

Moving from Protection to Connection: An Integrative NeuroSomatic Approach to Engaging People in Change

*A Deeper Dive-
Workshop, Coaching, & Biofeedback Session*

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ZERO POINT LEADERSHIP

USING SCIENCE TO UPGRADE HUMAN INTERACTIONS AND EXPAND CONSCIOUSNESS!



Where are we headed?

A grayscale photograph of a person standing on a beach, looking through a large telescope. The telescope is mounted on a tripod and is the central focus of the image. The person is in the background, looking through the eyepiece. The beach and ocean are visible in the foreground and background.

- 1. Insights from plenary**
- 2. Review SECURE Connection™ needs that drive human behavior**
- 3. A deeper dive into the physiology of self-regulation, coherence, & stress resilience**
- 4. Biofeedback demo (autonomic nervous system)**
- 5. Workshop in groups with coaching**
- 6. Action Plan**

Biggest insight?





SECURE Connection™

*A Brain-Based Framework for Creating a
Climate of Trust, Engagement & Collaboration*

Ellington, L. & McFadden, P.
Zero Point Leadership, 2016

SECURE Connection™



SELF

Self Awareness; Self-Development; Self-Management; Self-Mastery



ESTEEM

Importance; Status; Rank; Purpose; Meaning



CHOICE

Autonomy; Freedom; Control



UNDERSTANDING

Clarity; Certainty; Knowing



RELATEDNESS

Trust; Connection; Safety; In-Group vs Out-Group



EQUITY

Perception of Fair Exchanges; Level playing field



Esteem

- Status
- Meaning
- Importance
- How we compare or rank



Choice

- Autonomy
- Control
- Freedom

Understanding

- Certainty
- Clarity
- Knowing



Relatedness



- Safety with others
- Connection
- Friend vs. foe
- In-Group vs. Out Group

Equity

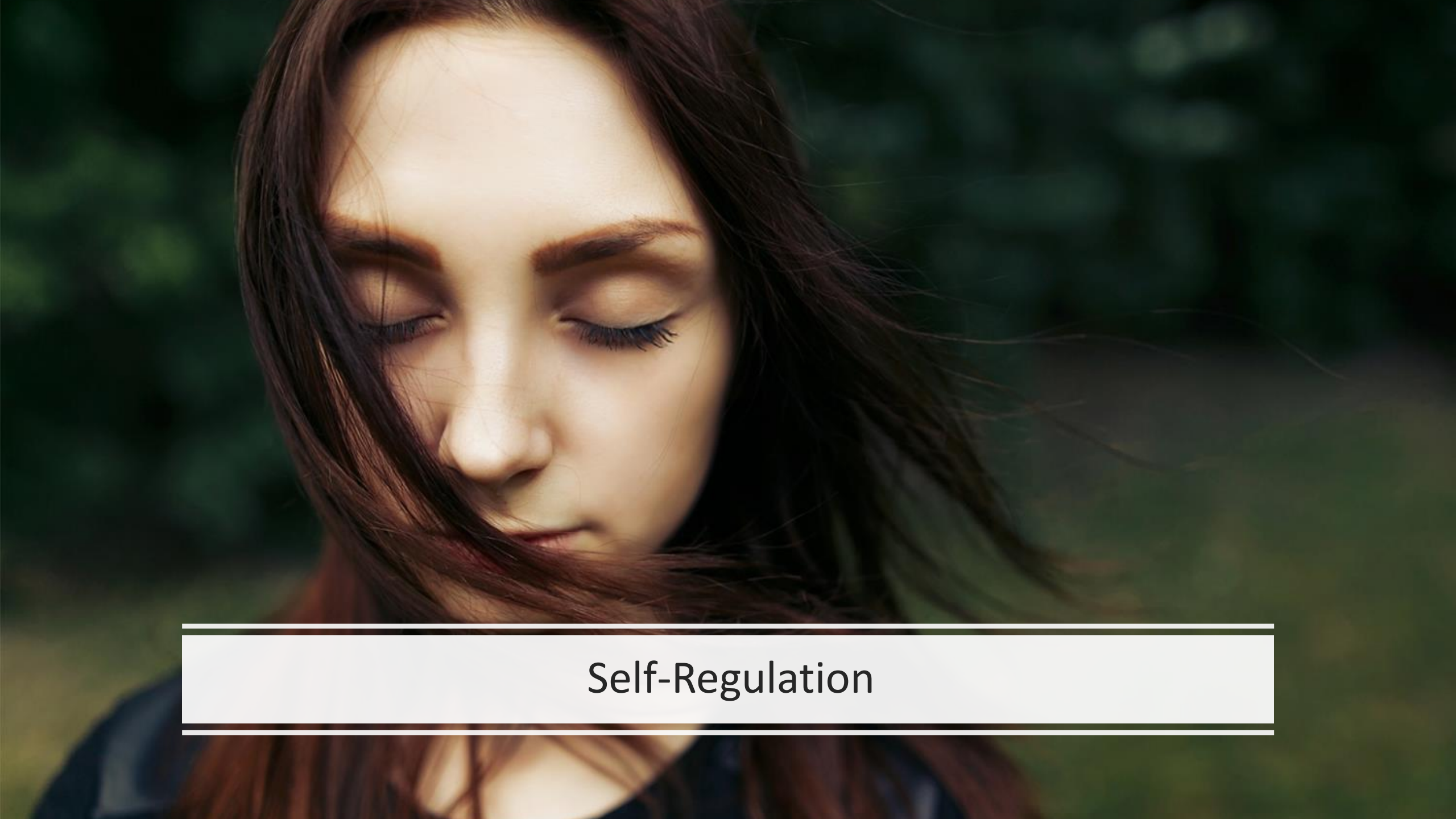
- Perception of fair exchanges between people
- Level playing field



