



5 meetings:

1. Monday, October 26th, 13.30-16.30
- resilience & principles
2. Monday, November 2nd, 13.30-16.30
- choices & mindset
3. Monday, November 9th, 13.30-16.30
- beliefs & needs
4. Thursday, November 26th, 13.30-16.30
- qualities & confidence
5. Intervision, date & time:
- 14/12, 07/01, 11/01, 15.00-17.00

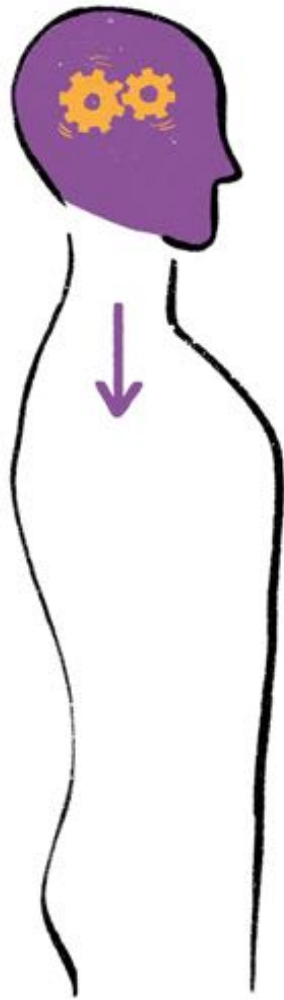
RESILIENCE in RESEARCH - part 3



REWIREMENTS – neurons that fire together wire together



CHARLIE - support the process



OLD CONCEPT

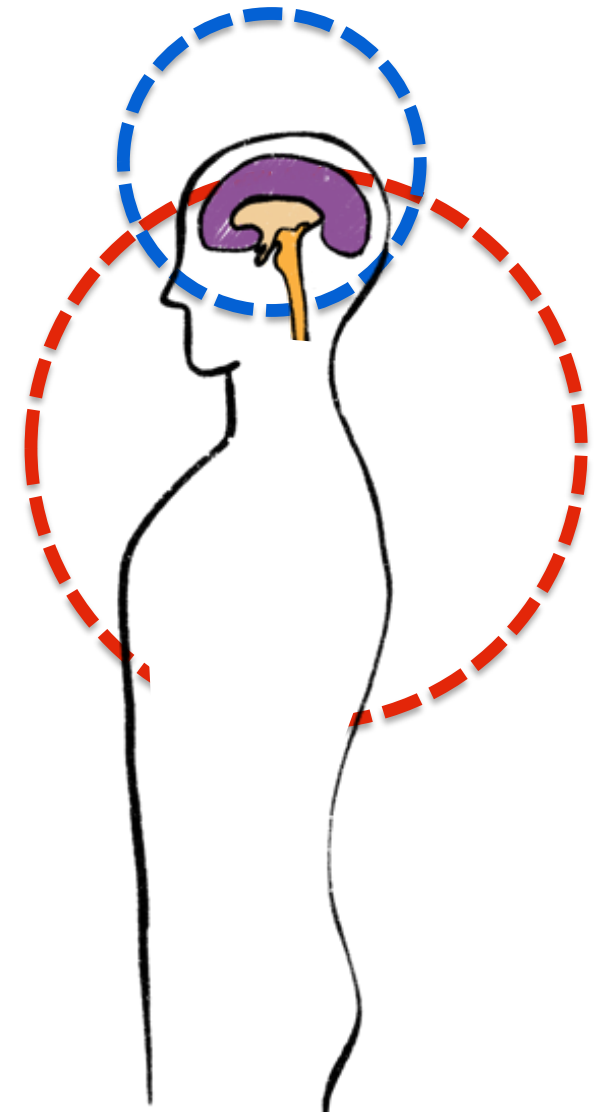
RATIONAL BRAIN

60 bits/sec

EMOTIONAL BRAIN

11^6 bits/sec

information vice versa through
bloodstream & nervous system
(remember: 'gut-feeling')



NEW CONCEPT

WHO RUNS THE SHOW?

FEELINGS are the signal of our NEEDS

Marshall Rosenberg:

“everything we do is aimed at fulfilling our needs”

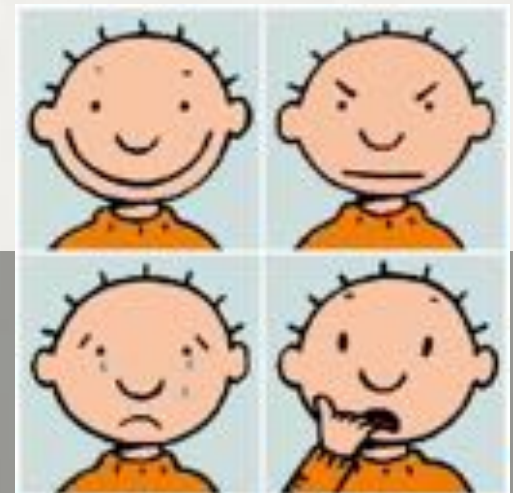
Non Violent Communication:

- develop human connections
- win-win

FEELINGS:

- information from self, early signs
- well manageable
- often ignored, silenced, suppressed
- persistent, it's about your wellbeing
- can be postponed, but be loyal
- takes effort to verbalize them

FEELINGS & NEEDS



FEELING

thirsty

hungry

angry

disappointed

sad

NEED

water

food

to be supported

to be heard

connectedness

stability, trust

comfort, consolation

success

Non Violent Communication: feelings & needs

wait & see



go & get it



FULFILLING NEEDS - strategies



RESPONS - ABILITY

1. What I need is ...

2. Can you help me by ...

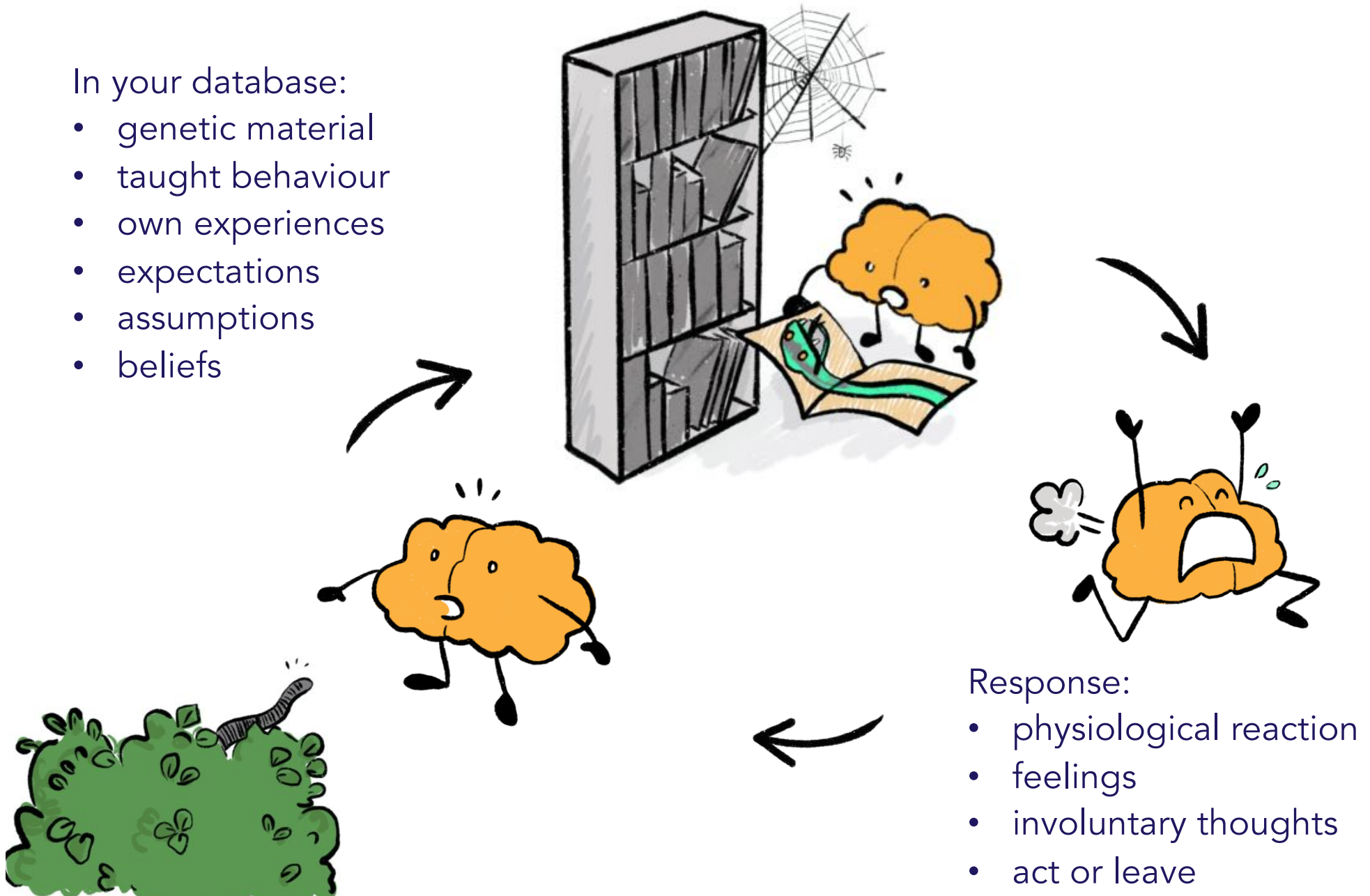
Do nót:

- criticize or blame the other person (it's yóur filter!)
- let your emotions carry you away (act on time!)
- define the entire solution / approach (co-create)

REQUEST

In your database:

- genetic material
- taught behaviour
- own experiences
- expectations
- assumptions
- beliefs



Response:

- physiological reaction
- feelings
- involuntary thoughts
- act or leave

EMOTIONAL BRAIN - automated behaviour

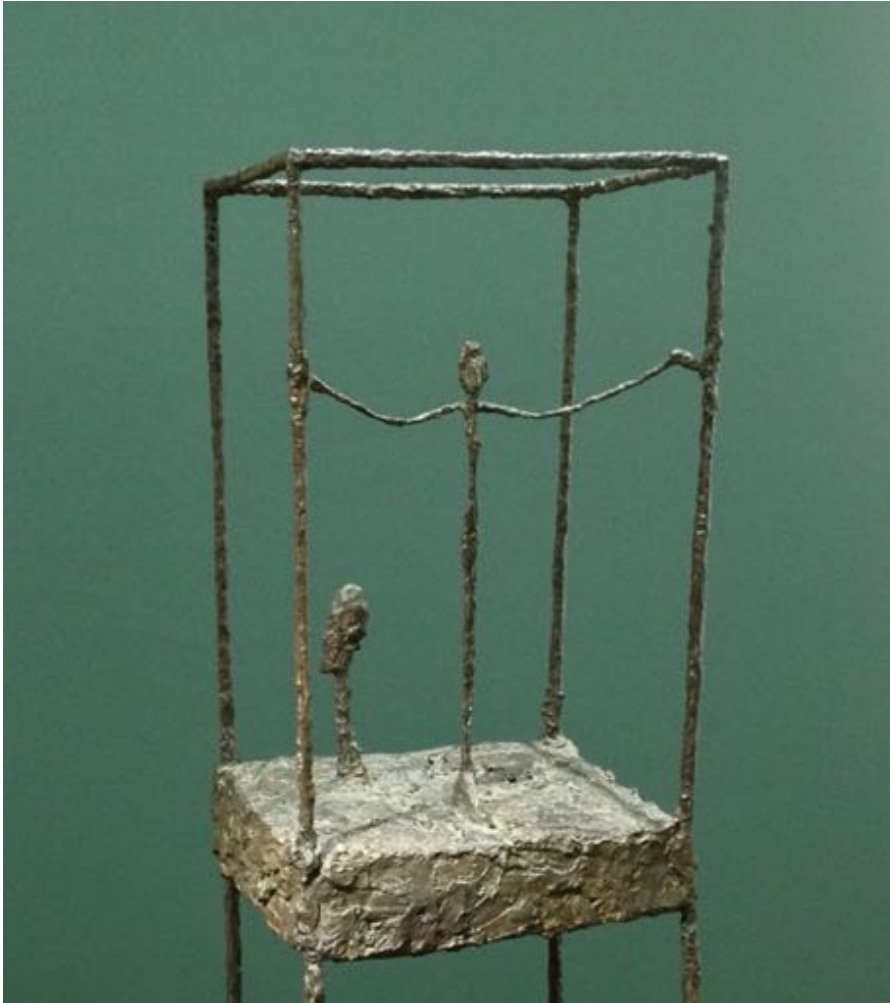


BELIEFS, SYSTEM LAWS are:

- opinions, ways of thinking that are true - to you;
- with each turn the groove gets deeper;
- the lens through which you experience the world around you;
- the operating system of your life;
- the filter through which you interpret your reality;
- thoughts and assumptions that act as our mental map for how things are, what's possible and not possible;
- the stories we tell ourselves about our lives;

limiting - BELIEFS - enabling

LIMITING BELIEFS:



- are those negative thoughts you think over-and-over again;
- create negative manifestations in your life;
- prevent you from creating what you want most;
- act like a brick wall holding you in place;
- are invisible obstacles holding you back from success, turning your life into a self-fulfilling prophecy;

LIMITING BELIEFS

1. Check-in

Check in to your feelings, use them as a built-in tool. (if you like, use the list)

- *Choose a moment that felt uncomfortable, earlier today or yesterday;*
- *Step back into that moment and notice the incongruence between what's actually happening and what you feel. What's the underlying thought?*

2. Step outside self

It's much easier to wonder about somebody else's motivation than about yours. Use this feature to look at your situation from a third-party point of view.

- *Step outside self; see yourself as another person;*
- *Think of possible reasons this "other person" would have this problem;*
- *Why would they be stuck in this situation?*
- *Work intuitively; put your pencil on paper, write down what comes to mind.*

3. Fill in the blank

- *Describe a situation you're struggling with, hesitating about.
(e.g. "I can't find / define my niche in research", "I never have enough time")*
- *Add the word "because" at the end of it, then finish the sentence out loud, without overthinking!*
- *Write your answer down literally; don't edit, don't dismiss anything.*

WAYS to REVEAL limiting beliefs

REWIREMENTS (intuitive writing)

Ask yourself a few questions about your system of origin / parents:

1. What did your mom/dad bother about when you were growing up?
2. What did you hear your mom/dad say about men or women, money, work, career, future? What was 'good', what was 'not done'?
3. What were you praised for by your parents as a kid? What were you judged for?
4. How have you modified your behavior to get more praise?
5. How did you cope when criticized?
6. Which of these concepts are still useful, valuable? What can be left behind?

WAYS to REVEAL limiting beliefs [2]