



Neuroscience and Effective Leadership

Exercises

1. Find A Picture of a Leader
2. Best Simile, e.g.
 - ▣ Harder than the lips on a woodpecker.
 - ▣ Tight as the bark on a tree.
 - ▣ Smart as a ...
 - ▣ Crazier than ...





Scientists have learned more about the brain in the last 20 years than in the previous five centuries.



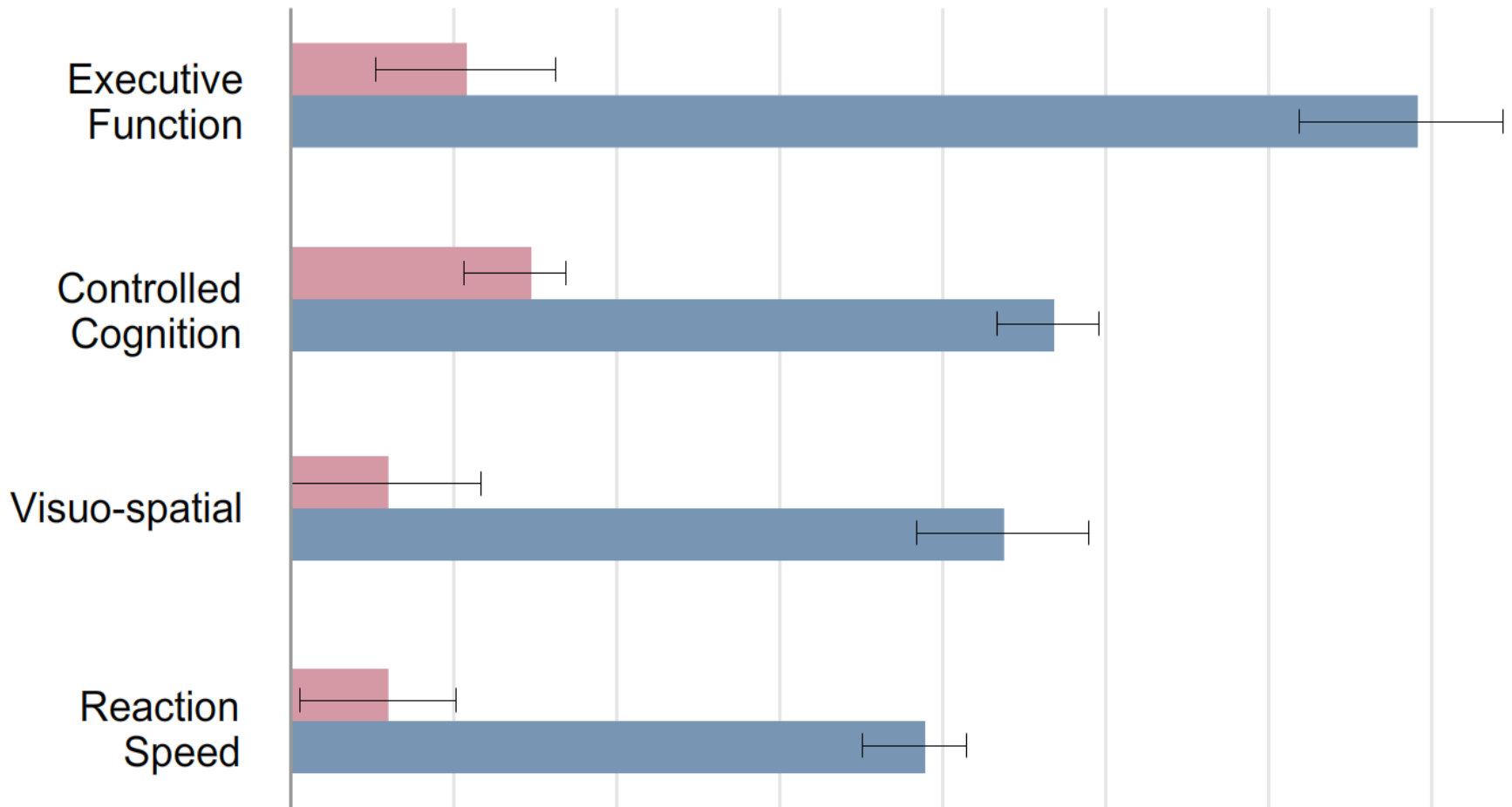
Facts about the brain:

