

SCIENCE &
LEADERSHIP

HACK•YOUR•BRAIN

**UNLOCK YOUR UNIQUE POTENTIAL IN THE
DIGITAL AGE**



KAROLIEN NOTEBAERT, Ph.D.

CFA APRIL 2021



LET'S TRY IT OUT



SCHRIEVERS
SEELN SCHATZ

Gesangbuch.

Rom
in
Tysfunde
in
Anyt

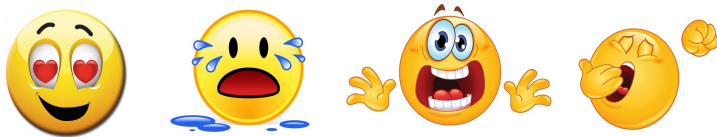
Ga 88.



_ O O K

SPONTANEOUS ACTIVATION – FILTER

CHANGES



RELATIVELY STABLE

PERSONALITY
DECISIONS



FUNCTIONAL NETWORKS
DEFAULT MODE NETWORK


$$\begin{aligned} &\textbf{PERFORMANCE} \\ &= \\ &\textbf{POTENTIAL - INTERFERENCES} \end{aligned}$$

SELF- REGULATION



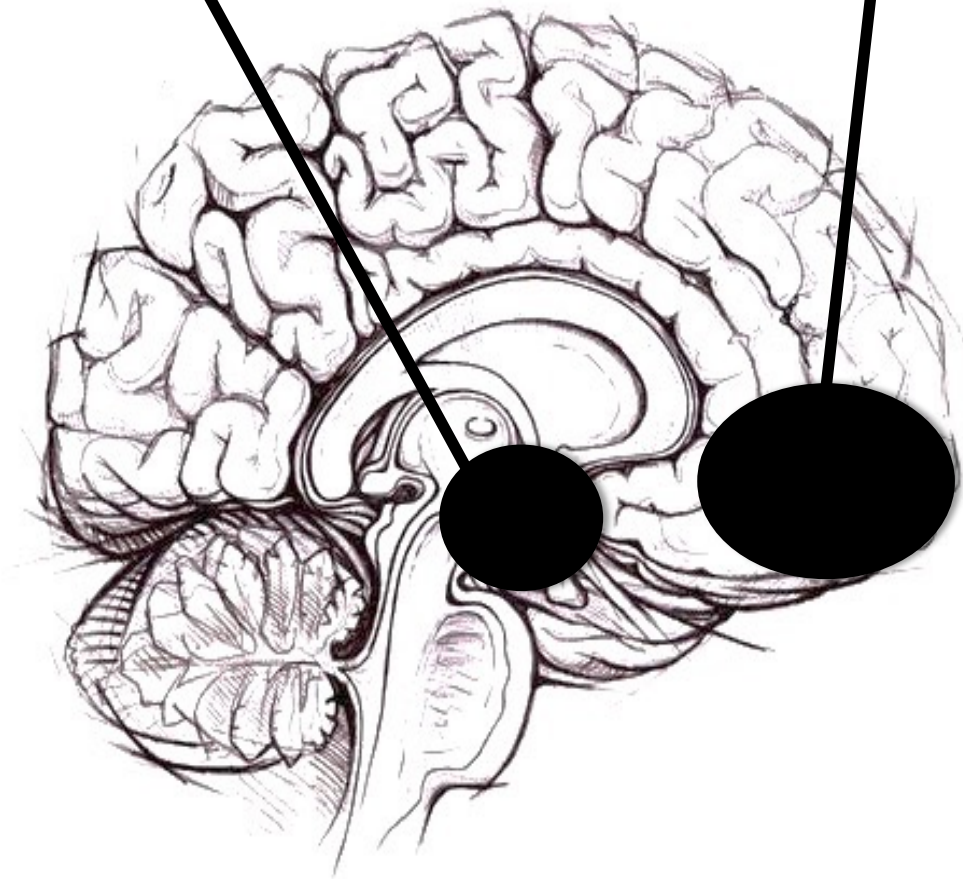
**WHAT DOES THE BRAIN
SAY?!**

INTERFERENCES

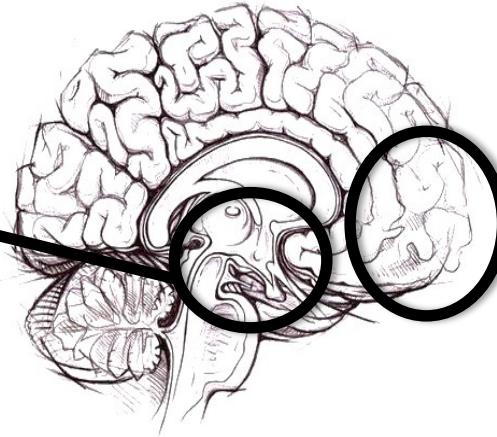
AMYGDALA

POTENTIAL

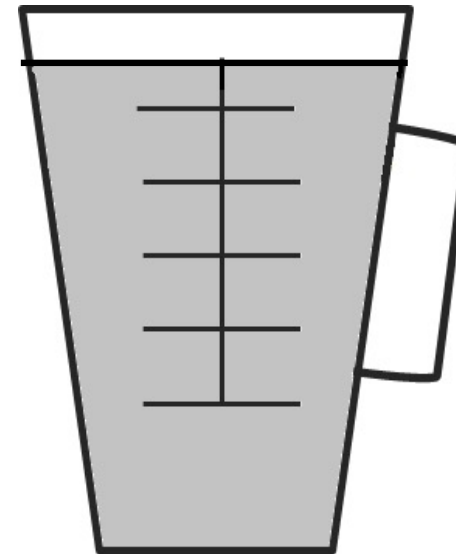
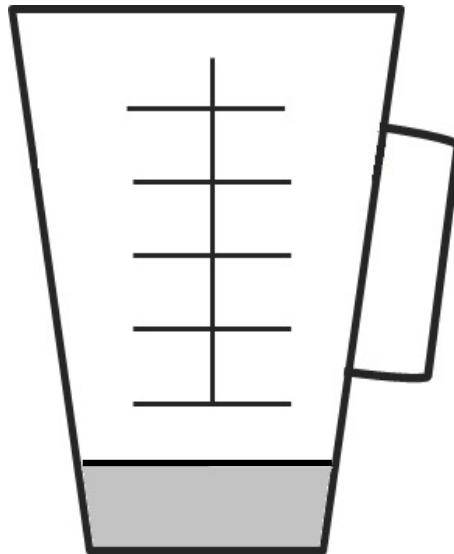
**PREFRONTAL
CORTEX**



