

The Process of Change in the Brain

Life is permanent change; why is so hard to embrace this reality? How is the process of change managed in our brain? Why does change impact us in a negative way? We will discuss the brain barriers to change. A five step program on how to successfully overcome those barriers in ourselves and in our team will be presented.

The workshop will be delivered in a dynamic and participative way - using real-life examples and concrete participants' situations.

Purpose:

Being conscious that change is a driver in our life, to learn how to embrace it without resistance and make it permanent.

Objective:

- Understand the process of change in the brain.
- Learn how to use innate tools to overcome the brain's barriers to change.
- Learn the five steps to make change permanent.

Content:

- How the process of change is managed in the brain.
- The importance and meaning of the comfort zone in human behaviour.
- The key players in our natural immunity to change.
- The emotional responses to change and how to deal with resistance to change.
- The innate tools we can apply to overcome the barriers to change.
- The new change equation; five steps to make change permanent:
 - Make change familiar.
 - Get people involved.
 - Small steps big change.
 - The Attention Density formula.
 - The power of a compelling vision.

Facilitator/Coach: Dr. Carlos Davidovich MD.