

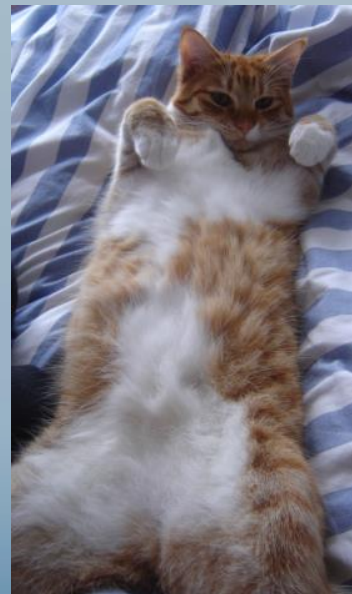
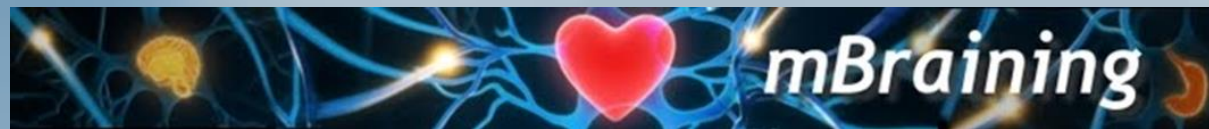
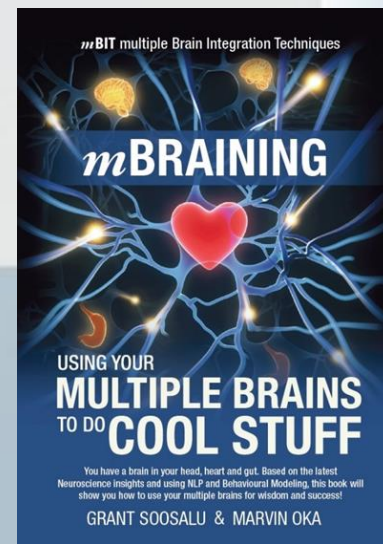


*m*BRAINING

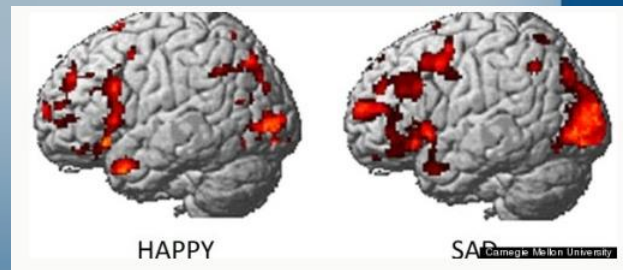


Choosing to Flourish as a Leader

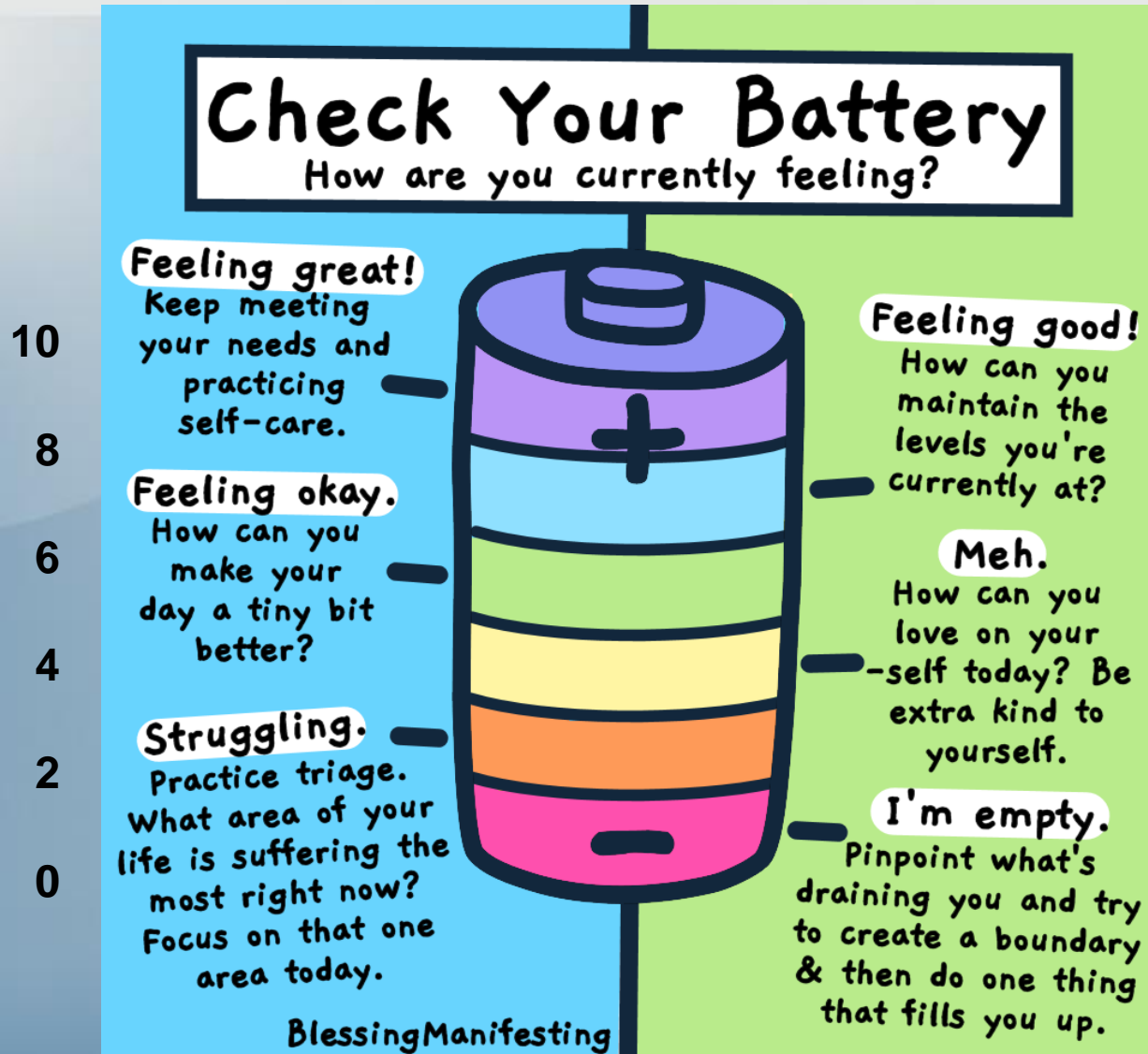
GROW: The Ripple Effect – February 27th 2020