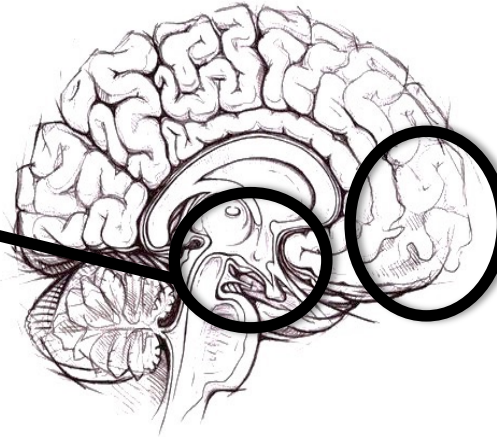
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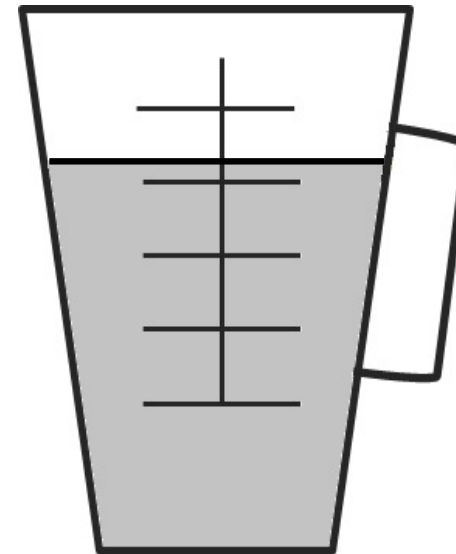
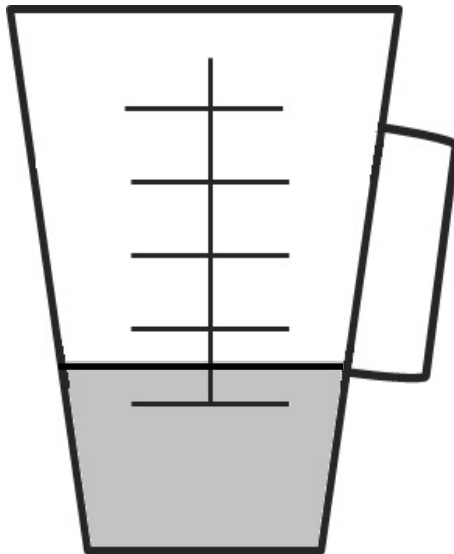
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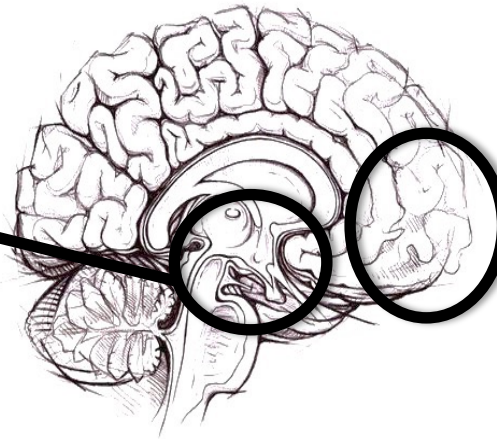
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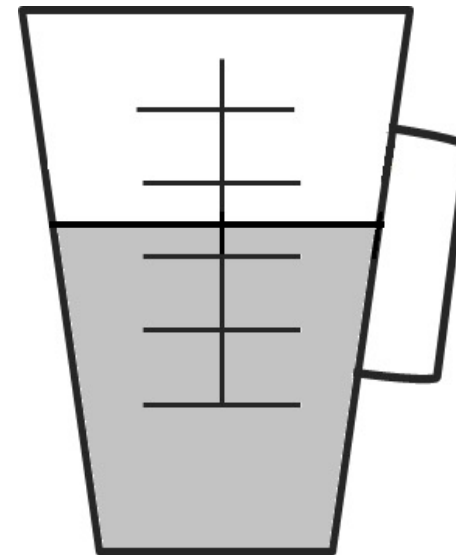
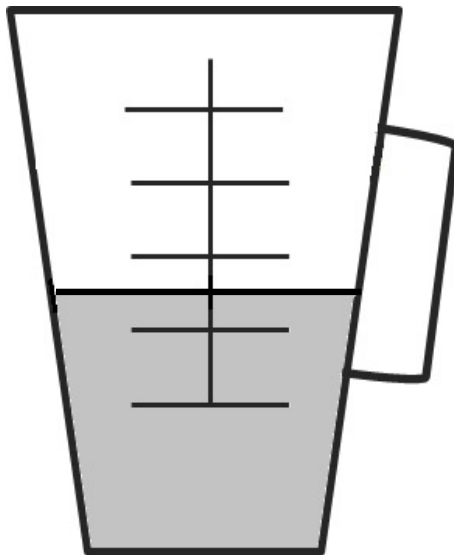
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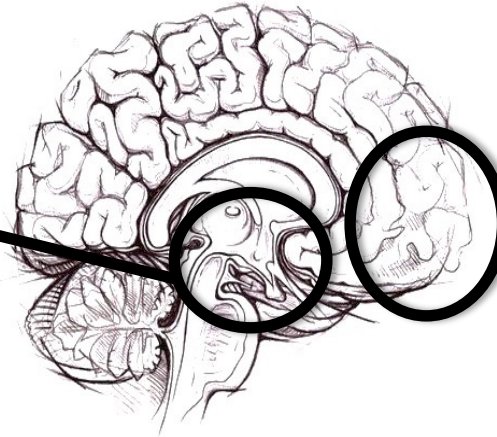