- Your brain thrives with exercise and sleep.
- **Your brain's strongest stimulant is emotion.**
- Your brain is affected by stress.
- Your brain over relies on vision.
- Your brain develops based on curiosity.



exercise & cognition: older cohorts

Effect size (larger is better)

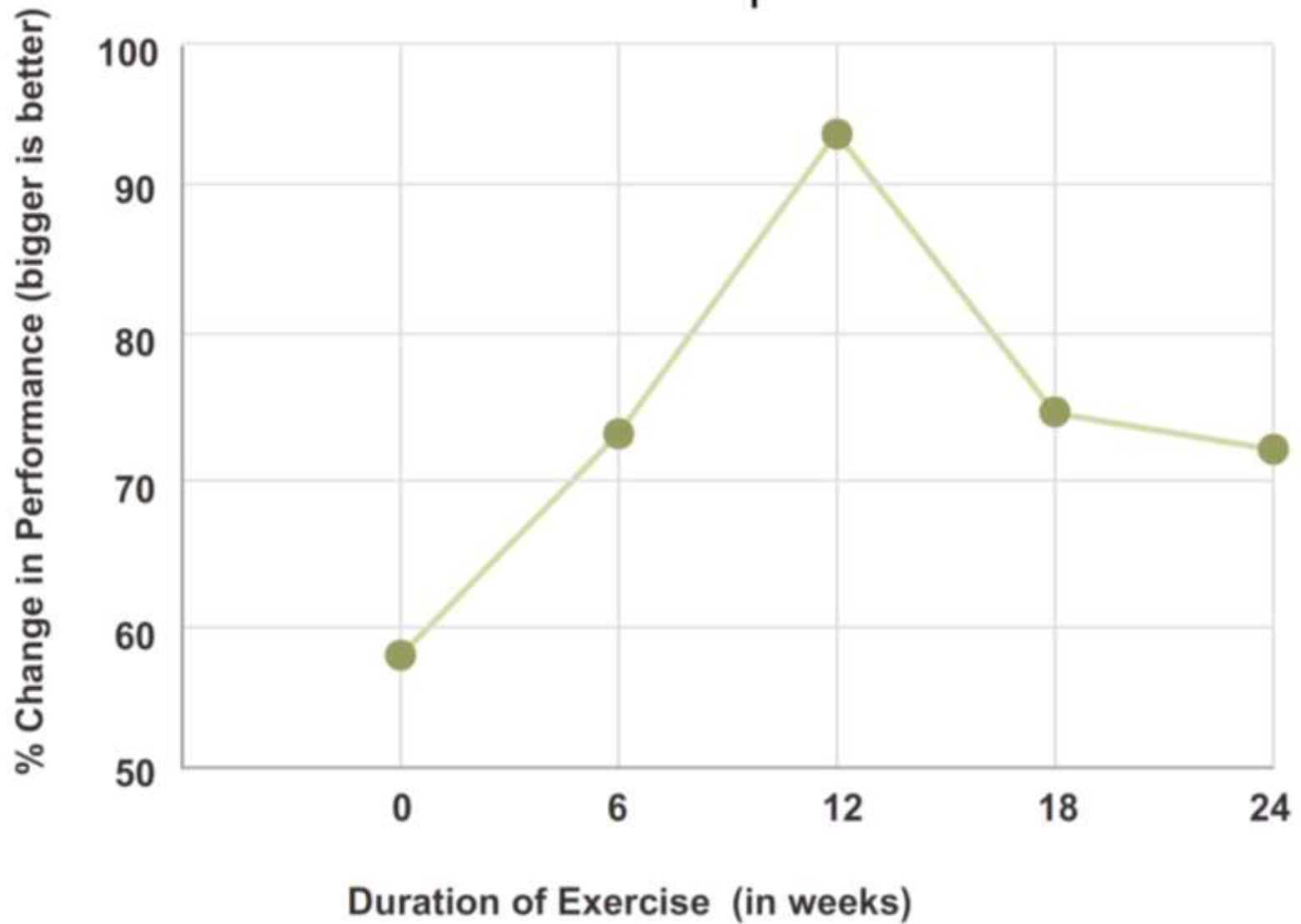


Exercise 

Sedentary 



exercise as independent variable



How much movement is needed?