Sometimes the chains that prevent us from being free are more mental than physical



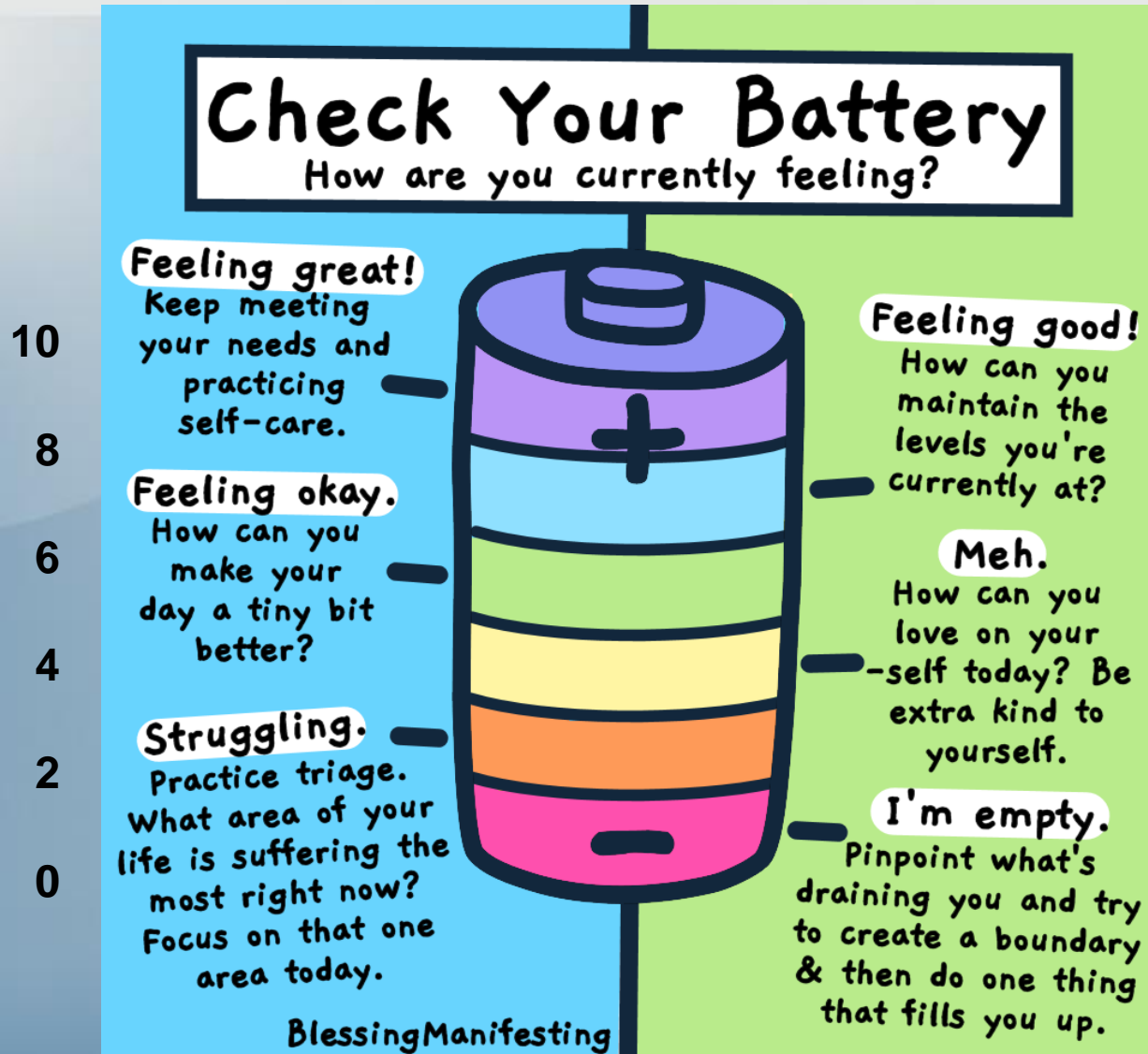
How are you doing?