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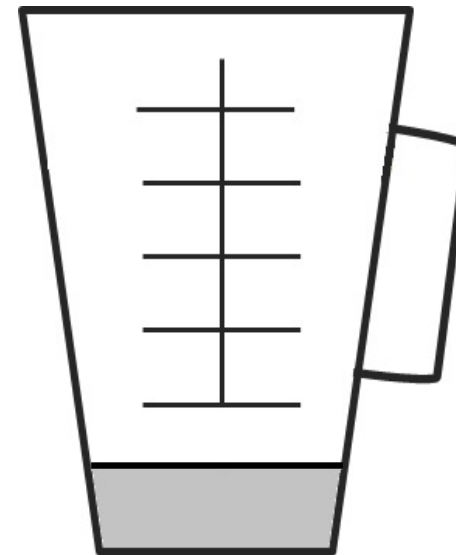
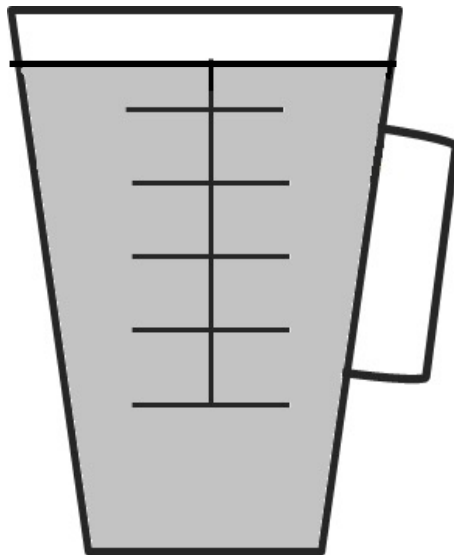
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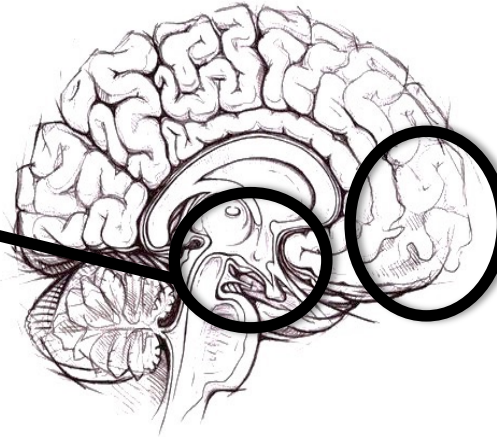
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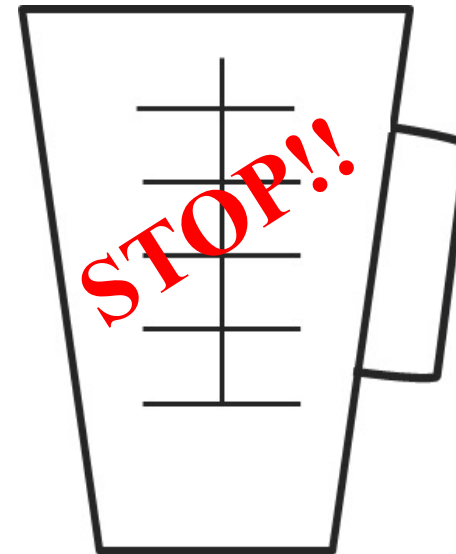
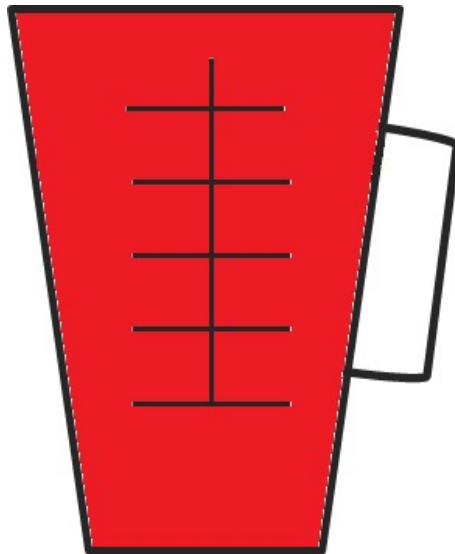
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CORTEX**