Self



- Mindfulness
- Self-awareness
- Self-regulation
- *Self-mastery*



Self-Regulation



Coherence

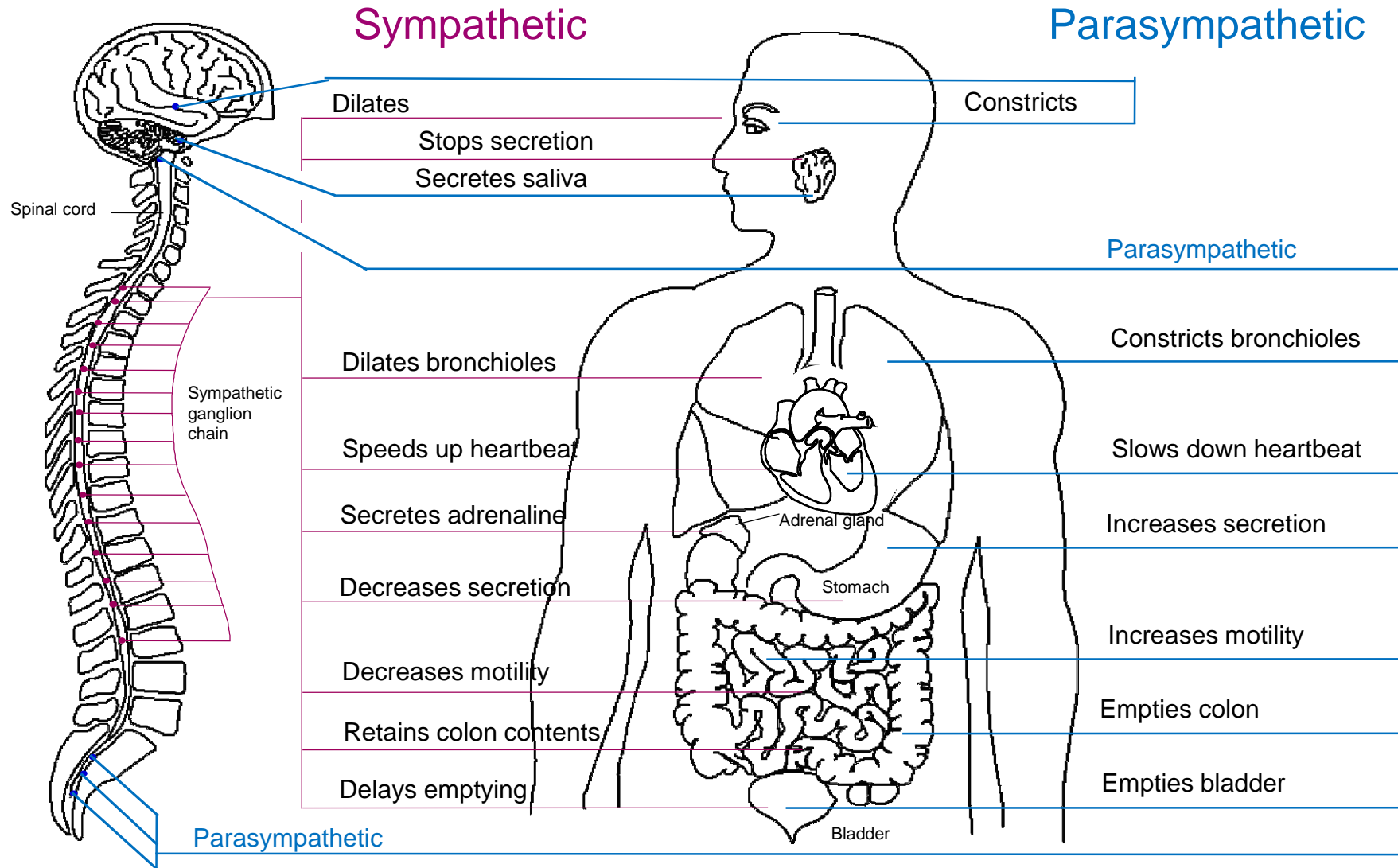
An optimal state in which the heart, mind and emotions are aligned and in sync.