Changing the Trajectory?



How are you doing?



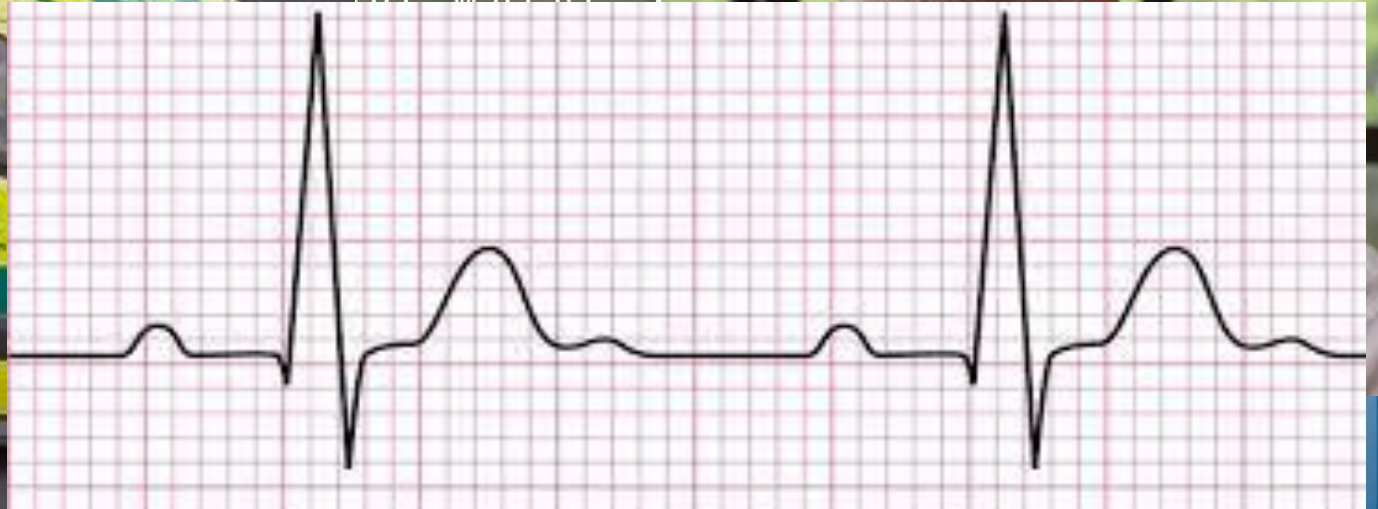
My story ...

*People don't leave
they leave toxic work*



INSTITUTE

FT RIGHT
GE WHERE



The Power of Language

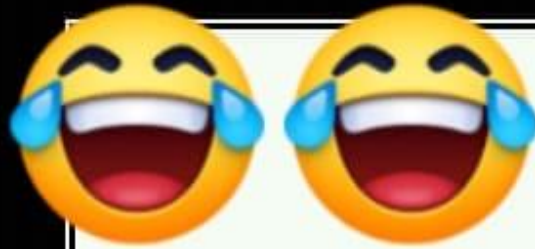
Dear Mrs Henwood

Older Adults and Home Health

You have been referred to our services for an assessment and will be asked to attend the Older Adults & Home Health clinic.

Your Clinic appointment is as follows;

Clinic Date:	Thursday 5th March 2020
Clinic Time:	11:00 am
Clinic Code:	ATRNOUTFEIGVP



GENERATION



The Silent generation, people born before 1946

The Baby Boomers, people born between 1946 and 1959

Generation X, people born between 1960 and 1979

Generation Y, people born between 1980 and 2009

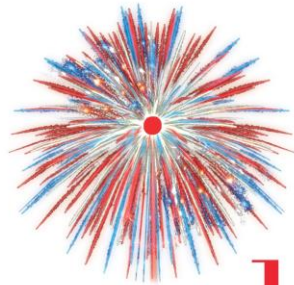
GENERATION Y

AMLO ROCKS!!

or just WHY?

What does it mean to Flourish?