- Two 30 minute brisk walks per week will start to increase brain function.
- Ideally, 150 minutes per week.
- Lap the Cap



Your brain thrives on good sleep.

- You sleep roughly 1/3 of your life
- Sleep loss = mind loss
 - ▣ (memory, mood, logical thinking, dexterity all decrease)





NATIONAL CONFERENCE *of* STATE LEGISLATURES

Emotions get our attention.

EMOTIONS ARE LIKE NEON SIGNS TELLING YOUR BRAIN,
“REMEMBER THIS!”



Exercise



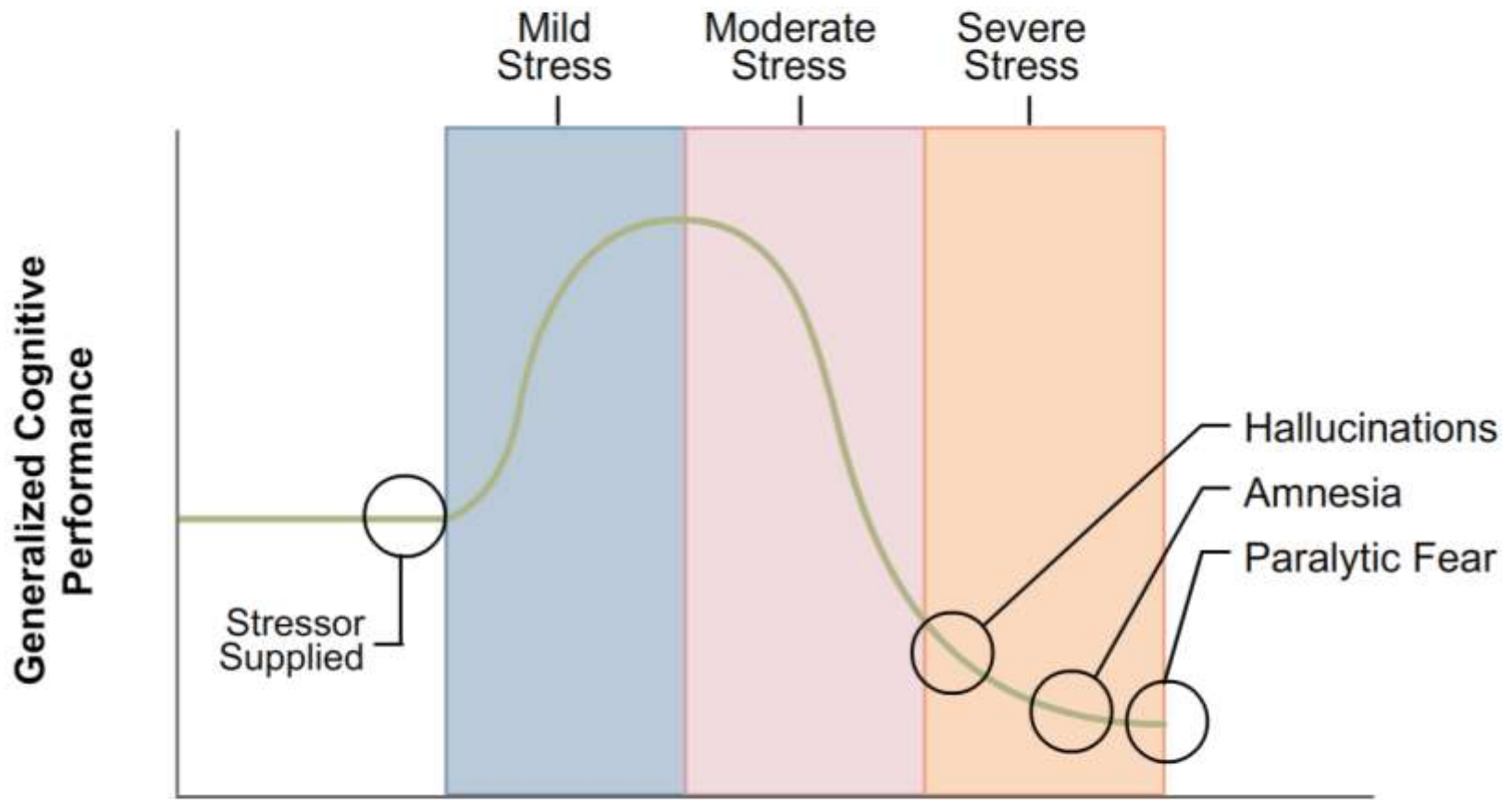
“Effective Multitasking” is an Oxymoron

□ “Switch-tasking”

- ▣ Takes longer to complete both tasks AND you have holes in your learning because you cannot focus on two things at once.



