

# THE SOCIAL BRAIN

## 1 GETTING STARTED



What is one of your core values?

Why is that core value important to you?

## 2 INTRODUCING SYSTEM I AND II

Our brain has two distinct systems that drive our decisions and actions.

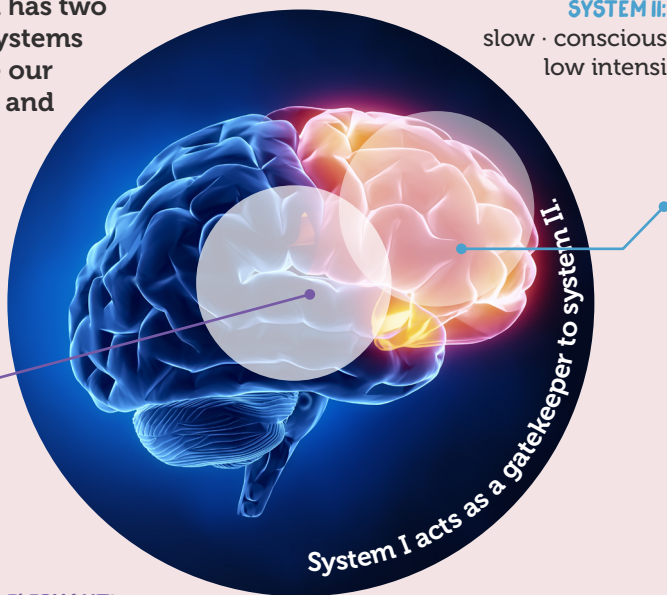
**SYSTEM II: 'THE RIDER'**

slow · conscious · effortful · low intensity · logical

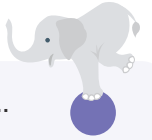


**SYSTEM I: 'THE ELEPHANT'**

fast · automatic · effortless · reactive · habitual · high intensity



## 3 DEEP DIVE: SYSTEM I



### The Social Brain

We are an intensely social species – our social nature defines what makes us human.

### Emotional Contagion

When we see others expressing emotion, we subconsciously mimic their emotional state and align our emotions with theirs.

### Mirror-Neuron System

Mirror neurons give us the capacity to feel what others feel and are the biological mechanism that connects us with others.

### Amygdala Hijack

Our brains are hard-wired to detect threats. If we feel threatened, our amygdala reacts and engages the fight/flight/freeze response.

When in the last week have you seen...  
... your elephant run the show?

... someone else's elephant run the show?

How do you recognise when your elephant is triggered?

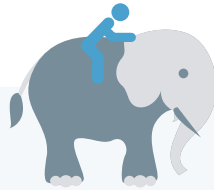
How do you recognise when someone else's elephant is triggered?



# THE SOCIAL BRAIN

## 4 DEEP DIVE: SYSTEM II

Focusing on your strengths: describe what it looks like when your rider has the reins (i.e. when you're at your best)?



What strategies have worked in the past to help your rider guide your elephant?



## 5 SWITCHING ON A CONSTRUCTIVE MINDSET

What are some other strategies you could adopt to help your rider guide your elephant?



Five strategies to help you switch:



### MENTOR

Find someone who you can talk to, without judgement, and help you to see a different perspective.



### WHAT WENT WELL

List three things that went well in your day to help your brain focus on the positives.



### MINDFULNESS

Focus on your five senses for 30 seconds. In this moment, what can you see, hear, touch, smell and taste?



### BREATHING

Focus consciously on breathing. Place your hand on your stomach and breath deeply, allowing your stomach to expand while you inhale. Repeat.



### LABELLING

Identify and label the emotion you are feeling. This reduces the intensity of the emotion and switches on your rider.

## 6 WHAT ARE YOUR KEY TAKEAWAYS?