A Visionary New Understanding
of Happiness and Well-being



Flourish

MARTIN
SELIGMAN

AUTHOR OF THE INTERNATIONAL BESTSELLER
AUTHENTIC HAPPINESS

**Turn to a
partner and
share your
thoughts**

Your Multiple Brains



Cephalic brain

~ 50 – 100 Billion neurons

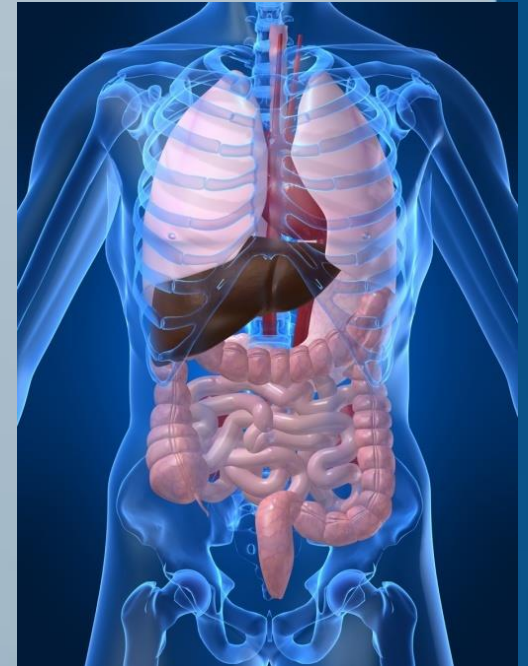
Enteric brain

~ 200 – 500 Million neurons



Cardiac Brain

~ 30 – 120 Thousand neurons



Copyright © 2004
Your Gut Has a
Mind of Its Own

The Second Brain

A Groundbreaking New Understanding
of Nervous Disorders of the
Stomach and Intestine

"Persuasive, impassioned . . . hopeful news (for those
suffering from functional bowel disease)."

—New York Times Book Review

Michael D. Gershon, M.D.
Copyright © 2004

THE

Abdominal and Pelvic Brain

With Automatic Visceral Ganglia

BY

BYRON ROBINSON, B. S., M. D.

CHICAGO, ILLINOIS

Author of "Practical Intestinal Surgery," "Landmarks in Gynecology," "Life-size
Chart of the Sympathetic Nerve," "The Peritoneum, its Histology and Physiology,"
"Colpoperineorrhaphy and the Strictures Involved," "The Mesogastrium,"
"Splanchnoptosis," Professor of Gynecology and Abdominal Surgery in the Illinois
Medical College; Consulting Surgeon to the Mary Thompson Hospital for Women
and Children, and the Woman's Hospital of Chicago.

 HeartMath®

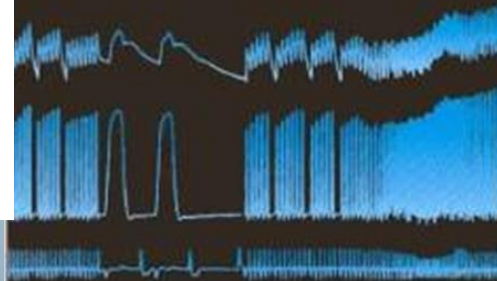
THE NEW SCIENCE OF BREATH

Coherent Breathing for Autonomic
Nervous System Balance,
Health, and Well-being

Includes Breathing Pacemaker Audio CD - RESPIRE 1

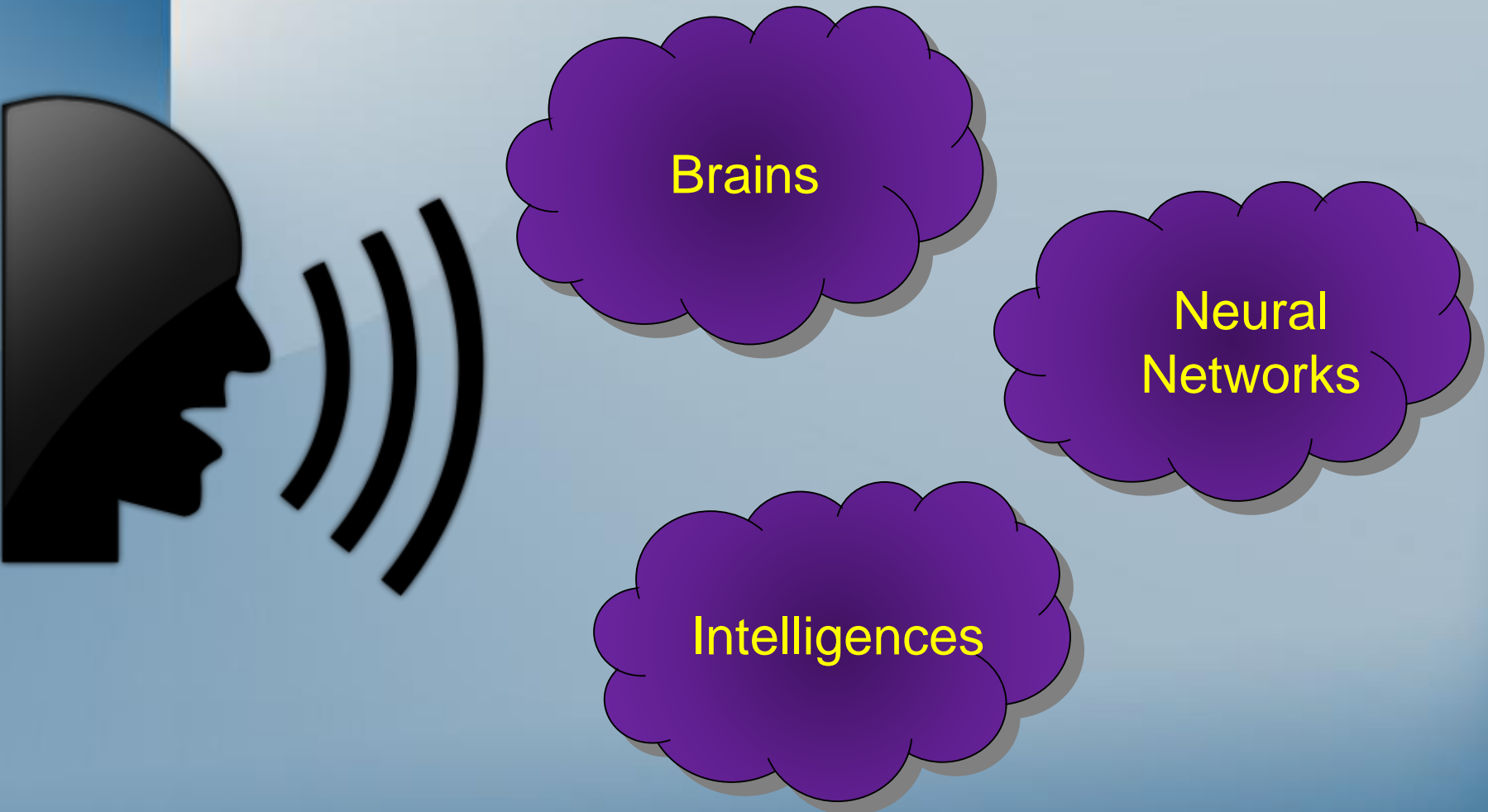
Stephen Elliott
with Dee Edmonson, R.N.