effects on cognition - severe stress



■ "Sweet Spot"
Cognitive Improvement

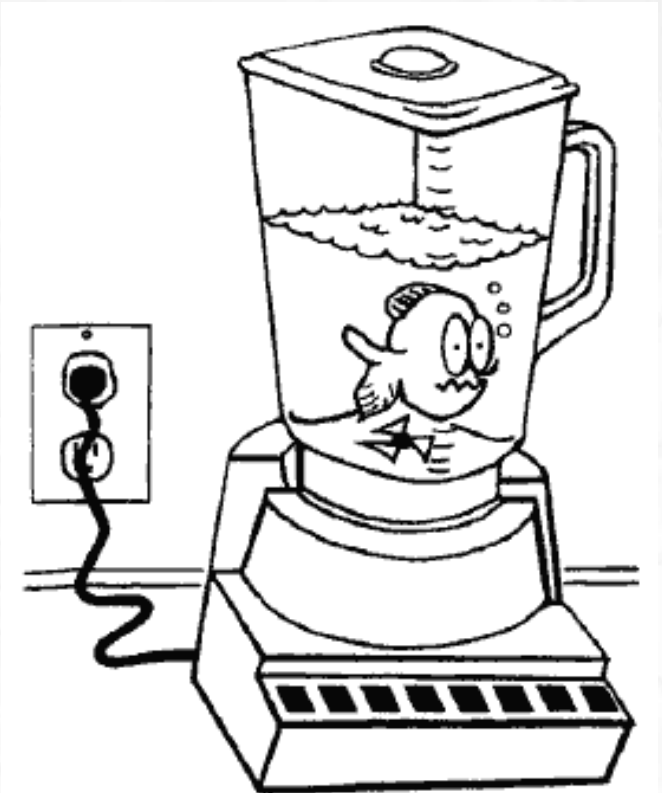
■ Potentiation Ends
Fragmentation Begins

■ Dissociative
Responses



Stress

- Not all stress is equal
 - ▣ Chronic Stress is bad
 - ▣ Acute Stress can be helpful
- Stress responses evolved to solve issues in seconds
 - ▣ Today, we have stress for hours, days, weeks not built to sustain that



**And you thought
there was stress
in your life !**



Your brain relies heavily on vision.



Vision

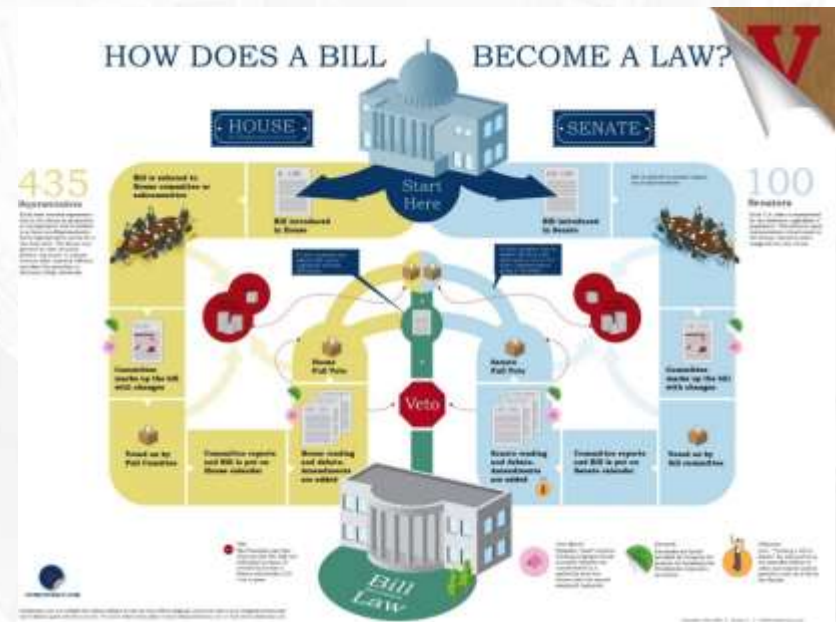
- We have five senses, but our brains rely on our vision for 60% of the information.



