

## Coaching the Brain

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### **The Neuroscience of Beliefs**

This module deals with how the brain forms beliefs, the traps that can make it form limiting beliefs, how to evaluate beliefs and how to change them using neuroscience research.

#### *Introduction Session*

Introduction to the brain

What is neuroscience

History of Neuroscience

Neuroplasticity – how the brain changes itself

How habits are formed and changed in the brain

Practical applications and summary

#### *Session one*

What are mental models?

Where do they come from?

How neuroplasticity changes mental models

How the brain works as a series of competing systems

How the brain hemispheres understand differently

How 'the interpreter' brain system resolve differences in our experience

Practical applications and summary

#### *Session two*

How the interpreter explains and invents

Choice Blindness

Pattern Detection

Implicit Bias

Practical applications and summary

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### *Session three*

Learning – implicit, conditioned and operant  
The brain as a prediction machine  
Dopamine and the prediction error  
How we learn and update beliefs  
The dopamine reward and reframe pathways  
Expectations and agreements  
the 'If... then' fallacy  
Practical applications and summary

### *Session four*

How the brain predicts  
Optical illusions – hard wired predictions  
Blindspots  
Dealing with ambiguity  
How language works in the brain  
Language illusions  
Practical applications and summary

### *Session five*

System one and system two thinking  
The ways system one misleads us  
Confirmation bias  
Availability bias  
Source Amnesia  
Truth Amnesia  
Practical applications and summary



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### *Session six*

Social pressures and expectations  
The Neuroscience of 'shoulds'  
How to evaluate mental models  
How to get the best feedback on mental models  
How to change mental models in the brain  
Practical applications and summary

There will be exercises, action steps and tasks throughout the course.

There will also be a live demonstration of neuroscience coaching from the trainer.

