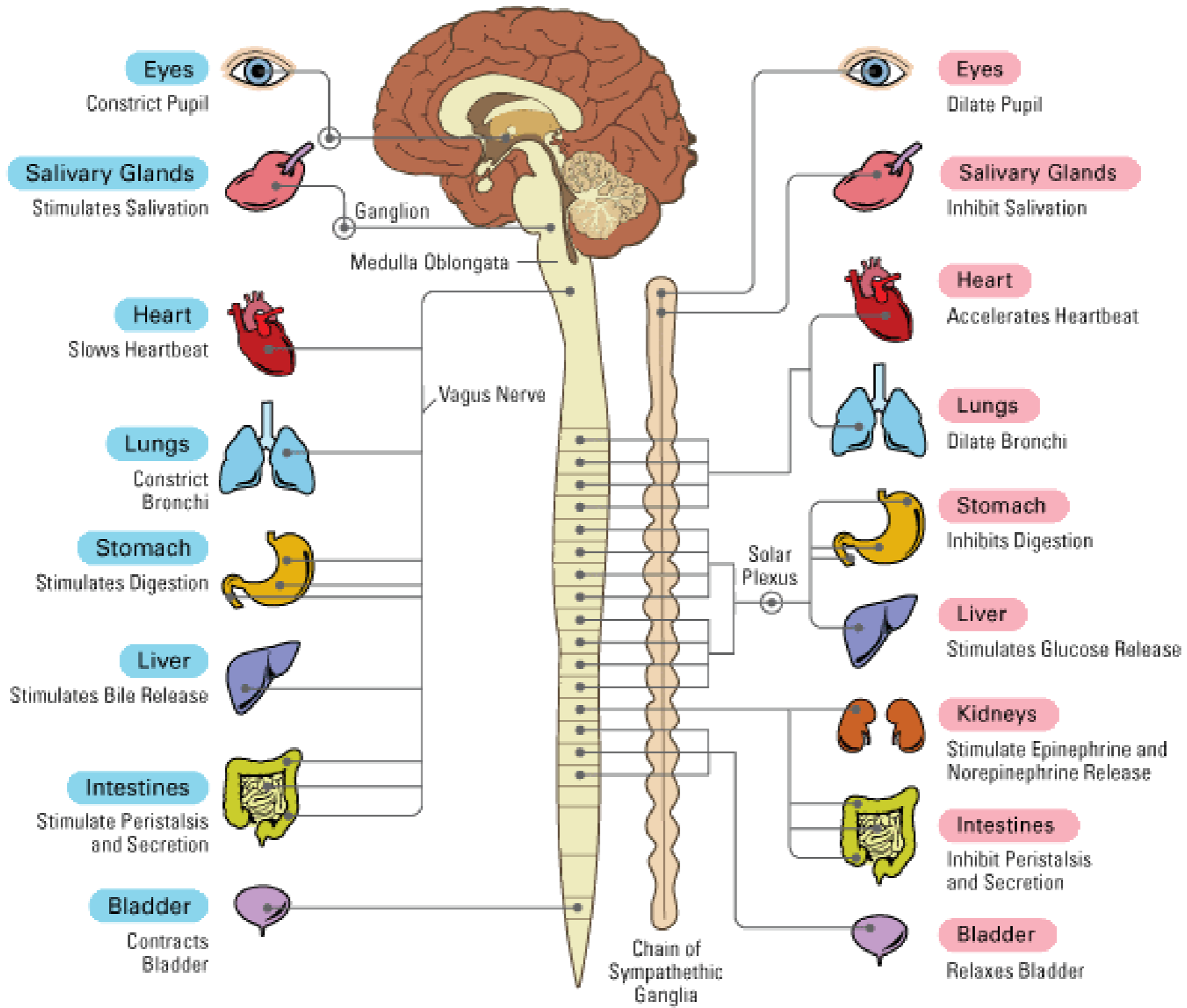
QuickTime™ and a
decompressor
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WHY POLAR BEARS DON'T HAVE TO DO **YOGA**

QuickTime™ and a
decompressor
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Parasympathetic

