You are YOUR BRAIN

"You are your brain. If you want to understand why you feel the way you do, how you perceive the world, why you make mistakes, how you are able to be creative, why music and art are inspiring, indeed what it is to be human, then you need to understand the brain."

Jeff Hawkins
Executive Director
Redwood Center for Theoretical Neuroscience
University of California, Berkeley

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The two main functions of OUR BRAIN

To preserve the species, the brain has two fundamental functions

Protect from Threat

Connect and Nurture

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To PROTECT us our Brain uses

FEAR

We are programmed to classify
anything new and unfamiliar
as a potential threat
which elicits a preconscious defensive reaction.
Our brain instantly gets our body in a state of alert.

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To CONNECTS us our Brain uses

TRUST

To encourage nurturing and collaboration
essential to survival
our brain unleashes a system or rewards:
empathy, attraction, love, friendship

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We are constantly balancing FEAR vs.TRUST

More fearful/cautions:
Less connected
Lower empathy
Less curious
Less collaborative

More trusting /open:
More at risk of getting hurt
Less attentive/focused to tasks

FEAR

TRUST

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Do we let insticts make our behavioral choices?

Awareness and Neuroplasticity

Learn to
Respond instead of **Reacting**:

Being **aware** of our instinctive reflexes allows us to choose our behavior

Neuroplasticity

There is evidence that by practicing conscious responses, we can decrease density of grey matter in the amygdala, which becomes less reactive

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Effective Trust-based Collaborations

When Fear rules:

Inward focus

Status quo

Red Tape

Llimited learning

When Trust rules:

Outward focus

Growth and development

Agile

Enhanced learning

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Trust is a Choice

Credibility is earned through consistency, integrity and knowledge

Trusting is an intentional act of generosity that is usually reciprocated by trust

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