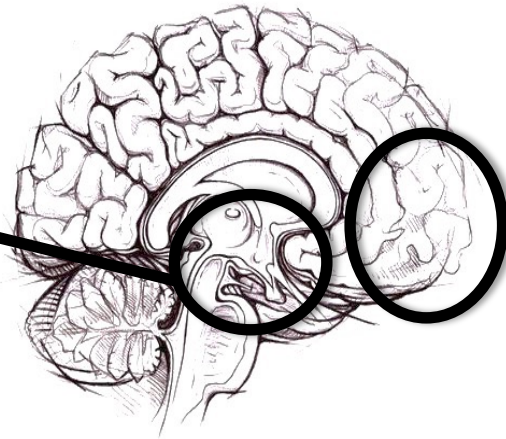
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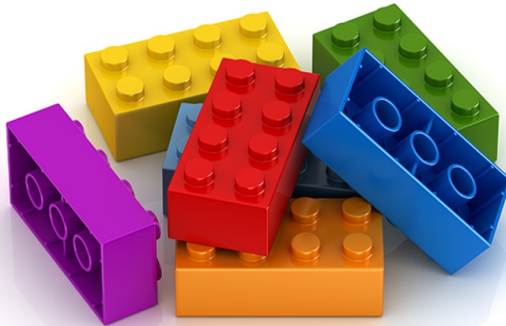
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CORTEX**

