


Evolutionary Intelligence
Empowering Conscious Change

ASOFIA Conference
Noumea 2018
Resilience and Thriving

Thriving


"The better we know ourselves, the better equipped we are for whatever life brings our way"

Greg Braden




Keys for today

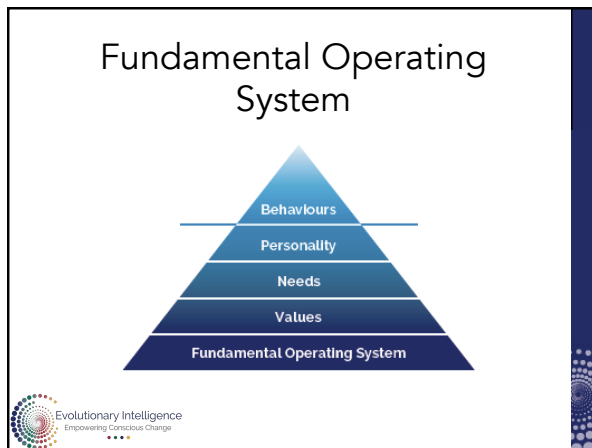
- Discover how to deepen your level of presence
- Understand more about brain/ mind function
- Deepen your understanding of your prime drivers
- How to Communicate more clearly and effectively within your team and externally
- Manage stress more effectively



About Evolutionary Intelligence

- Evolutionary Intelligence offers unique Communication programs, for Business and individuals.
- We introduce frameworks and language that support the individual within the team
- Designed to increase emotional intelligence through increased Presence and a deeper understanding of prime drivers in communication
- Combines the latest developments in:
 - Neuroscience, epigenetics, neuropsychology and mindfulness
 - The practice of Energetic Presence





- ## The 5 Keys of Evolutionary Intelligence. From Presence to Purpose
- Self Awareness
 - Self Regulation
 - Connection
 - Purpose
 - Integration
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- ## Your Journey
- There are many external factors that affect your life i.e.. Financial, Family, Health, etc.
 - Perhaps the greatest factor that determines success and quality of life, is your state of mind and how you choose to show up....
 - How you show up directly affects you and those around you; Family, Work Colleagues, Wider community.
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- ## Your Journey
- Our interpersonal skills are vital in creating a life of belonging and connection.
 - Both our Business and personal life is all about communication and relationships.
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Your Journey

- 1 What are the biggest issues as a leader you face in communication and relationships??
- 2 With your team and clients.
- 3 Take five minutes to discuss.



The Beginning: Presence

- 1 It's the art of being fully in the moment
- 2 It is the greatest gift you can give anyone
- 3 We can't change the past
- 4 The only place we can be is now
- 5 People notice our level of Presence and respond or react to it.
- 6 When present, we realise that we have the time and space to choose our responses, instead of reacting



Presence and the bottom line

- 1 Greater clarity in communication
- 2 Deeper connection with team and clients
- 3 Increased efficiency
- 4 Greater productivity
- 5 Creative thinking and innovation

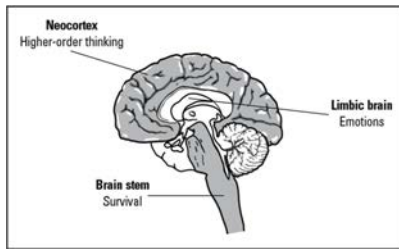


Observer Self

- 1 The part of us that can observe what is happening both around us, and inside of us.
- 2 Observer Self is:
 - 3 non-judgemental
 - 4 Curious
 - 5 Developed through the practice of **grounding**
- 3 When developed, allows us to become increasingly **self-aware**, and then choose our responses.



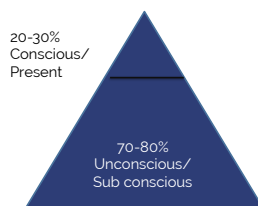
Triune Brain



Definition of Mind

- “The mind is an embodied and relational process that regulates the flow of energy and information.” (Daniel Siegel, author, psychiatrist and UCLA researcher)
- A combination of brain and body including the heart and gut
- It’s the mechanism that allows us to become aware of ourselves and make a new choice.