Sympathetic



**B
R
A
K
E**

**internal
world**

**A
C
C
E
L
L
E
R
A
T
O
R**

**external
world**

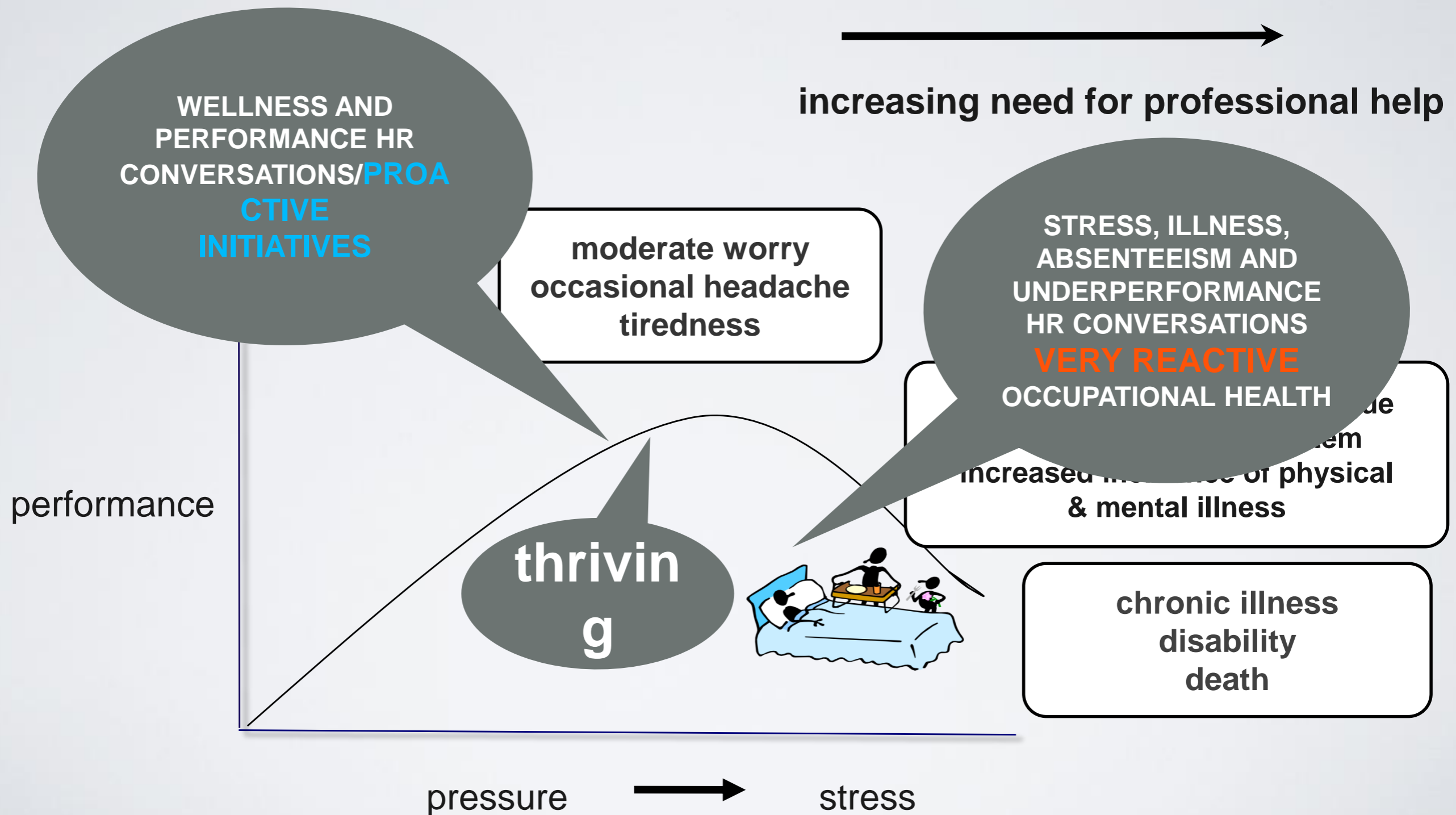
Schema Explaining How Parasympathetic and Sympathetic Nervous Systems Regulate Functioning Organs

failing to enjoy **sufficient** rest and recovery

increasing disfunction of nervous system



increasing need for professional help



idling

brake



accelerate

more efficient
& rapid
braking



greater range of
performance

do not neglect your rest and recovery
and very rarely compromise on
your sleep

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excellence in resilience, wellbeing & performance

thank you!

any questions?

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