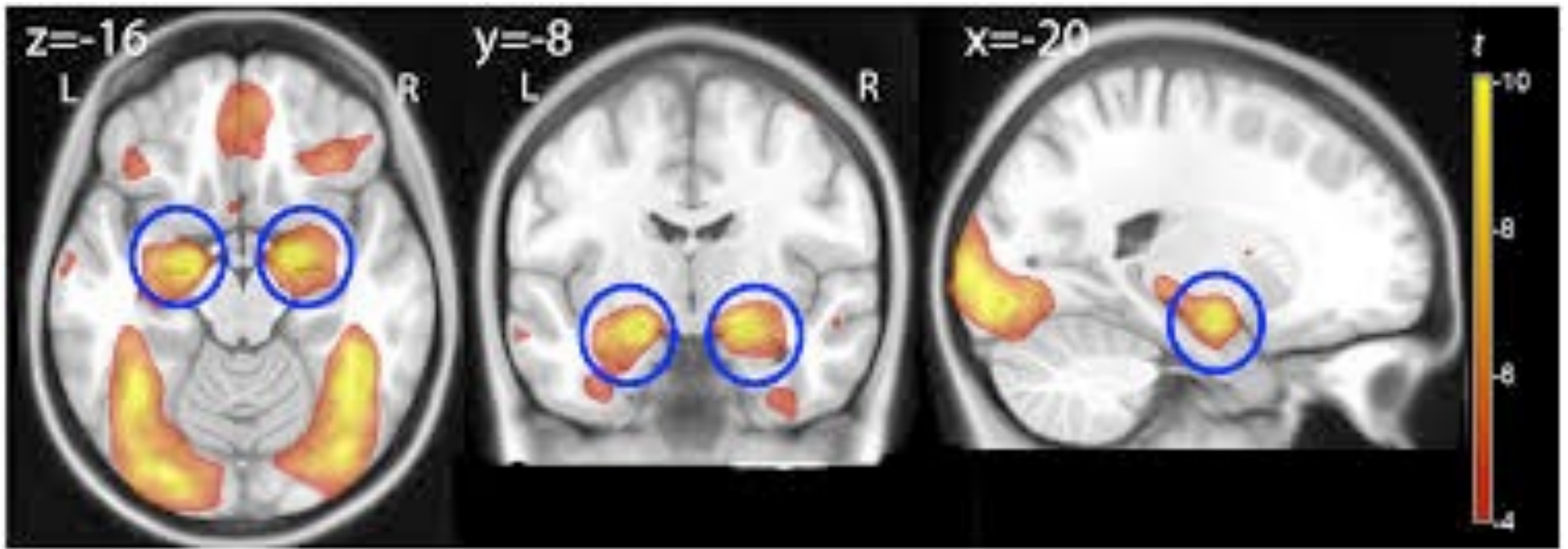


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**PREFRONTAL
CORTEX**





DEPLETION

Depletion effect: Wagner & Heatherton (2013); brain picture source: Spohrs et al., PLoS, 2018, amygdala reaction to faces displaying negative emotions



ALEX HONNOLD

FREE SOLO



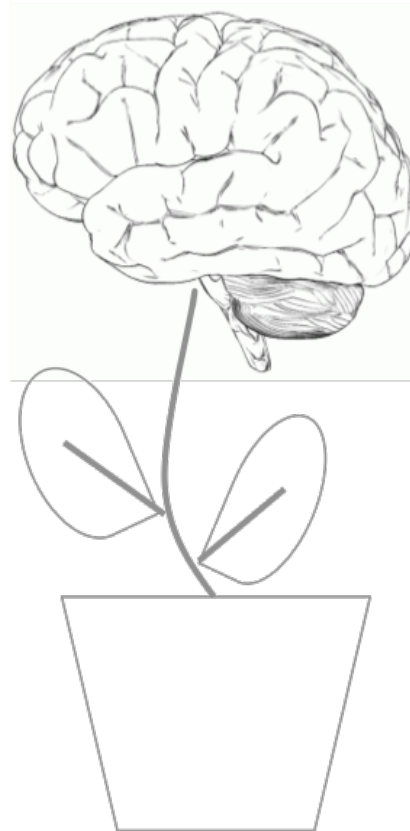


NOW WHAT?

