

Virtual Masterclass



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Vitae.Coach Virtual Neuroscience of Resilience Workshop

Participant Workbook – 08.04.2020

NEUROTOOL 1: In the Moment Matrix

IN THE MOMENT

Use this tool when you are feeling threatened or stressed.
To do this:

1. Select one neurohack from THINK, MOVE TALK, MINDFUL.
2. Then complete the following sentence to the right with your selected neurohack action.

IN THE MOMENT

When I feel stressed I will practice my:

Think/Move/Talk/Mindful Hack:

By

BEFORE/AFTER THE MOMENT

Use this tool before or after a situation when you have been feeling threatened or stressed.

To do this:

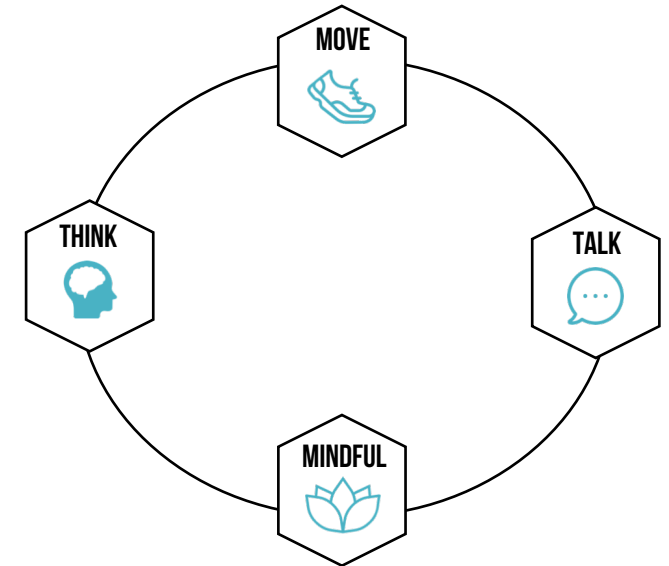
1. Select either:
 - > Get 8+ hours sleep
 - OR**
 - > Exercise for at least 30 mins

BEFORE OR AFTER THE MOMENT

If I feel stressed before or after an interaction, I will

Get 8+ hours sleep
OR
Exercise for at least 30 mins

By



NEUROTOOL 2: Reframing the Situation – Neuroplastic Surgery

INSTRUCTIONS ON HOW TO COMPLETE THIS WORKSHEET

Answer the questions to the right to help reframe your thoughts and appraisals of internal and external events.



1. What are the benefits of this situation? How is this an opportunity to grow?	
2. If I had nothing to lose, how would I approach this situation?	
3. What can I learn in this situation?	
4. What perspective could I take that would help me feel more reassured about this situation?	

NEURTOOL 3: Insights into Action

INSTRUCTIONS ON HOW TO COMPLETE THIS WORKSHEET

Answer the following questions to help your insights turn into actions.

This simple exercise encourages semantic and episodic processing – neurological processes for building deeper memory traces. This process helps reduce the likelihood of confabulation.



STEPS	1. CAPTURE THE INSIGHT	2. CAPTURE THE CONTEXT	3. CAPTURE THE ACTION
Follow >	1.1. Capture your 'aha moment'	2.1 What area of your work and/or life does this insight relate to? 2.2 Why is it important?	3.1 Now that you know this information, list 1 - 3 actions you'll take to implement these insights.
1			
2			
3			
4			
5			

“I am not what
happened to me.


I am what I choose
to become.”

Carl
Jung





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