Neurocardiology



Edited by
J. Andrew Armour
Jeffrey L. Ardell

3 “Brains”





Think
About
It



I WILL WEAR MY
HEART UPON MY
SLEEVE
- WILLIAM SHAKESPEARE



YOUR X-RAYS CAME BACK

shit for brains..

The Prime Functions of the Neural Networks

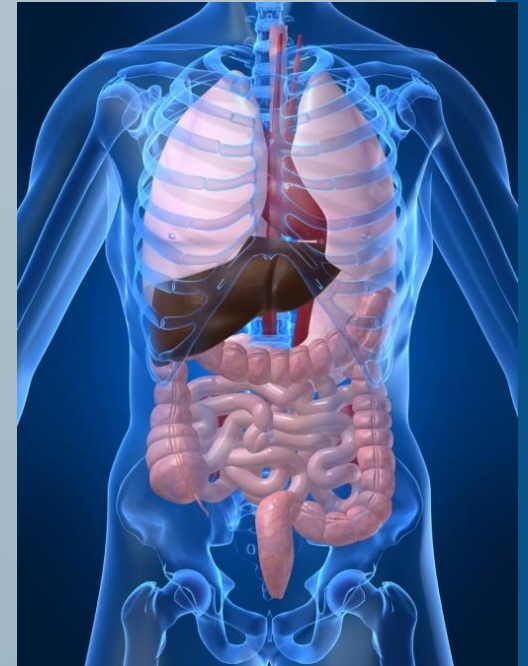


Cognitive Perception
Thinking
Making meaning

Identity
Self Preservation
Mobilisation



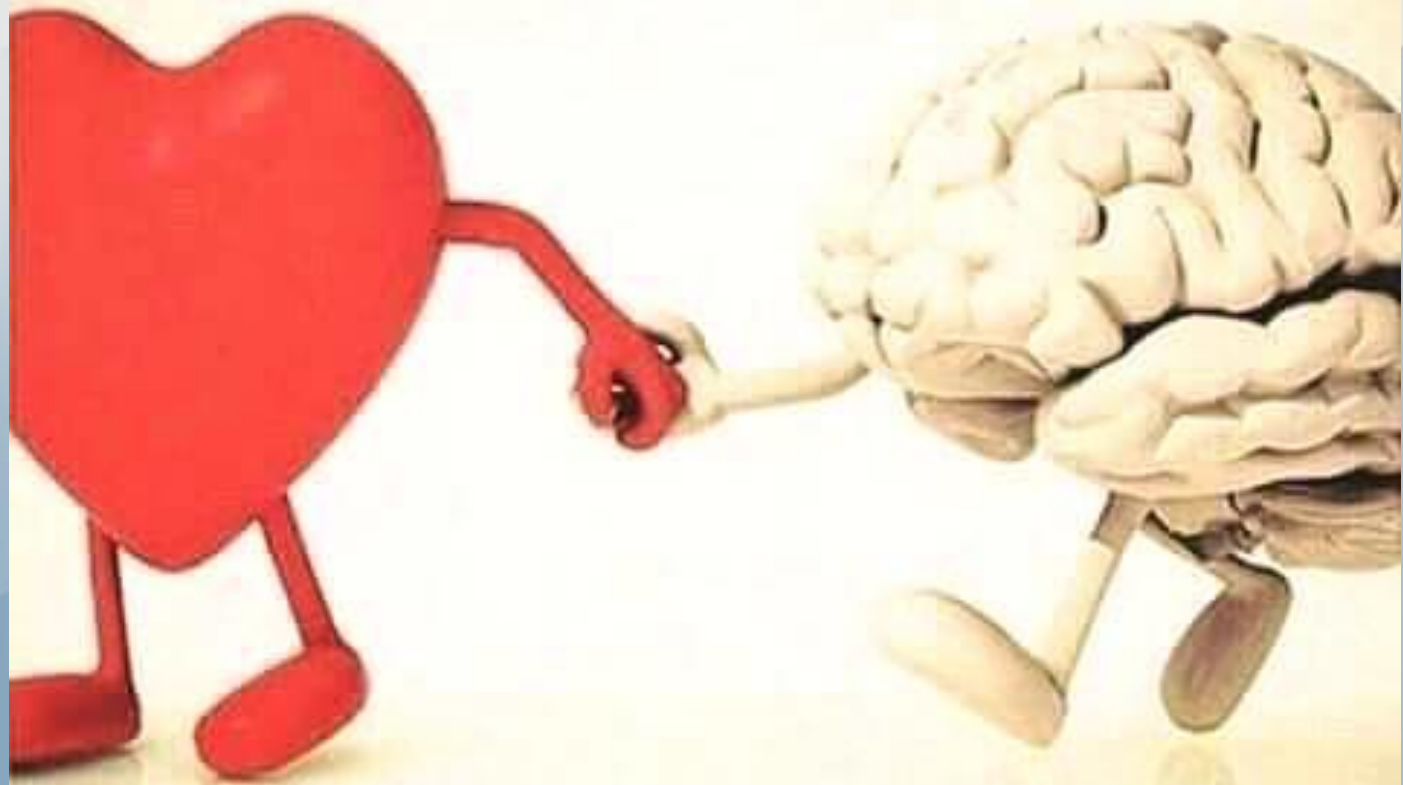
Emoting
Valuing
Relational affect



Lets Play

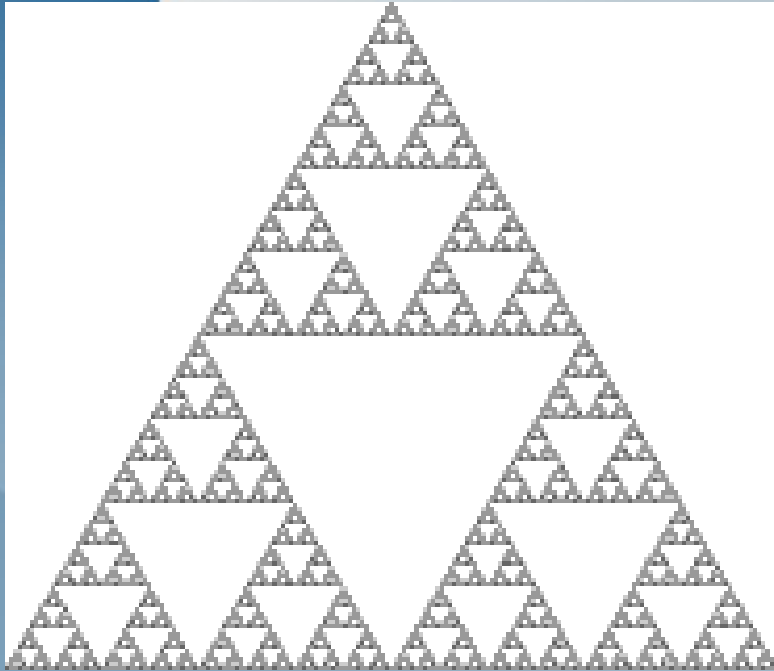


Me and you need to go



*Someplace quiet where we can
Talk and agree on things*

Fractals



How does this play out in your workplace?

Choosing to Flourish

If you focus too hard on the problem..



..the solution can often evade you.

Where is your focus?

We can always choose



Choosing the Flourish

**KEEP YOUR THOUGHTS POSITIVE
BECAUSE YOUR THOUGHTS BECOME
YOUR WORDS.**

**KEEP YOUR WORDS POSITIVE
BECAUSE YOUR WORDS BECOME
YOUR BEHAVIOR.**

Do you choose Flourishing?




5 in the moment health hacks

RADICAL SELF CARE PLANNER

Outcome: _____



WEEK beginning / /	PHYSICAL	MENTAL 	EMOTIONAL	SOCIAL	SPIRITUAL
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					

Coaching Support

Suzanne@mbraining4success.com

My 5 Top Hacks



HAVENING

ARM HAVENING



Fractals

*you
are* **FREE**
TO CHOOSE,
BUT YOU ARE NOT
FREE *from the*
CONSEQUENCE
OF
YOUR **CHOICE**

Yes BUT ...



