organize your mind for brain wellness

organize your mind for coaching

ICF Coaching Science 2014
1. Surviving to Thriving
2. Organize Your Mind
3. Coaching Mechanisms of Action
I could not do this withouté

Where is your mind right now?

Experiencing

High Control FOCUS

Thinking

Low Control FOCUS

Experiencing

Carson, Moore, Zilca. 2014
Where is my mind now?
What is an organized mind?

- Intentional
- Agile
- Deep

Hammerness, Moore, Organize Your Mind, Organize Your Life, 2012
Why is it hard to organize our minds?

- Low brain energy
- Overdose of negative emotions
- Chronic multitasking
- Chronic distractions

Hammersen, Moms, Organize Your Mind, Organize Your Life, 2012

We're addicted to checking our smartphones

Lookout Mobile Mindset Survey, 2012

Distractions cause:
- 1,000+ car crashes per day
- 420,000 car crashes per year
- 3,300 deaths per year

WWW.DISTRACTION.GOV
Hacked, Hooked, Hijacked

Ability to focus is impaired

- Have to respond immediately
- Not paying attention to other people
- Feel restless when you are away
- Stay longer than intended
- Use to escape negative emotions

Huffington Post: 6 Signs your Smartphone is Stressing You Out, 2013

If brain focus is impaired, we can't remember, think, collaborate, create, learn, and perform at our best.

How can we organize our minds?

1. Physical Health:
   Upgrade brain energy
2. Mental Health:
   Tame your frenzy
3. Use your brain states well

Hammerness, Moore, Organize Your Mind, Organize Your Life, 2012
After reading After 20 min walk


Coach Meg’s Brain Foods


Tame your Frenzy

Hansennees, Marnv, Organize Your Mind, Organize Your Life, 2012
Emotions are biological messengers of met and unmet needs.

Inner critic frenzy
- You are not good enough
- I am not good enough

Get Meta
Notice & Name Emotion

Jon Kabat-Zinn, Mindfulness for Beginners, 2012
Five Facet Mindfulness Assessment

1. Awareness  Not automatic pilot
2. Observing  No interpretation
3. Describing  Labeling
4. Non-judgment  Acceptance
5. Non-reactivity  Not carried away

Accept

Every cell is doing the best it can with the resources it has at hand.

Give negative emotions a little compassioné
Growth Mindset

Dweck C. Mindset, 2006

Positive Emotions
Improve Brain Function, Resilience, and Health

Fredrickson, B. Positivity, 2009

Your brain is energized and calmé ready for coaching sessions
Experiencing High Control FOCUS

Low Control FOCUS

Embodied Learning

Prepare

Thinking

High Awareness

Judge

Meta Awareness

Narrow Awareness

Strategic

Embodied Learning

Imagining

Open Awareness

Mind Wandering

Flow

Nonlinear

Strategic

Judge

Be Present

Open Awareness

Be Curious

I wonder...
Judge

You are not good enough.

Grant, A. Give and Take, 2013

Harness your Drive

High Octane Energy for Focus

Deci, E. Why we do what we do?, 1995 (Self-determination theory)

Prepare

Carson, Your Creative Brain, 2010
Now the coaching session

Connect

Harness client drive
High Octane Energy for Focus

Fredrickson, B. Love 2.0, 2013
Deci, E. Why we do what we do? 1995 (Self-determination theory)
Imagine the Outcome

Carson, S. Your Creative Brain, 2010

Collaborate

Create Mind Cloud

Carson, Moore construct, 2014

PEAK: Relational Flow?

Let go a little

Carson S., Your Creative Brain, 2010
Embodied Learning
Learn by Mind Meld with Masterful Expert

This is what coaching presence does for clients
Carson, Moore construct, 2014

Creative
non-linear, divergent
Carson, S. Your Creative Brain, 2010
Be Strategic
Zoom out to
30,000 feet

Carson, Moore construct, 2014

Evaluate

Carson, S., Your Creative Brain, 2010

Gratitude

WHAT YOU APPRECIATE... APPRECIATES!
What about distractions?

You are deep in a brain state
There is an interruption

Connect Prefrontal Cortex to Limbic System

Hammerness, Moore, Organize Your Mind, Organize Your Life, 2012
Apply the brakes to distractions
• ABC
• Awareness
• Breathe
• Choose

Mind Wandering
Brain Keeps on Solving Problems Out of Focus

Take brain breaks
Experiencing

High Control FOCUS

Thinking

Judge
Prepare
Strategies
Collaboration
Imagine
Mind Wandering

Low Control FOCUS

Meta Awareness
Flow
Nonlinear

Narrow Awareness
Embedded Learning
Open Awareness

Thinking

High Control FOCUS

Low Control FOCUS

Experiencing

One’s own self is well hidden from one’s own self…
Of all mines of treasure, one’s own is the last to be dug up.

Friedrich Nietzsche