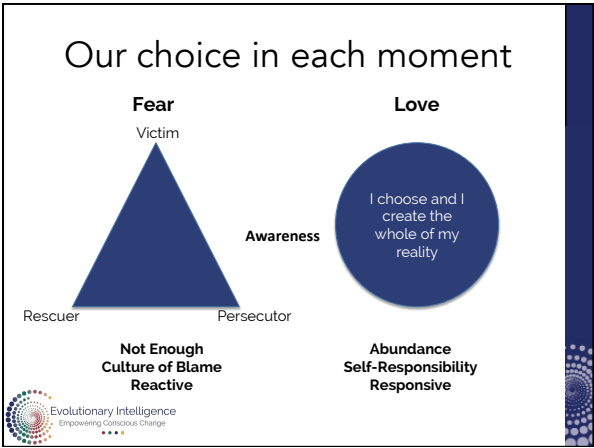
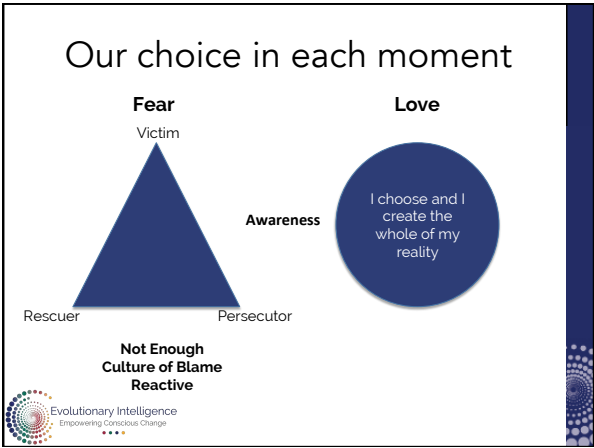
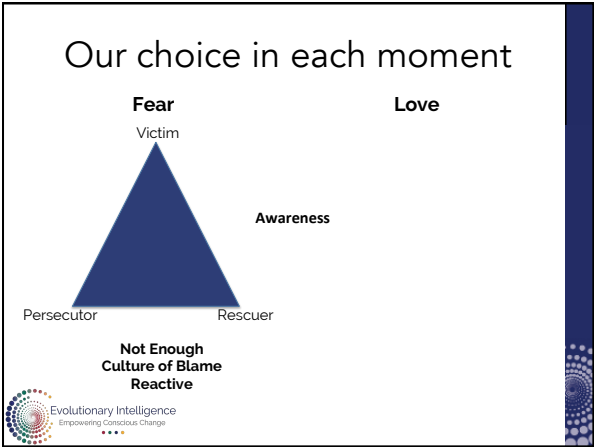
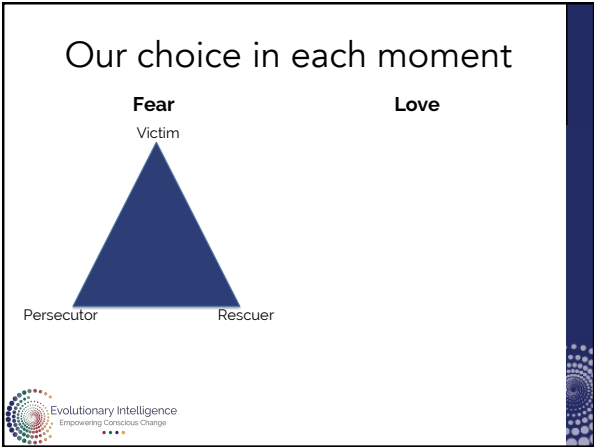
Conscious vs Unconscious Mind



Our choice in each moment

Fear

Love



Moving from Fear to Love

- Appreciation
- Compassion
- Humility
- Understanding
- Forgiveness
- Courage



YOUR INFLUENCE



History of the Heart

- Religion and philosophy have spoken for thousands of years of the power of the heart
- We have a sense of what that means
- We are taught that it is a battle between the head and the heart



Latest about the Heart

- The electromagnetic field of the heart has been measured 12 ft. from our bodies
- Our heart coherence has a direct affect on those around us
- Our heart experiences reality up to 20/30 seconds before the rest of our senses.
- There is more information flowing from the heart to the brain than brain to heart
- Institute of Heartmath



Beliefs Shape Our Reality

- Conscious and unconscious beliefs are always influencing our perceptions and our responses
- We have a belief about everything
- Many beliefs are formed between ages of 0-7
- Influences are family, education and culture
- Our beliefs are shaped into our Story
- There is always an opportunity to create a new Story....if we are present to what's really going on in this moment and remember we have a choice.



Beliefs Shape Our Reality

- What are the limiting beliefs you have that hold you back?
- How can you flip them to create different story?
- Take a few minutes to discuss.



Beliefs Shape Our Reality

- Energy follows thought!



The Shift

- Awareness
- Acknowledgement
- Does it serve me
- Make a new choice



Think, Feel, Know



Think, Feel, Know

- The **thinking** part of our mind is our brain which enables us to solve problems given our past experiences
- The **feeling** part of our mind is our heart. This aspect is discovered by having awareness around the emotions we are experiencing in each moment. Emotions are energy that informs us of our surroundings based on past experience
- The **knowing** part of our mind is our gut. This is the knowing we experience in an embodied way.