Neural Plasticity



“It is now well known that behaviour, and therefore brain activity, naturally changes the structure of the brain(s).”

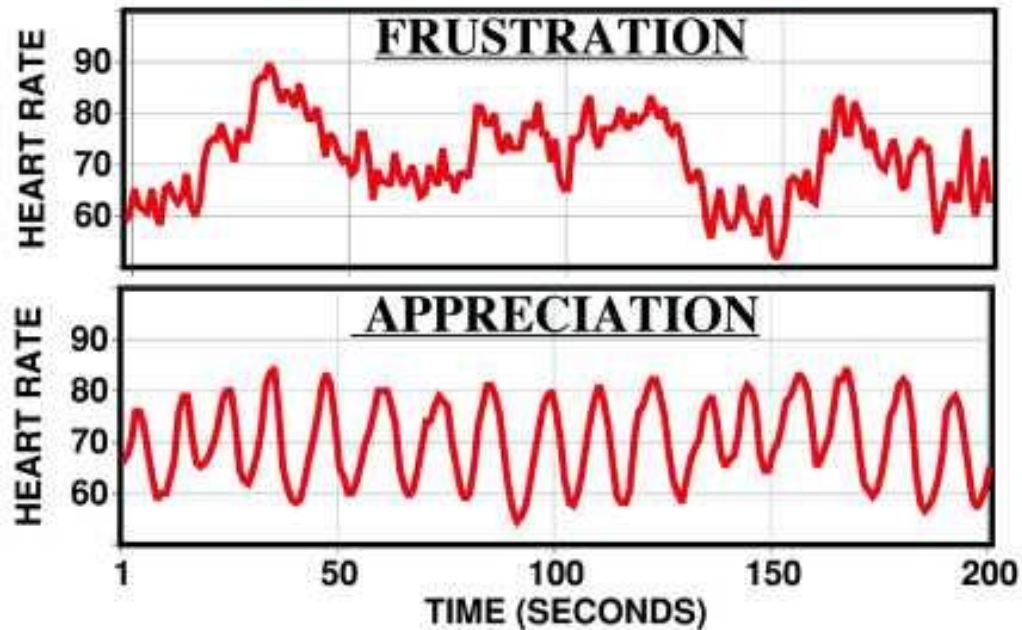


John L. Locke
Harvard Medical School

Heart coherence



Changing Heart Rhythms



© Copyright Institute of HeartMath Research Center



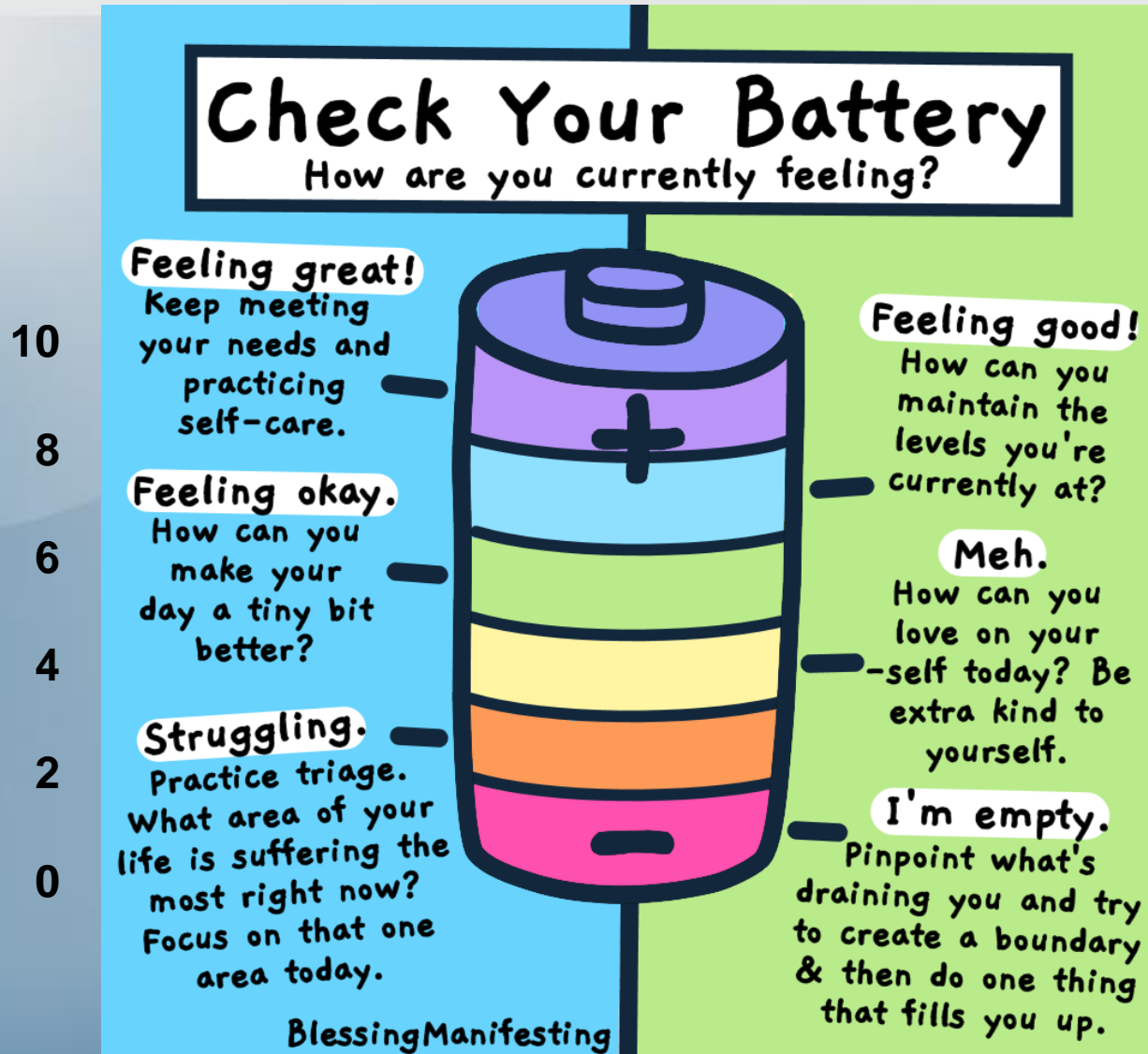
