Agenda

1. Neuroscience – what is it?
2. Neuroplasticity – good news!
3. Innovation – what gets in the way?
4. When do you have your best ideas?
5. Taking the idea forward
What are you proudest of having achieved in the last 6 months?
Neuroplasticity: how we learn
Tooth
Potato
Heart
What gets in the way?
What percentage of our energy do brains use?

A. 2%
B. 10%
C. 15%
D. 20%
What works?
When do you have your best ideas?
Beta
Awake with mental activity

Alpha
Awake and resting

Theta
Sleeping

Delta
Deep Sleep
Innovation - what helps?

A quiet mind – alpha waves

Connections

Some knowledge

Positive, ‘toward state’

Downtime, relaxed, mind-wandering; take a walk

Sleep on an idea; take a nap

Unlikely to happen at your desk

Unlikely to happen if you work long hours

Be prepared to fail
You can have the best idea in the world, but...
Implementing the idea – what helps

1. What is the idea?
2. What does it do?
3. What does it give us that we don’t have right now?
4. How does it work?
5. What are the benefits and for whom?
6. What resources do you need to make it happen: people, time, money?
7. What’s the idea called?
8. Whose help do you need to make it happen?
9. How will you communicate your idea: written, picture, presentation, example?
10. What’s the plan?
What are you going to do differently?
Want to learn more?

- Civil Service Learning: Neuroscience of Leadership Masterclass (24 November)
- Linkedin group: Neuroscience of Change and Communication

Thank you!

Book: Neuroscience for Organizational Change (3 Feb 2016)