

# The Social Brain

## What is The Social Brain?

Humans are social creatures and our consciousness is both formed and enriched through relationship with others and the world. Understanding how our limbic and frontal cortex brain regions need to work in unison to achieve useful outcomes in our relationships can change how we show up with others. Our ability to relate well, contribute and feel safe to express ourselves in relationship is key first steps to having a healthy mental life.

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## Who is it for?

This module will assist learners in building a mental agility to perform better in demanding social situations. Learning how to activate a more creative, richer problem solving part of our brains is the secret to creating thriving interpersonal relationships, high functioning teams and innovative business practices.

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## What does it offer?

This module teaches us about two separate but connected systems within our brains. It shows us how we can become better at relating to others once we have awareness of how our limbic brain system can override some of our more creative and rational parts of the brain. It also teaches us to use understanding to expand our empathy for others when they may not be functioning from their best selves, but we wish to maintain the relationship.

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## How do we sign up?

Contact us at [madebetterhuman.com.au](https://madebetterhuman.com.au)

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using  
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