mBIT Coach Certification Training

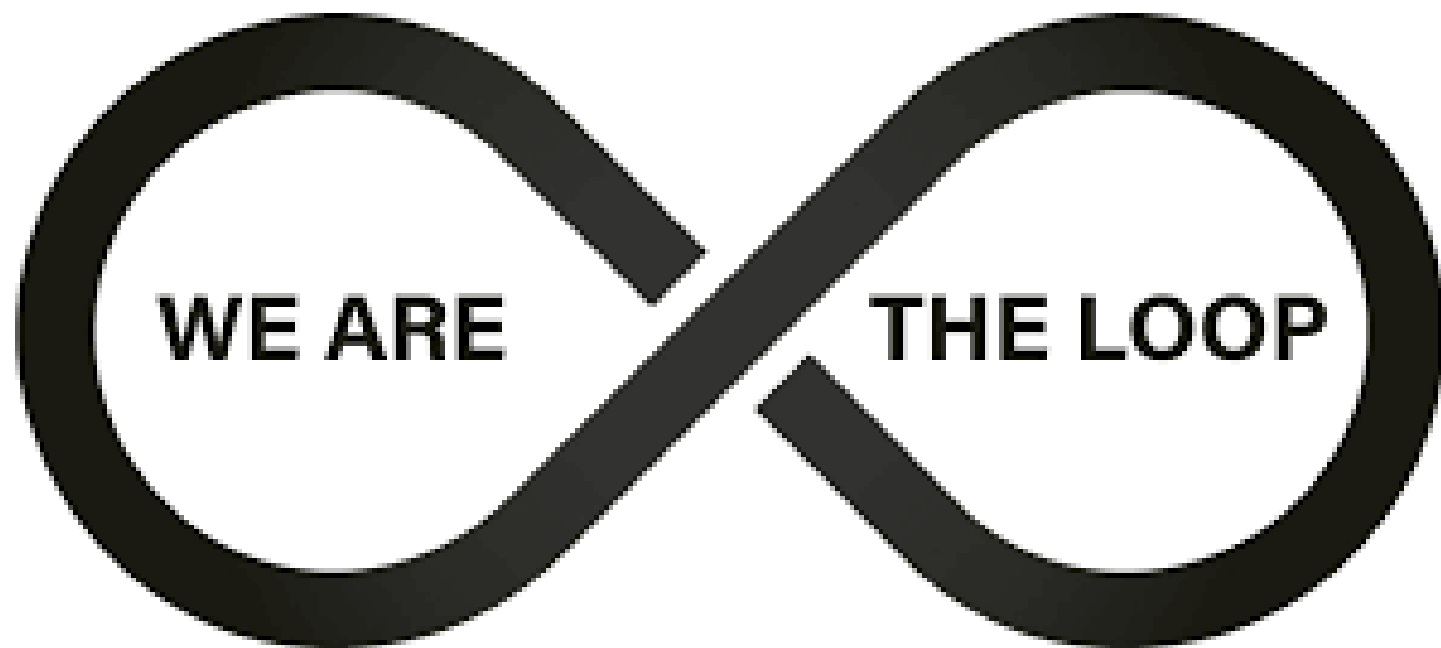
**May 14th-17th
Aug 13th-16th, Oct 8th-11th**

**with Dr Suzanne Henwood,
mBIT Master Trainer**



How are you doing?





Thank You!



Suzanne Henwood

mBIT4Success

mBraining4Success
and

Suzanne Henwood Coach and Awakener



Web: www.mBraining4Success.com

Cell: 0212526679

Email: Suzanne@mbraining4success.com