Physiologically, the immune, hormonal and nervous systems function in a state of energetic coordination.



Living systems

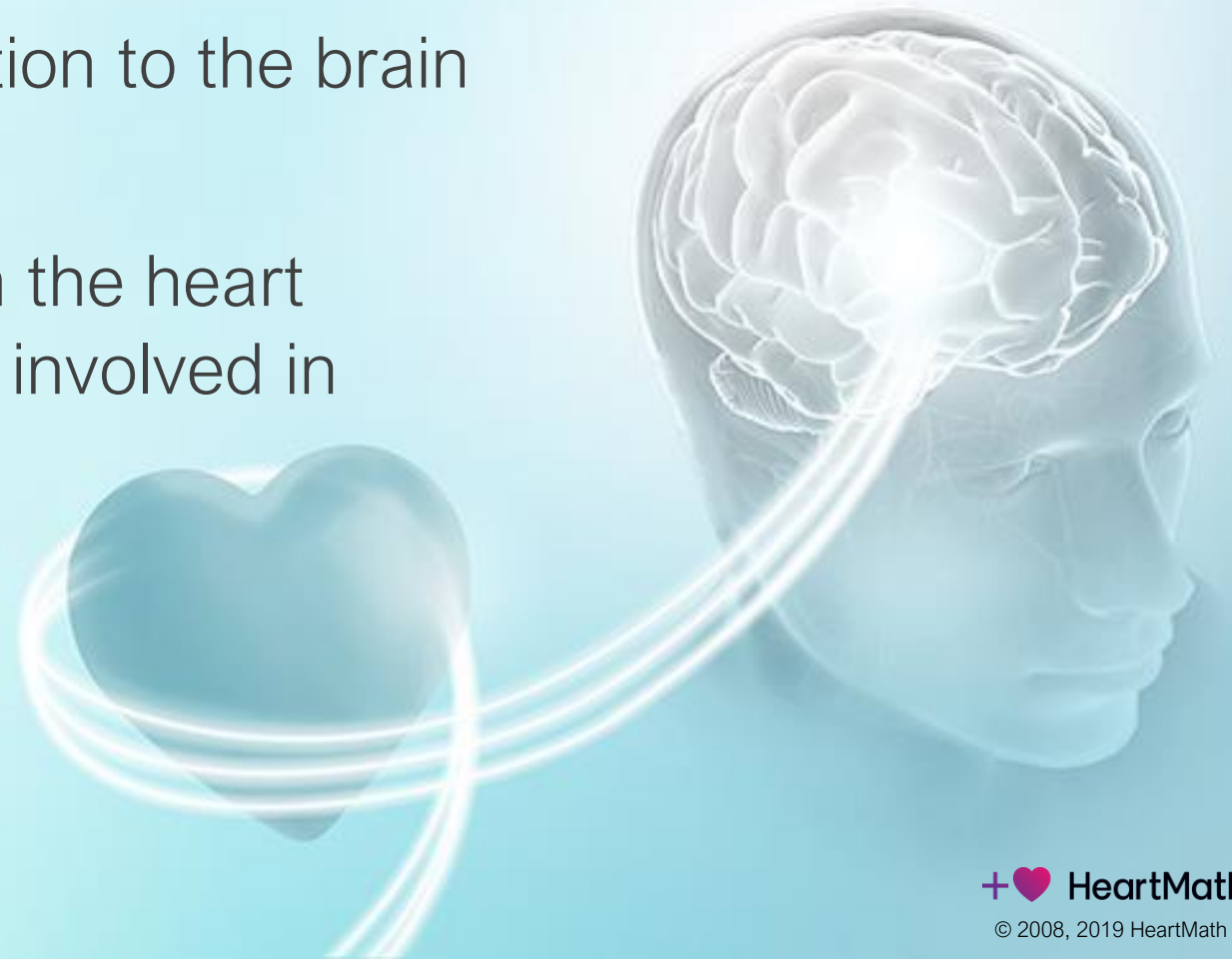
Autonomic Nervous System





Heart-Brain Communication

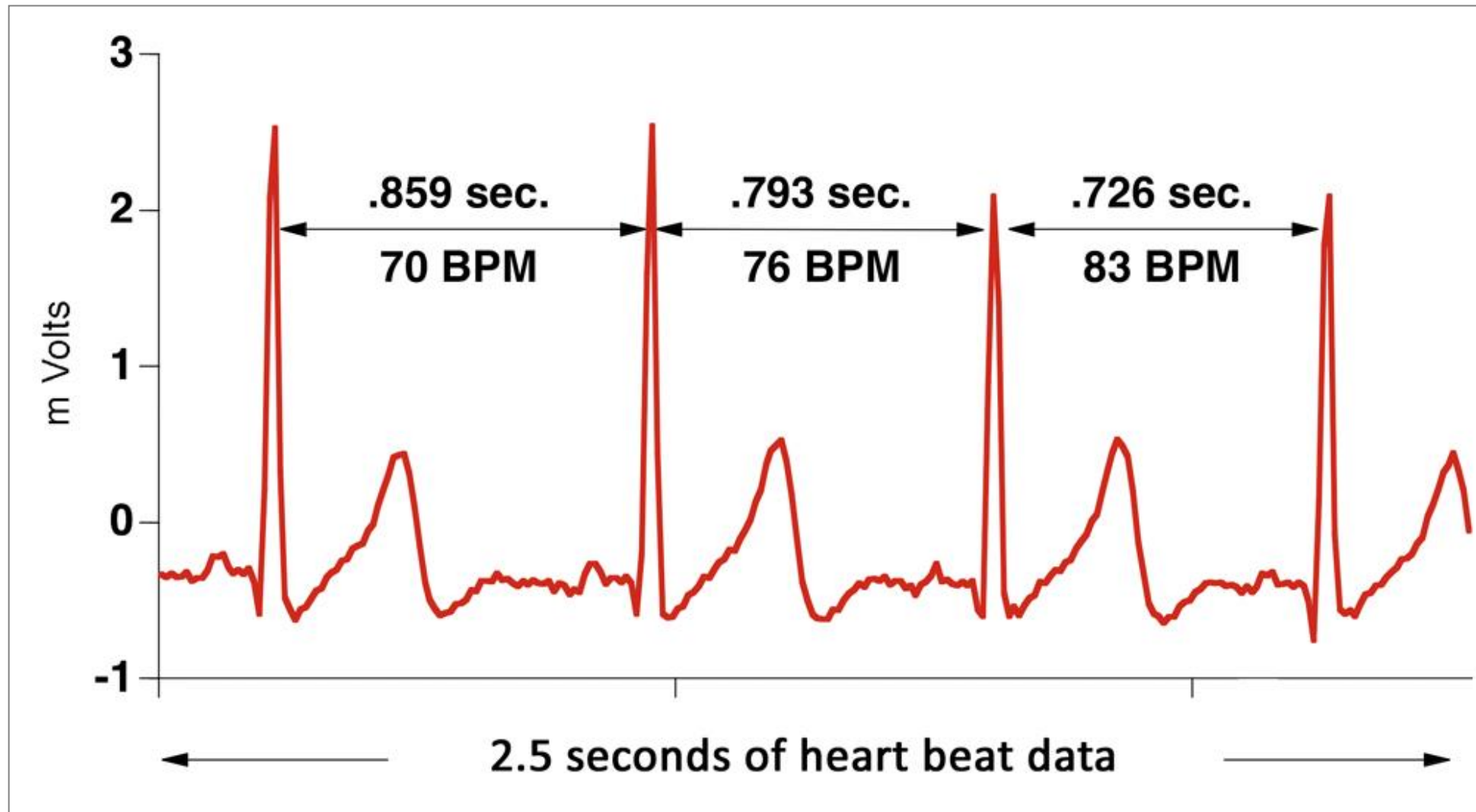
- The heart has its own complex nervous system: the “heart brain.”
- The heart sends far more information to the brain than the brain sends to the heart.
- Patterns in the neural signals from the heart especially affect the brain centers involved in perception, emotional experience and self-regulation.



