

3 Big Deals

BIG DEAL #1:

Your

pre-frontal

cortex

is priceless

- Analysis
- Speech
- Creativity
- Willpower
- Innovation
- Planning
- Forming goals
- Evaluating consequences
- The brain's "CEO"

BIG DEAL #3:

Emotions

run the show

- Memory
- Health
- Emotions
- Critical role in learning
- Essential to memory
- Accelerating ingredient

BIG DEAL #2:

Threat

to the brain is

threat

to the brain

- Fight
- Flight
- Freeze
- Basic body function
- Especially triggered by threat and fear
- The brain's "bouncer"

“ When we lead, learn, and live the way the brain works best, we get better results with less effort.