

## A COURSE

### BASED ON NEURO-COGNITIVE & BEHAVIORAL APPROACH IN PRACTICE

# « Develop your Adaptive Intelligence - use your brain & mental modes efficiently »

## ABOUT THE COURSE

Every day we are confronted with various situations requiring many decisions. While part of them we make spontaneously without deeper thinking, the other need more attention and deliberation from us. The world around us is becoming more and more demanding, hurried, we live in a rush. Are we able to cope with all situations we face in an effective way maintaining our welfare? The answer is: not always. Why? Due to the ubiquitous stress.

According to the international research findings on stress at work, conducted by the *Institut de Médecine Environnementale* (IME in Paris/France; research concerned 7025 employees in France, Belgium, Switzerland and Quebec) :

- **74% of surveyed employees** claim they are **satisfied with their work**,
- however **1 on 3 employees suffers** from stress, burnout and/or sleep disturbances due to work...

According to the Polish Central Statistical Office (data 2013):

- stress is among Polish employees one of three basic causes of health problems
- 20% employees suffering stress, was absent from work for a period longer than 14 days.

The absent employee is a real costs for a company and a public budget.

What are the mains causes of stress at work?

- **Excessive emotional involvement** into work (affects almost 41% of employees)
- **De-motivation** due to lack of recognition (1 employee out of 4 )
- **"Non-biocompatible"** organization of work (not adapted to human nature) (1 / 4 )
- **Lack of a sense** of purpose of work, lack of sens of community, and lack of inadequate communication from the executives - affects even 22% of employees ...

There are many ways to cope with stress. What do we suggest ? **To boost our adaptive intelligence.** This course is to present why and how we can positively change our modes of thinking when coping with stress and in result to stay more calm in difficult situations.

### GOAL:

This course is to present how the **INC mind-model** can help us to positively change our modes of thinking and improve our **adaptive intelligence** in the changing and more demanding environment. It provides the condensed knowledge and tools necessary to make our response to different situations in our daily and business life more adapted and adequate.

### ADDRESSED TO :

All professionals :  
- managers & executives,  
- heads of department,  
- project managers,  
- program managers ...



**PROGRAM : 2 DAYS** (the course can be tailor-made; adapted to the company's need)

## DAY I.

### How our brain influences our reactions to stress - the INC model

1. Input of the latest neuroscience findings
  - somatic markers, conscious
  - causes of stress and their consequences
2. The INC model
  - Functions and features of the main governing areas in the brain
  - The different operating modes of the brain
3. Intelligence of stress
  - What is stress and stress mechanism
  - The origin and different types of stress
  - The interdependent reactions: thoughts - emotions - behavior.
4. Exercises

## DAY II.

### Boosting adaptive intelligence - managing mental modes : (MMM)

1. The Mental Modes
  - What are the mental modes?
  - How to recognize two different mental modes?
2. Changing anti-intelligent thinking into adaptive mode
3. Practical tasks : taking the right decisions
  - choosing the adequate exercises in different situations
4. Integrating theory with the real life work cases
  - Case studies

## RESULTS :

- Your adaptive intelligence increases.
- You acquire the practical knowledge and tools immediately applicable in your daily life.
- You have a deeper insight as concerns the impact of a brain reactions into person's behaviour.
- You better understand your automatic reactions and how to translate them into more adapted ones.
- You can practice your knowledge in many interesting exercises.
- The participation of the others in a group will broaden your horizon.



## TRAINER:

**Beata Pawelczyk-Cnudde**

- » Certified and qualified coach, trainer and neurofeedback therapist.
- » « Practitioner of neuro-cognitive and behavioral approach » of the *Institute of NeuroCognitivism* in Brussels.
- » She is a Managing Partner in Fulcrum Partners, in Brussels
- » Graduated in Master and PHD studies in management and finance.
- » Graduated from the inter-university study-program of the *Université Libre de Bruxelles* and the *Université de Liège* in the field of social psychology.
- » For many years she worked in the financial world of the European Union, in public and corporate sectors. She has a strong experience in managing changes both as a leader in the organisation and in her private life.
- » Author of many articles in economics, coaching and personal development.

**CONTACTS: Beata Pawelczyk-Cnudde**

**IN -COMPANY COURSE** (can be tailor-made)

**PRICE : 1400 EUR / day (for a group of max 12 persons)**

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