

Coaching Beyond Neuroscience



“Solutions to technical problems lie in the head and solving them requires intellect and logic. Solutions to adaptive problems lie in the stomach and the heart, and rely on changing people’s beliefs, habits, ways of working or ways of life.”

*Ronald Heifetz and Marty Linsky
‘When Leadership Spells Danger’*

Coaching Beyond Neuroscience is a highly effective science-based certification that builds your capability to coach in the increasingly complex and volatile business environment of adaptive problems by accessing the innate wisdom of the head, heart and gut brains: evolving, aligning and future-proofing people and organisations.

- *A four day workshop for executive and professional coaches; leaders and managers; HR, OD and learning professionals*
- **PLUS** *two group integration sessions and a 1:1 individual coaching.*
- *Amora Hotel, Riverwalk, Richmond, Melbourne*
- *24-27 November 2015, 9.00am—6.00pm daily.*

mBIT Coach Certification training is accredited by the ICF for CCEU points.



Multiple Brain Integration Techniques for Evolving and Aligning People & Organisations

You will learn how to ...

1. Coach people to access their innate intelligences for wiser choices and decision making by applying the *mBIT* foundational sequence.
2. Facilitate a healthy, resourceful emotional state in yourself and others by using a science-based breathing technique. A resourceful state is a pre-requisite for effective *mBraining*.
3. Recognise and interpret the different language patterns of your three intelligences.
4. Read the signals from others using neural syntax mapping to explicitly reveal whether their three brains are working together or conflicting with each other.
5. Actively educate your head, heart and gut brains for greater intuition and better decisions by stimulating the growth of new neural pathways.
6. Harness the innate intelligence and generative wisdom of each brain by aligning all three through the process of *mBraining*.
7. Work with the core competency framework to diagnose unresourceful states in self and others, and know how to return to balance for optimal functioning.
8. Recognise and overcome Neural Integration Blocks that prevent alignment of the three brains.

Additional knowledge

1. How neuroscience has shown you have three brains, and validated ancient wisdom teachings and practices.
2. Why lack of integration and alignment between brains causes stress, tension and can lead to poor decisions.
3. What the nine prime functions of your head, heart and gut brains are and how each provides a different ability and talent.
4. How each of the three brains is best used and how to align them, through their highest expressions, to generate wiser choices and decisions.

How will your existing knowledge and experience fit with this programme?

For you to gain the most from the programme you will need to have a reasonable level of competence and capability in relating to and coaching people. The following will also be advantageous :

- An understanding of a coaching approach, structure and process (lightly held, as you will make quantum leaps from traditional coaching practices).
- You are empathetic.
- The ability to notice your own emotions, reactions and responses, particularly with respect to sensing such things as 'gut instinct' and emotional cues from the heart.
- The ability to observe and interpret body language.
- Exposure to or training in NLP.

Multiple Brain Integration Certification—with a business and organisational focus

This **certification** provides techniques that align the intelligences of your head, heart and gut as a new way of approaching the vital leadership and organisational skills of coaching and developing others. By tapping into and integrating the intelligences of all three neural networks or brains you generate new levels of consciousness and wisdom.



What are *mBIT* and *mBraining*?

Multiple Brain Integration Techniques or *mBIT* introduces a whole new field of behavioural change techniques and frameworks for living life and leading others with greater wisdom and authenticity. It is based on the study of over 600 scientific research papers, cross-referenced through behavioural modelling. It aligns with many esoteric and ancient spiritual practices.

What are the multiple brains or intelligences?

Neuroscience shows head, heart and gut each have independent brains. Each of the brains has its own unique prime functions and highest expression. The head's highest expression is creativity and innovation; the heart's is care and compassion; the gut's is courageous action.

Why is *mBIT* essential today?

When people have the ability to consciously and appropriately use the intelligence of each brain they are capable of making wiser choices to seize the opportunities and meet challenges of today's VUCA (volatile, uncertain, complex, ambiguous) world.



mBIT was developed by Australians Grant Soosalu and Marvin Oka. Marvin is recognised as a world leader in his field of behaviour change technologies. Grant has advanced degrees and expertise in psychology, applied physics and computing. And expertise in NLP and behavioural modelling.

You will receive your own copy of their book *mBraining—using your multiple brains to do cool stuff* at the workshop.

Truly generative and adaptive leadership today requires whole new levels of self-awareness and self-facilitation for integrating head-based intellect with heart-based values and gut based instincts. No longer can a true leader rely solely on the competencies dominated by their head alone.

Grant Soosalu & Marvin Oka, Neuroscience and the Three Brains of Leadership

About your facilitators



Sally-Anne Cotton, Founder, Executive Alchemist, Melbourne, Australia

Sally-Anne's passion is partnering with leaders and their teams to create values-driven cultures where people thrive, not just survive, and where engagement and accountability translate into high performance. She has worked in Australia and internationally as an executive coach and facilitator with organisations such as Telstra Corporation, Standard Chartered Bank, Suncorp, Myer, Melbourne University, Westpac and the Public Service.

In doing this she draws on a number of leading edge tools and methodologies to optimise results for clients, supporting them in being more congruent and aligned in their lives, able to mindfully harness the generative wisdom accessible through mBraining and mBIT. Even conversationally in an informal setting it is extremely powerful as one conversation recently attested: "In just five minutes you have helped me resolve an issue that has kept me awake at night for the past four weeks! Amazing!" She finds that mBIT integrates with and complements most coaching approaches and delivers fast, sustainable change for her clients.

Sally-Anne is an NLP Master Practitioner, mBIT Coach Trainer, Corporate Based Mindfulness Trainer and Cultural Transformation Tools Trainer. Currently enrolled in the U.Lab Presencing MOOC with Otto Scharmer and MIT, she has a love of learning and expressing her creativity through food!

