**RETRAIN YOUR BRAIN Workshop**

**Colors & Tones to Use**: Red, Orange, Gold, Green, Blue, Indigo, Pink.

*This “transcript” has been provided to give the designer context/background for each slide. These are speaker notes. I have also*

**Slide One – Welcome to my complex life**

I wear several hats. I’m a partner in husbands business.

I’m the CEO of Herbiz Coaching and Training

I work for the Small Business Administration – a federal agency

**Slide Two -- Oh brother! I’m a Coach!**

Being a coach is my calling. It’s my purpose. One of my greatest wishes for each of my clients is they find their purpose too! Yet, the coaching profession does not have a set of standards to align schools, theories, practitioners. So clients and organizations are often confused as to what coaching is and is not. My coaching is designed to facilitate you getting to Your Next Level of Greatness!

***(would like some sort of graphic here that says “next level of greatness”)***

**Slide Three -- The Nitty Gritty**

What typically stops us, though, from getting to the next level of greatness? Getting stuck, pattern behaviors, anxiety and stress to name a few. How will this help today with those 3 things? This is a training class. Training classes are designed to introduce you to new knowledge, frameworks for functioning, perspective for decision making. I will introduce you to what we currently know about the brain, how it works and how knowing how the brain works can help you get unstuck, release an old, outdated behavior pattern and help lessen your anxiety, stress and fear. This training is also the pre-requisite to a ½ day training that will help you take this new knowledge a little deeper in order, coach you on taking

**Slide Four -- Action = Awareness [to] Insights [to] Action**

We know that knowledge alone does not create the environment to take action. Knowledge creates the environment for awareness. Awareness creates insights. And, its insights that position us to take action. It’s insight that creates shifts and excitement and energy and belief. And, in this place we begin to access higher functioning aspects of the brain.

**Slide Five -- 3-Parts to the Brain. What You Need to Know.**

1. **Amygdala** -- primitive part of the brain. It’s found deep in the center of the brain. Responsible for fight or flight reactions!
2. **Pre-frontal Cortex**: Higher functioning in the front of the brain. Responsible for our executive functions such as decision making, technical skills.
3. **Neo-Cortex** – Higher functioning at the top of the brain. This is the place where innovative & creative ideas are born. This is where ideas just come from out of nowhere!

**Slide Six -- Let’s Do This!! (forced insight)**

This is the point where I have each participant pull a random button which will have a message like ‘embrace change’, ‘take responsibility’, etc. and I will lead them through a self-reflective exercise.

**Slide Seven -- Partner Up!**

This is the poin where I have each participant pair up with another to share their insights and to brainstorm at least one strategy for overcoming the obstacle.

**Slide Eight -- The HOW.**

Chunking, Ignoring, Reality Check, Control Check and Attention on the solution are five researched and reliable methods for getting unstuck, releasing a pattern and taking action.

**Slide Nine -- Threats vs. Rewards**

The brain will react differently based on whether we are in a threat state or a reward state. The threat state is the brain’s default mechanism. A reward stat has to be deliberating created. The ½ day workshop will focus on moving yourself out of the default state and into a reward state while you are developing awareness and experiencing insights so you can take action.

**Slide Ten -- Top 5 Threats or Rewards**

These are the the specific areas we will focus on in the workshop.

**Slide Eleven -- Join me on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from 8am to 2pm**

At this ½ day workshop we will take this work even deeper and customize it to your personal situation. You will leave with an action plan and strategies for get to the next level of your greatness. Because it’s a highly intensive learning environment, the class is limited to only 25 women. So if you would like a spot, make sure to register as soon. Registration links will open up on \_\_\_\_\_\_\_\_. All these details plus some are being handed out now.

**Slide Twelve – New Workshop coming in July: *Conversational Intelligence***

Learn how to transform your relationships and conversations in order to achieve at th highest levels, build trust, and develop highly effective, results producing teams & partnerships. Make sure to like my facebook page. I send out deep discount codes to my facebook fans for early registration!

**Slide Thirteen- Evaluations**

Please fill out the evaluation. Each person that completes the evaluation will be entered in a drawing for free attendance to the upcoming ½ day workshop.