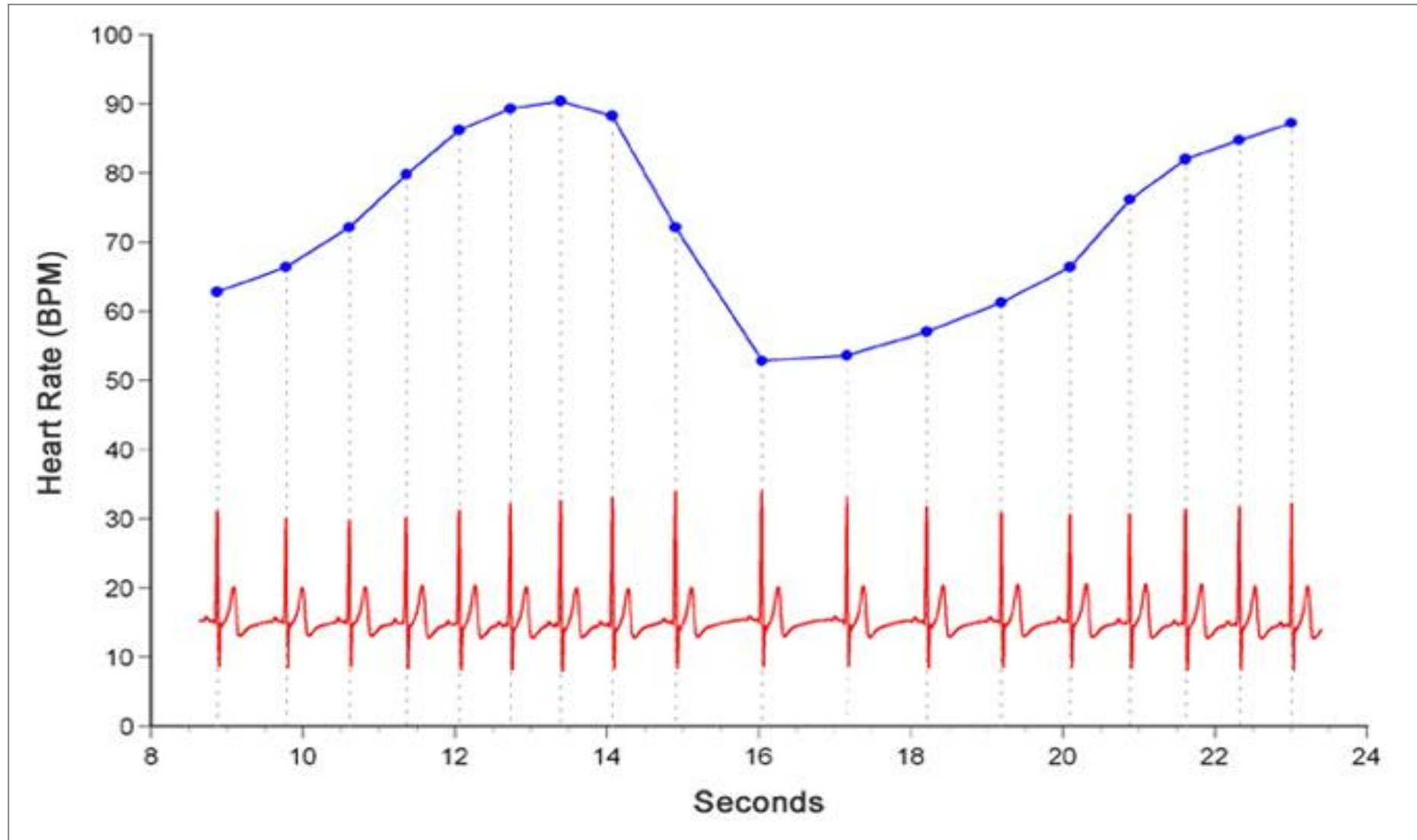
Vagus nerve



Heart Rate Variability (HRV)



