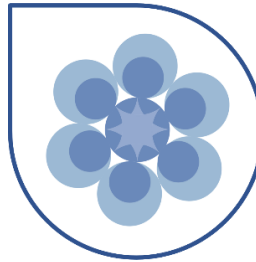


Enhancing Leadership Practice, Performance and Wellbeing

The brain drives every aspect of our behaviour and, through its relationship with mind and body, influences and impacts all we think and all we do. Over the last two decades we have deepened our understanding and knowledge, particularly around emotion, memory, decision-making, thinking capacity, biases and relationship.



"If you can keep your head when all about you are losing theirs..."
...you'll be a Neuroleader.

Learn how to flourish in a changing world.

The Neuroleader Academy Programme is founded on expertise drawn from the behavioural sciences, neuroscience, organisational change and leadership development. It has been specifically designed for managers/leaders and aspiring leaders who want to improve their performance as well as develop authentic leadership capability. The programme delivers many practical benefits including the ability to:

- ◆ Understand how the brain works and what this means for performance
- ◆ Develop knowledge and insight to focus, take better decisions and move to creation mode
- ◆ Access practical tools and techniques that can be applied day-to-day
- ◆ Build productive relationships and create healthy fulfilling work environments



ENGAGE WHOLE SELF

Engage Whole Self

Launch May 2020

Learn how to create optimal levels of mental and physical wellbeing through the integration of brain, mind and body, exploring the self (thoughts, behaviours and emotions) for change and personal transformation. **Understand the relationship between your rational and emotional self and how engaging the whole self enables peak performance.**



LEAD THE WAY

Lead the Way

Launch 2020

Learn how to manage self and lead highly engaged teams in a rapidly changing environment, while maintaining a positive outlook and personal resilience. Understand the roles of stress and emotion to create a more coherent, agile and healthy response to change in work and life. **Understand how to better connect with colleagues for improved relationship and collaboration.**



UNLOCK OPPORTUNITY

Unlock Opportunity

Launch 2020

Learn how to access your intuition and develop curiosity for continual learning and growth. Fine-tune your powers of observation and reflection, while understanding how focused attention and diversity can support innovation and change. **Understand how to maximise potential, creating an environment that supports innovation and creativity.**



CONNECT FOR CHANGE

Connect for Change

Launch 2020

Learn how to create engaging environments that support trust, wellbeing and optimism. Understand why psychological safety, strong social networks and effective communication and engagement are vital for meaningful, effective collaboration. **Understand how to motivate, encourage and connect with colleagues and teams during times of change.**



Engage Whole Self Module – Online Open Learning Module Cost: ~~£375pp~~ £250pp*



ENGAGE
WHOLE
SELF

Engage Whole Self is an online learning module, which can be accessed on a 'stand-alone' basis or as the foundational module within Minerva's four-module Neuroleader Academy Programme.

Engage Whole Self is a six-week study module (3/3.5 hours per week) designed to support the development of mental and physical wellbeing. The module will deepen knowledge of brain, body and mind, develop understanding of how and why maintaining balance is important and lay the foundations for developing tools and techniques to maintain and sharpen performance.

Engage Whole Self comprises a 'context' zone, where we explore what makes a Neuroleader, plus four additional learning zones:

1. The whole self
2. Our internal communication system
3. Two thinking processes
4. Organisation basics

During the module we will explore and understand more about:

- ◆ The structures, components and functions of the brain
- ◆ The relationship between brain, mind and body
- ◆ The relevance of social connection
- ◆ Our internal communication system and how we activate threat/reward responses
- ◆ How to get the best from our thinking processes

What is included:

- ◆ Video-based course learning materials
- ◆ Four study calls (booked at course start)
- ◆ Downloadable exercises, models and additional resource materials for practical application
- ◆ On-line self-assessment links (where appropriate)
- ◆ Interactive discussion groups
- ◆ Reflection points
- ◆ End of module assignment

Accreditation and assessment

To receive accreditation for the module, it is important to complete all compulsory activity. This includes:

- ◆ Completion of all module materials
- ◆ Completion and 'Pass' x 5 reflection points
- ◆ Active participation (x1 comment and x 1 reply to comment) with x 5 Discussion Group activities
- ◆ Attendance of and contribution to four study calls (or submission of relevant zone learning summary)
- ◆ Completion and 'Pass' of end of module assignment

***Module Cost is discounted to £250 for WIR Members – Please quote code: WR010020EWS when booking.**
 Costs are per person to participate in the module in an open learning environment. This can also be undertaken as an in-house leadership development training programme. Please ask for details of our corporate rates.