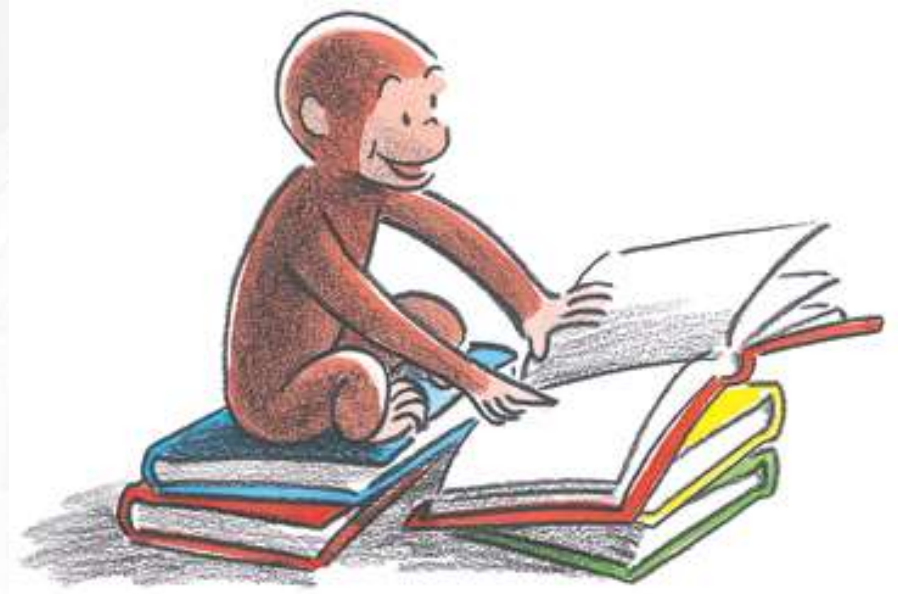


NATIONAL CONFERENCE *of* STATE LEGISLATURES

A picture really is worth a 1000 words.



Curiosity and exploration



- Brains were built to explore
- Babies – touch, watch, listen
- Curiosity = advancement



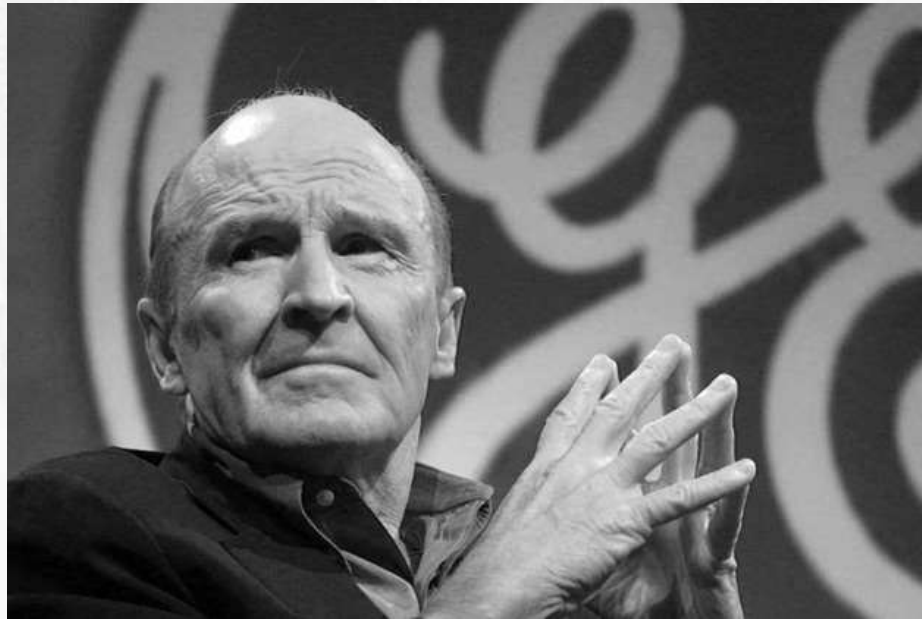
The Legislature moves with the
speed of a receding glacier on
Ambien.