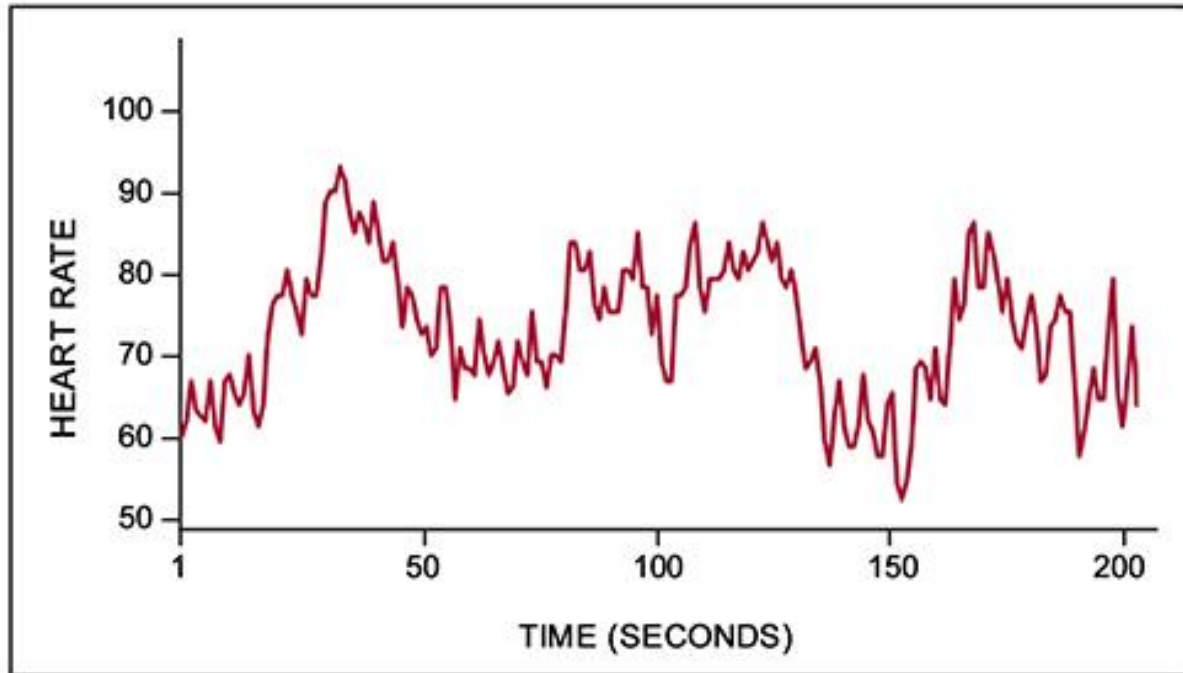
Heart Rhythm Patterns Emerge



Emotions and Heart Rhythms

Incoherence

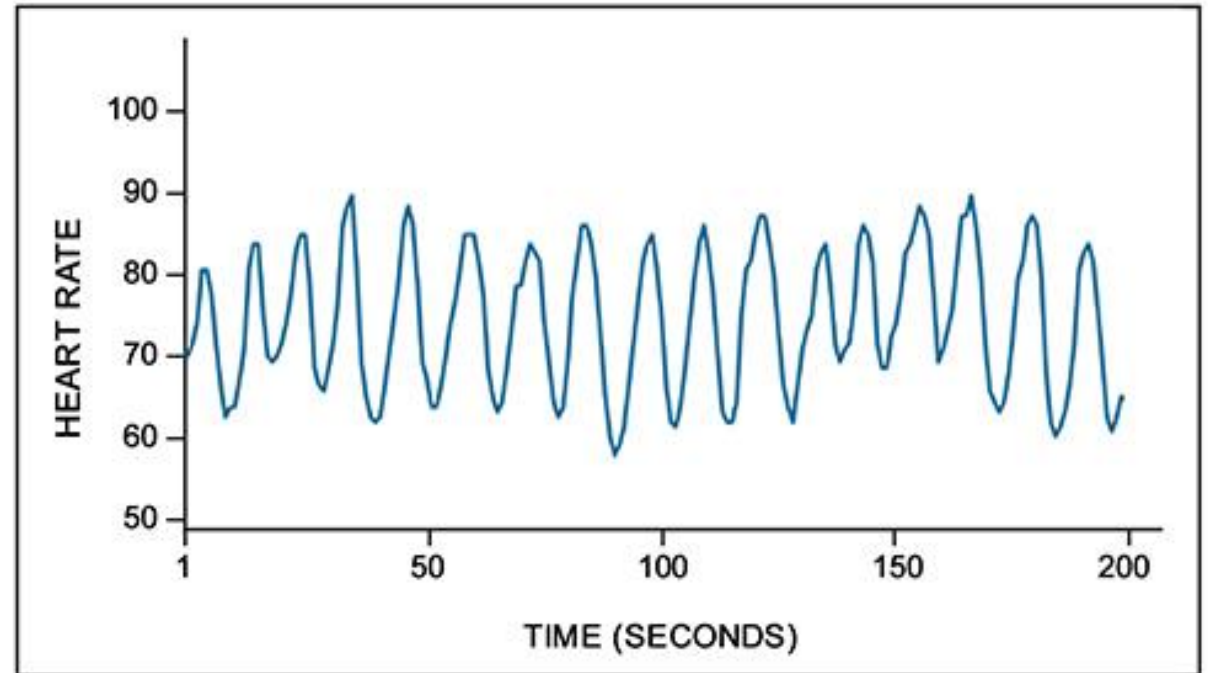
frustration, irritation, impatience, worry



Inhibits brain function – impairs performance

Coherence

appreciation, calm, patience, confidence



Facilitates brain function – promotes optimal performance

Emotions impact HRV & vagal tone



Activate the social engagement
(mammalian caregiving) system




Integration



Human connections shape neural connections.



Healthy relationships activate the growth of fibers that integrate the brain and facilitate self-regulation.