AMYGDALA



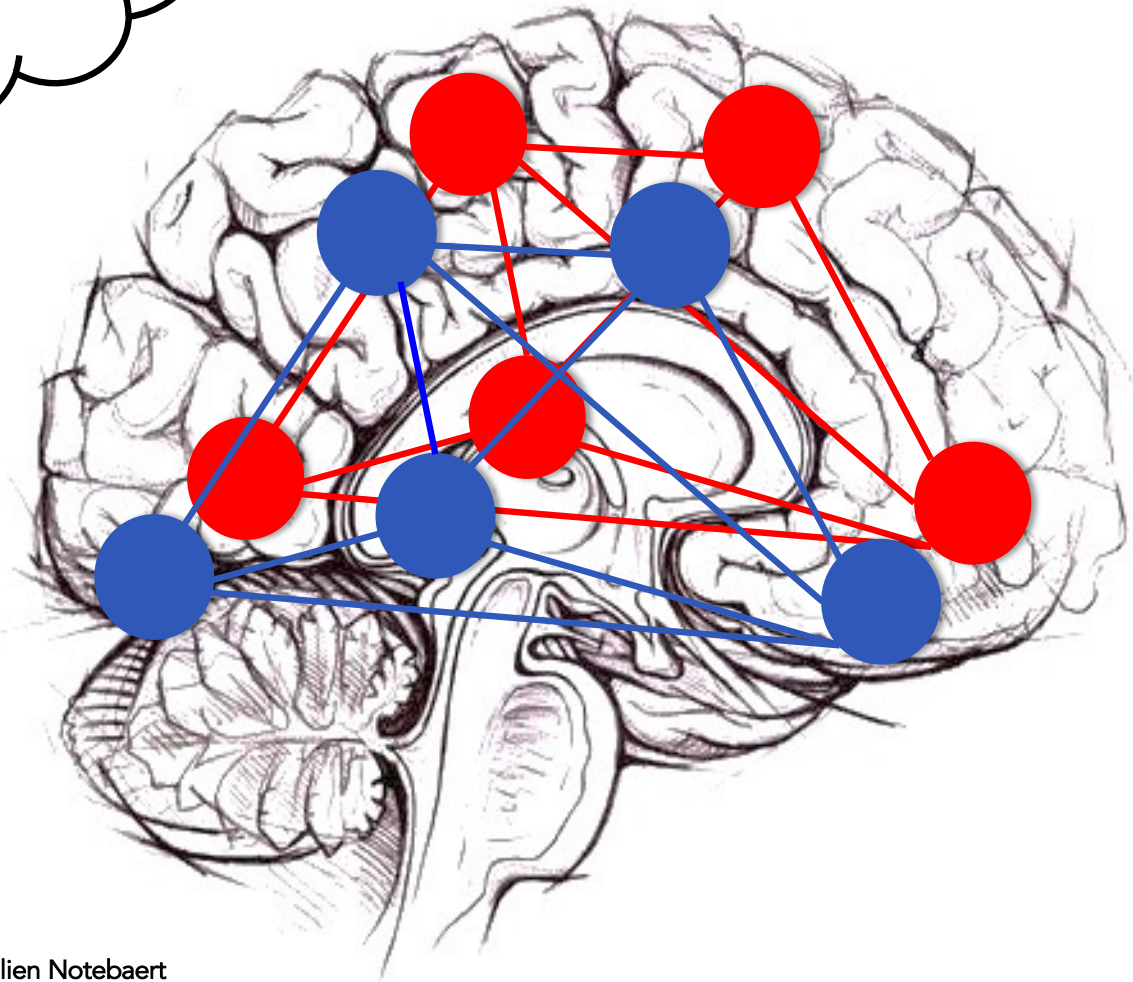
**PREFRONTAL
CORTEX**



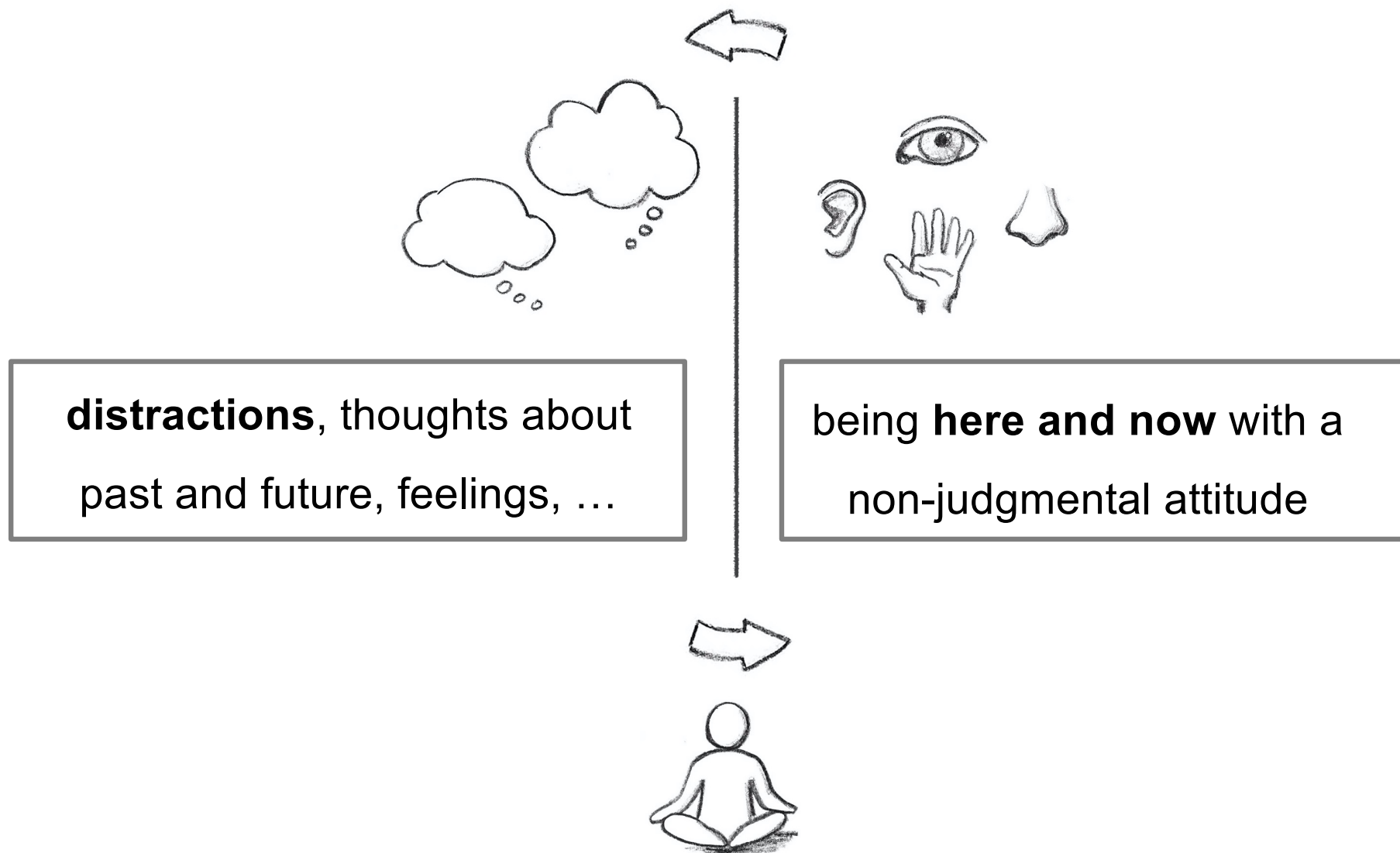
DEFAULT MODE NETWORK



DIRECT EXPERIENCE NETWORK



CORE OF MINDFULNESS PRACTICE



EFFECTS?

- ❑ (cognitive) performance, better decision-making, memory, creativity

COGNITIVE

- ❑ agility, inner calm, serenity and self-confidence
- ❑ less negative emotions, more positive emotions
- ❑ Health and immunity

EMOTIONAL

- ❑ better communication and interaction

SOCIAL



LISTEN TO UNDERSTAND
NOT TO REPLY



Karolien Notebaert, Ph.D.

The pilgrim who trained her monkey

What the brain reveals about
how to lead a fulfilled life

READ MORE?

The Pilgrim Who Trained Her Monkey

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Published Oktober 2020

Available as Paperback and E-Book on amazon.com/.de, as E-Book on all other platforms

DO MORE?

Meditate with me on Insight Timer:

<https://insighttimer.com/karoliennotebaert>

Other Apps: Calm, Headspace, 7 Mind

REPEAT?

My TEDxTalk (EN): <https://www.youtube.com/watch?v=zAZPsX33YCM>

My GreaterTalk (DE): <https://www.youtube.com/watch?v=owogg9TvF8E>



DR. KAROLIEN NOTEBAERT

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www.science-and-leadership.com

Topics: The brain of a wise leader, Female Leadership, Unconscious Bias, Trust in a virtual world, Mindful Leadership

TIPS – MINDFULNESS MEDITATION

- **How long?**
 - Week 1: 5-10 minutes/day
 - Week 2: 10-15 minutes/day
 - Week 3 etc: 15-20 minutes/day
- **When?**
 - In the morning, the evening, during breaks, ... your decision!
- **How?**
 - Sitting, standing,... your decision!
- **App?**
 - Insight Timer (**Be careful: search for Mindfulness**)
 - Calm
 - HeadSpace