Gail Reichert, Principal Consultant, Leader's Edge Ltd, Auckland, New Zealand

Gail's passion is partnering with people in organisations to develop the essential core of leadership - emotional intelligence. She has worked with some of NZ's larger organisations, including Fonterra, AUT University, Vero Insurance, Les Mills International and Auckland Council.

As a facilitator and executive coach, Gail frequently applies the skills of mBraining in her work practice. She finds that mBraining simply makes sense to everyone. "Many of the things holding people back can be quickly identified and resolved using mBIT. For example, being limited by 'welling up' under pressure was solved when I noticed the person's identity was not being 'owned' by the gut. When remedied and internalised, the person's emotional state strengthened, and her confidence returned. She has since achieved a significant promotion that would have been out of the question without mBIT."

Gail is an NLP Practitioner, mBIT Coach Trainer and retains a Chartered Accounting qualification from her previous career. She is also an avid learner, currently on her second U.Lab Presencing MOOC with Otto Scharmer and MIT. Gail also has a great sense of humour, a love of life and is fun to work with.



Testimonials

What people say about mBraining and mBIT Certified Coach Training

I'm very impressed with the work of Grant Soosalu and Marvin Oka on the competencies of the brains in the heart and gut and the application of this to leadership. Their action research findings and models are fascinating and advance the work my co-authors and I wrote about in 'Head, Heart & Guts: How the World's Best Companies Develop Complete Leaders'.

Dr David Dotlich
Author, 'Head, Heart & Guts'

"I now use mBIT and breathing with all my NLP clients. I teach the breathing now as a pre-requisite to every session. It makes such a difference to my clients' state. From a balanced ANS almost anything is possible. Fabulous."

MC, Coach

"mBraining is an intriguing and profound book. The research on the three brains is now compelling and the authors do a masterful job of integrating this research in a practical approach you can start implementing immediately. I'm very grateful for the work [of] mBraining because it will help people understand the power of integrating their head, heart and gut brains to enhance every aspect of their life."

Bruce Cryer
Author, 'From Chaos to Coherence:
The Power to Change Performance'

Reasons to register now

Why do this certification now?

- ✓ Massively boost your coaching effectiveness by facilitating all three of your client's intelligences—get great results for them, and great satisfaction for you.
- ✓ Streamline your coaching to gain deeper and more generative results for your clients and team members.
- ✓ Have you ever had clients or team members wrestling with continued indecisiveness and ongoing unresolved issues? Then mBIT coaching will help you help them move on.
- ✓ Do you ever experience people struggling with internal conflicts between their head-based thoughts, their gut-based instinct and their heart-based emotions? You will now have an effective way of helping change these limiting behaviours.
- ✓ Gain access to a professional network and collaborative community of mBIT Coaches who are working internationally together to bring evolutionary change to the world.
- ✓ Become a thought leader and contributor in this newly emerging and exciting field of transformational coaching.

INVESTMENT SCHEDULE (ex GST)	WHAT YOUR INVESTMENT INCLUDES (prices listed in Australian dollars)
<p>The Super Early Bird \$1997 Book and pay in full by 9 October 2015.</p> <p>The Early Bird \$2297 Book and pay in full by 23 October 2015</p> <p>The Full Price \$2497 Book and pay in full after 23 October 2015 Payment must be received in full by these dates.</p>	<ol style="list-style-type: none"> Four full days of the mBIT Coach Certification workshop, 9am to 6pm daily. Plus additional post-workshop coaching with the facilitators to reinforce your learning application and address any questions or concerns that arise as you start using mBIT: <ul style="list-style-type: none"> Two 90 minute Skype group conference calls One 60 minute personal 1:1 Skype or phone coaching call with a facilitator. Lunch, morning and afternoon tea, tea/coffee on arrival Your own copy of the book <i>mBraining, Using your multiple brains to do cool stuff</i>, by Grant Soosalu and Marvin Oka.

We offer **investment discounts** for two or more people attending from the same organisation; and **referral rewards** if you know others you would like to recommend or bring to the certification. Phone Sally-Anne on +416 11 54 11 for more details.

VENUE—Amora Hotel, 649 Bridge Road, Richmond, Melbourne.

REGISTRATION FORM—m BIT COACH CERTIFICATION, 24-27 November 2015, Melbourne.

Email completed form to Executive Alchemist: sallyanne@executivealchemist.com.au. Any questions call +416 11 54 11.

Name	
Job role	
Organisation	
Mailing address	
Email	
Mobile/Phone/Fax	
Referred by	
Your signature	<p><i>Your signature indicates you agree to our terms and conditions below.</i> <i>Date signed.</i></p>
Payment method	<p>Credit card [<input type="checkbox"/>] Cheque [<input type="checkbox"/>] Direct credit to 633000 142180538 [<input type="checkbox"/>] Amount \$ _____</p> <p>Payment plan available—contact Sally-Anne Cotton on +416 11 54 11 to discuss options.</p>
Credit card no.	<p>[_____] [_____] [_____] [_____] Exp ____/____ CSV _____</p>

Note our terms and conditions:

We look forward to welcoming you along to the programme. We realise that sometimes things happen that mean you are unable to attend. Should that be the case you are welcome to nominate another person to attend prior to the start, but it must be for all 4 days of the programme.

If you are unable to attend, or find a replacement, here's our policy on refunds.

- Withdrawal from the course after enrolment incurs a minimum 10% fee for administration costs.
- Withdrawal from the course within 1 month prior to start date we will refund 75% of the course fee paid.
- Withdrawal from the course within 2 weeks prior to start date we will refund 50% of the course fee paid.
- Withdrawal from the course within 1 week prior to start date or after start date there is no refund.