Experience directly
shapes gene
expression

Epigenetics

Biofeedback Demo

Quick Coherence[®] Technique
An Intelligent Energy Self-Regulation Technique



What You Can Do

- Create mutual goals & “in-group” attitude
- Emphasize connecting rather than highlighting rank
- Pay attention to how people are improving
- Be more transparent and communicate more than you think you need to
- Increase feelings of “being valued” and on the same team
- Give choices and options
- Be clear on the what the expectations are



****Mindfulness, Self-Awareness, Self-Regulation***

SECURE Connections Deepen Engagement & Create the Conditions for Change

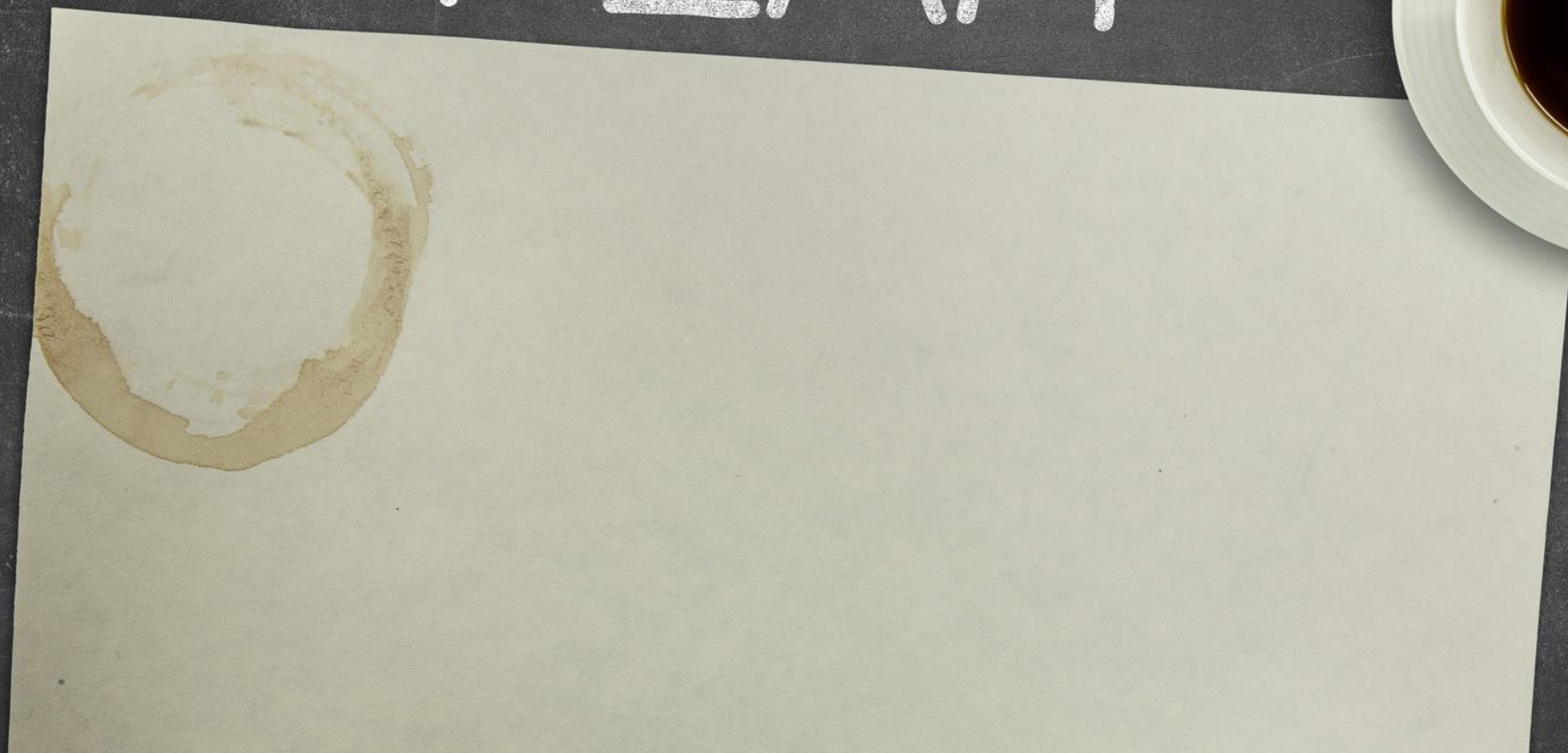
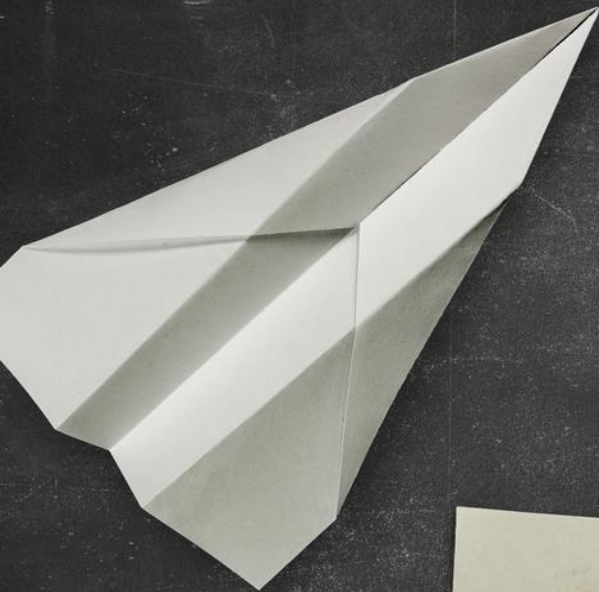


