

MEET YOUR BRAIN: DOES IT SERVE YOU OR DO YOU SERVE IT?

Tuesday, April 7th, 2015
University Ballroom

Professional Development Day
for UMBC Faculty and Staff

blue neurons / neu / January 2010.

Do you want to learn something unexpectedly simple but absolutely useful, apply it immediately, and know with certainty it will positively change your personal and professional life?

Would you like to more powerfully influence change when working with students in the classroom, customers or colleagues?

What would your life be like if you could be less tense and have access to deeper thought that leads to creativity and better problem solving?

In the world of work today where we need to do more with less, having a basic understanding of your neuroleadership preferences is essential to being both efficient and effective. Regardless of your position, age, gender or tenure, learning how to take charge of your brain and create your success is a powerful outcome you won't want to miss.

Basic brain functions are influencing your actions every second of the day. In certain circumstances your brain takes charge of you quite masterfully and tricks you to do its bidding. Learning how to take control of it can lead to achieving your desired results and can elevate morale, productivity and collaboration when in the classroom, leading others, influencing outcomes, managing projects and building stronger relationships.

You will leave this session knowing your brain more intimately than you thought possible. Whether working by yourself or with others, these strategies will create optimum conditions for you to influence positive behavioral change and achieve desired results!

**Sponsored by Human Resources and supported by
the Division of Student Affairs**

Two Separate Sessions:
Morning
8:15 am—12:00 noon
Afternoon
12:45—4:30 pm

Register for one online by
3/23/15
www.umbc.edu/training
Spaces are limited and pre-registration
is required.



Ken Buch, MSOD, PCC
President, SHIFT TC&C, LLC



From the latest research in neuroscience, linked to behavioral and organizational change, in this program you will learn how to:

- Identify emotional hot buttons and regulate the low road response that prevents you from succeeding when engaged in challenging situations with others.
- Apply techniques to calm escalating emotion during times of stress.
- When your brain is running on empty, choose behaviors that de-clutter it to elevate performance, clarity and energy.
- Know when you are in survival mode and shift out of it to be your high-performing best self.
- Apply proven strategies that inspire engagement by minimizing unproductive behaviors and maximizing the brain's reward center to manifest energy.
- Understand the anatomy of an "Aha" and how to create conditions to increase learning and problem solving ability.
- Use "*The Comfort Matrix*" and "*The Thinking Path*," tools to effectively move others through change and resistance.

Previous participants have said...

"Applicable, timely, and useful content."

"Great session, extremely helpful for my career. I wish I had this information earlier in my career. It made me more aware of myself."

"I like the practicality and variety of information that explains the science behind human reactions." "I am an education manager and have been talking and teaching for 15 years. This was overall one of the best classes I've ever taken. The instructor was phenomenal, engaging and able to link our culture to the content. I will be sending as many staff as possible to attend this class."

About the Facilitator...

Ken Buch earned a Master of Science in Organization Development from Johns Hopkins University and is a Hopkins Fellows in Change. He is a Professional Certified Coach through the International Coach Federation and received his Leadership Coaching certification through Georgetown University. He has earned a Post Graduate Certificate in the Neuroscience of Leadership through Middlesex University in London, UK and the NeuroLeadership Institute.

Ken has over three decades of experience as a consultant and executive coach and has worked with a broad variety of government and private sector clients in organizational effectiveness, training, meeting facilitation and coaching. He is the President and Founder of SHIFT Transformational Coaching and Consulting, LLC. Ken is a published author who has contributed articles and papers on neuroleadership, adaptability and change for a variety of industry publications.