Essential # 1

□ SEE THE FUTURE

“In order to lead a country or a company, you've got to get everybody on the same page and you've got to be able to have a vision of where you're **going.**”



Essential # 2

□ ACTUALLY LISTEN

#1—**"Of** all the skills of leadership, listening is the most valuable—and one of the least understood. Most captains of industry listen only sometimes, and they remain ordinary leaders. But a few, the great ones, never stop **listening.**"

#2—**"Courage** is what it takes to stand up and speak; courage is also what it takes to **sit down and listen.**"



Essential # 3

□ COMMUNICATE...COMMUNICATE...COMMUNICATE

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”



Essential # 4

□ PICK THE RIGHT TEAM

“Absolute most important trait of a great leaders is putting the right people in the right seats in the organization.”





NATIONAL CONFERENCE *of* STATE LEGISLATURES

Essential # 5

□ BOUNCE BACK AND DON'T FEAR FAILURE

"I have not failed; I've just found 10,000 ways that don't work."



Essential # 6

□ SEEK SOLUTIONS

“Never lose sight of the need to reach out and talk to other people who don't share your view. Listen to them and see if you can find a way to compromise.”

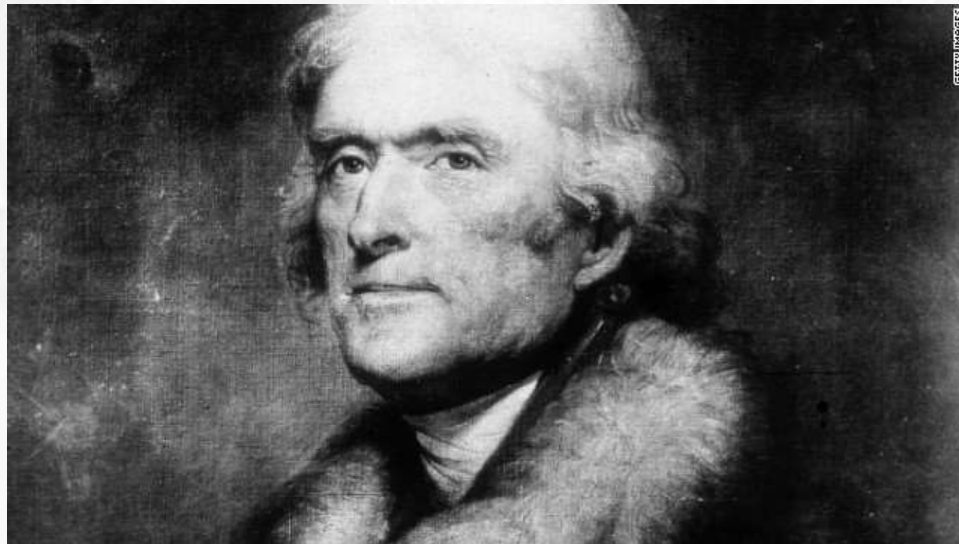


Essential # 7

□ REMAIN CALM

#1 — “When angry, count to ten before you speak. If very angry, count to 100.”

#2 — “Nothing gives one so much advantage over another as to remain always cool and unruffled.”