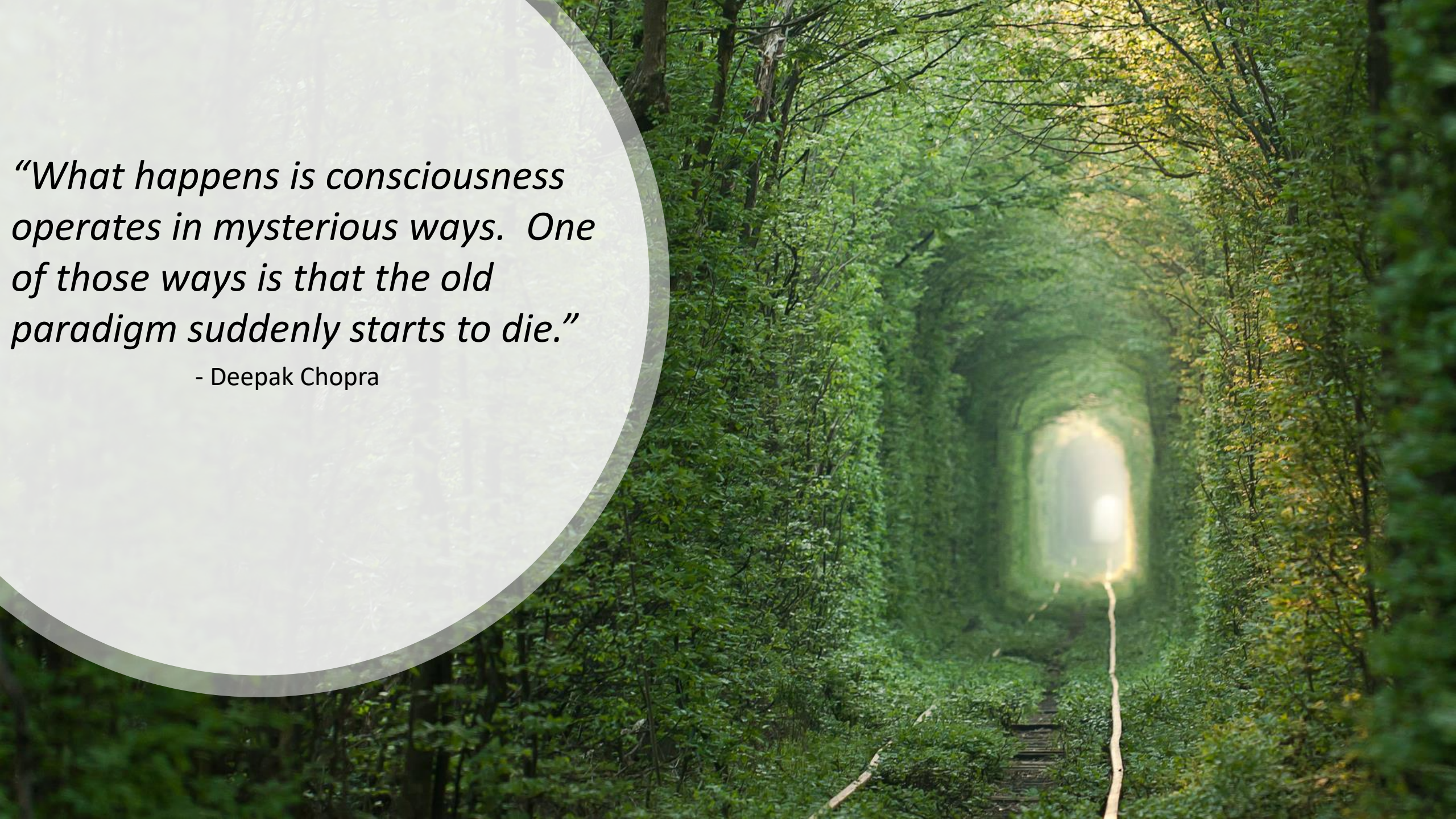
- Reflect on the Secure Connection™ framework for engagement and discuss in your group.
- Identify 1 thing you could do to move someone from protection to connection (engagement).

Biggest insight?



ACTION PLAN



A circular graphic with a white background and a grey border is positioned on the left side of the image. It contains a quote in black, italicized text. The background of the entire image is a lush green forest with a path leading into the distance, where a bright light source is visible through the trees.

“What happens is consciousness operates in mysterious ways. One of those ways is that the old paradigm suddenly starts to die.”

- Deepak Chopra