Purpose

- When we connect to our purpose it energises us and all those around us.
- Our purpose only comes alive in each moment. It does not live in the future
- It is an invitation to bring to each moment what is missing from that moment.
- It sits right between what we love doing and what drives us crazy!!
- We know we are on Purpose when we feel; Ease, Flow and Enthusiasm

Purpose

- It is a short phrase made up of what you are good at and the qualities you bring
- It energises you and those around you
- It serves the greater good

Emotional Backpack

- 1 We each carry an emotional backpack of unprocessed energy from different events in our lives.
- 2 In any interaction, ask yourself if you need more clarity so that you are not making assumptions. Address any difficulties there and then.
- 3 This way any energy can be cleared in the moment, and not tucked into your backpack.
- 4 What action can you take to empty your emotional backpack?



Daily Practice

- 1 Grounding – set a reminder on your phone each 2 hours to remind you
 - 2 Neural pathways change with repetition!
- 2 Gratitude
 - 3 Write down three things you are grateful for each day
 - 4 Trains the Mind to focus on positivity
 - 5 Take the time to recognise people who are around you both at work and home.
- 3 Self-reflection
 - 4 Time to look at the day from the perspective of the Observer
 - 5 Self and reflect on other ways of dealing with difficult situations



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Communication and Culture

The Two Pillars

- 1 Competency: Skills, training, alignment to purpose/ values.
- 2 Clarity: How people communicate and relate internally and externally



Why Communication?

- 1 Communication and relationships form the backbone of any business
- 2 No matter how good the communication there is always room to improve
- 3 Communication is generally the thing that people struggle with the most



Why Communication?

- 1 It requires us to move from a space of expectation and assumption to clarity.
- 2 We can never be too clear.
- 3 Our bodies tell us when something is or isn't clear.



Culture

- 1 It is how we communicate and relate both internally and externally
- 2 It comes to life in each moment, in the way we communicate and relate
- 3 It is as good as your last interaction with a team member or client.
- 4 Often communication and relationships are the hardest things we do in our lives.
- 5 Values and purpose provide us with clear boundaries around what is ok and where we are heading
- 6 There is always an opportunity to improve.



Why Values Are Important

- 1 They provide a clear boundary for communication and action
- 2 They are a reference point for all that you do as a business
- 3 They create a meaningful conversation when things don't go well
- 4 They are a clear signal to providers and clients of what is important to you as a business and what they can expect from you
- 5 They provide a point of reference when hiring new staff or providers/contractors
- 6 They give a clear context to the work you do



Culture




Values -
River Bank




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Culture





Purpose - Flow

Values -
River Bank



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Think, Feel, Know



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Why Focus on Feelings


- They are only telling us one of 2 things
- The story in our head
- What is happening around us
- Emotions/feelings are only energy
- Emotions are our Beliefs in action
 - Our beliefs begin in our head but are felt in our body



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Think, Feel, Know


- Think of an issue you are currently facing that you haven't gotten clear about.
- What is the feeling that sits under the issue??
- What is your knowing??



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Think, Feel, Know


- The language of TFK



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What Do You Need?

- We believe that there are 3 simple phrases that can shift the communication of any organisation:
 - This is what I need
 - What do you need?
 - I'm here to support you.
- These three phrases shift the level of engagement from one of expectation to one of clarity of needs.
- This is vital in achieving a productive and supportive culture



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What Do You Need?

- We gain just one thing when we ask for what we need,

CLARITY!!



Limiting beliefs in your business

- It is important to be clear on the limiting/unconscious beliefs that are in your business.
- They show up in the behaviours of those around us and outcomes we achieve.
- Once we are aware of them we can take steps to shift them through language and actions.



Limiting beliefs in your business

- What are the limiting beliefs that sit in your business?
- What are the elephants in the room?
- What conversations can you have to close the loop?



Closing the loop

- We can leave or put off conversations we know we need to have
- This is a fear driven reaction as we know they are never normally as bad as we imagine
- Closing the loop allows us to free up mental space and be more present to what or who is in front of us.



Communication Bottom Line

Improved presence and communication leads to:

- Deeper connection with team and clients
- Increased efficiency
- Greater productivity
- Creative thinking and innovation



Mindfulness and Business

21% of U.S. companies already offer mindfulness training and 22% more intend to add it their wellness initiative within the year.

Mindfulness has tangible benefits... and lots of them. Research has found everything ranging from lowered stress and anxiety more innovation and better decision-making - even slowed down aging and faster healing.



Creating lasting change

- Grounding, Reflection and Daily Gratitude
- Notice your choices and the affect they have on your energy.
- Expand your emotional vocabulary
- Ask for what you need and what others need.



Thank you!



www.evolutionaryintelligence.com.au