

ATD San Diego

- February 15th 2015

Panel Discussion

- “The Science behind Learning”

Sue’s Top 10 Trends

Brain Concepts

PreFrontal Cortex (PFC) v Limbic System



The NeuroChemistry of Learning





Paying Attention

- Focus

Relaxation to Mind



Mindset of Growth



Growing Intelligence



Negativity Bias



Leaders as Teachers & Coaches



Mobile is Now



Biofeedback and Internet of Things



Humor, Happiness and the Hippocampus



Resources

Books

Your Brain and Business, Srinivasan S. Pillay (Pearson Education Inc., March 2011)

The SHARP SOLUTION, Heidi Hanna (Wiley – Feb. 2013)

The Mind and the Brain, Jeffrey Schwartz & Sharon Begley (Harper Collins, 2002)

A User's Guide to the Brain, John Ratey (Random House, January 2002)

Quiet Leadership, David Rock (Harper Collins, 2006)

Your Brain at Work, David Rock (Harper Business, October 2009)

Changing People who Don't Want to Change, Reut Schwartz-Hebron

The Power of Habit, Charles Duhigg (Random House 2012)

Stressaholic, Heidi Hanna (Wiley - 2014)

Articles

<https://hbr.org/2014/06/the-neurochemistry-of-positive-conversations/>

http://www.davidrock.net/files/Learning-Keep_an_eye_on_time.pdf

Websites:

www.NeuroLeadership.org

www.liftedfog.com

www.synergyprograms.com

www.optilife.com