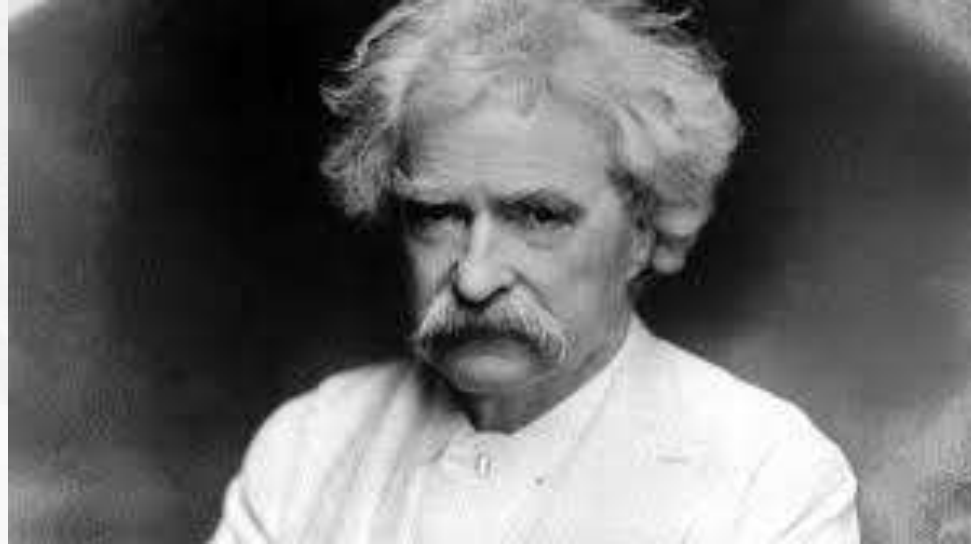


Essential # 8

□ OPERATE WITH HONOR, INTEGRITY and ETHICS

1—“If you tell the truth you don't have to remember anything.”

#2—“Always tell the truth. This will gratify some people and astonish the rest.’



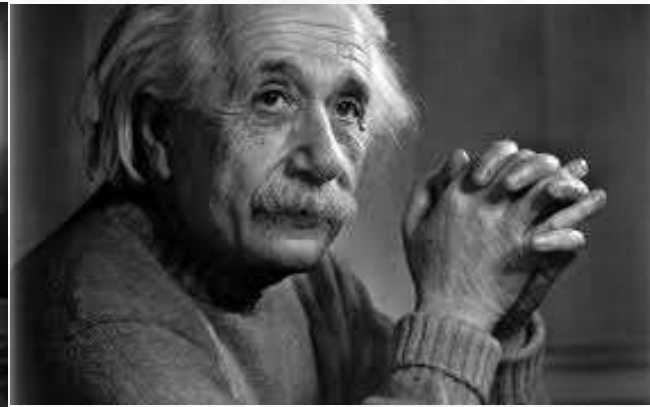
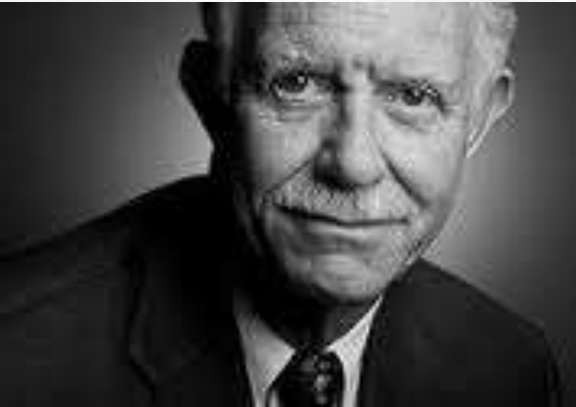
Essential # 9

□ ARE HUNGRY TO LEARN NEW THINGS AND TRY STUFF

#1 —“I credit (my mother) with this lifelong intellectual curiosity I have, and love of reading and **learning.**”

#2 —“I am learning all the time. The tombstone will be my **diploma.**”

#3 —“Once you stop learning, you start dying.”



Essential # 10

□ HAVE A SENSE OF HUMOR

“A sense of humor is part of the art of leadership, of getting along with people, of getting things done.”



Budget
Research
Expenditure
Tax
Economist

**Offices
Legislative**

National
Legislature

NALFO

Fiscal

Association
Analysis

Revenue

Neuroscience and Effective Leadership