



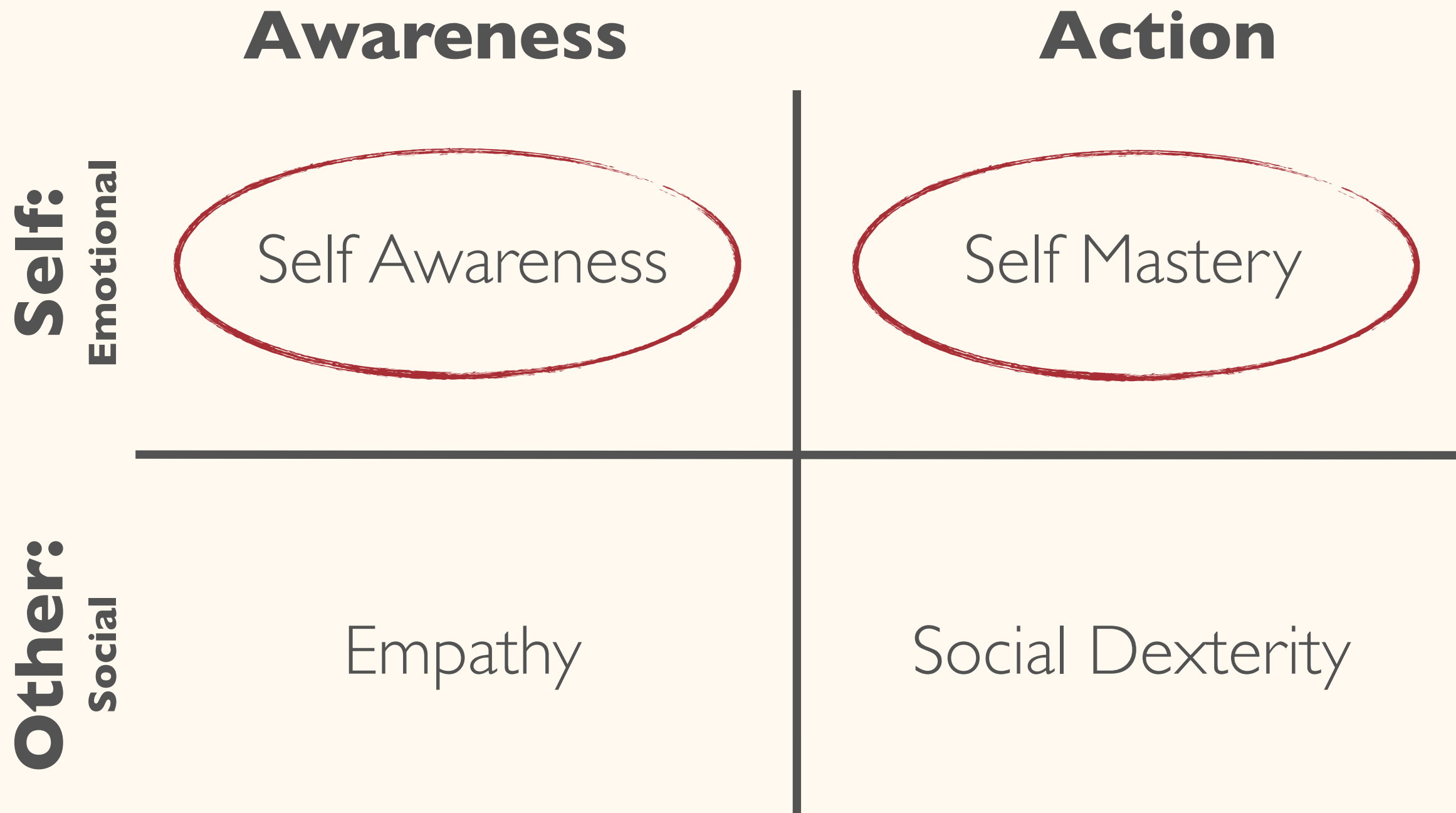
**BODY = BRAIN**

Cultivating the Brain of a Mindful Leader

# EMOTIONAL INTELLIGENCE

Experiential Neurobiology

# EMOTIONAL INTELLIGENCE

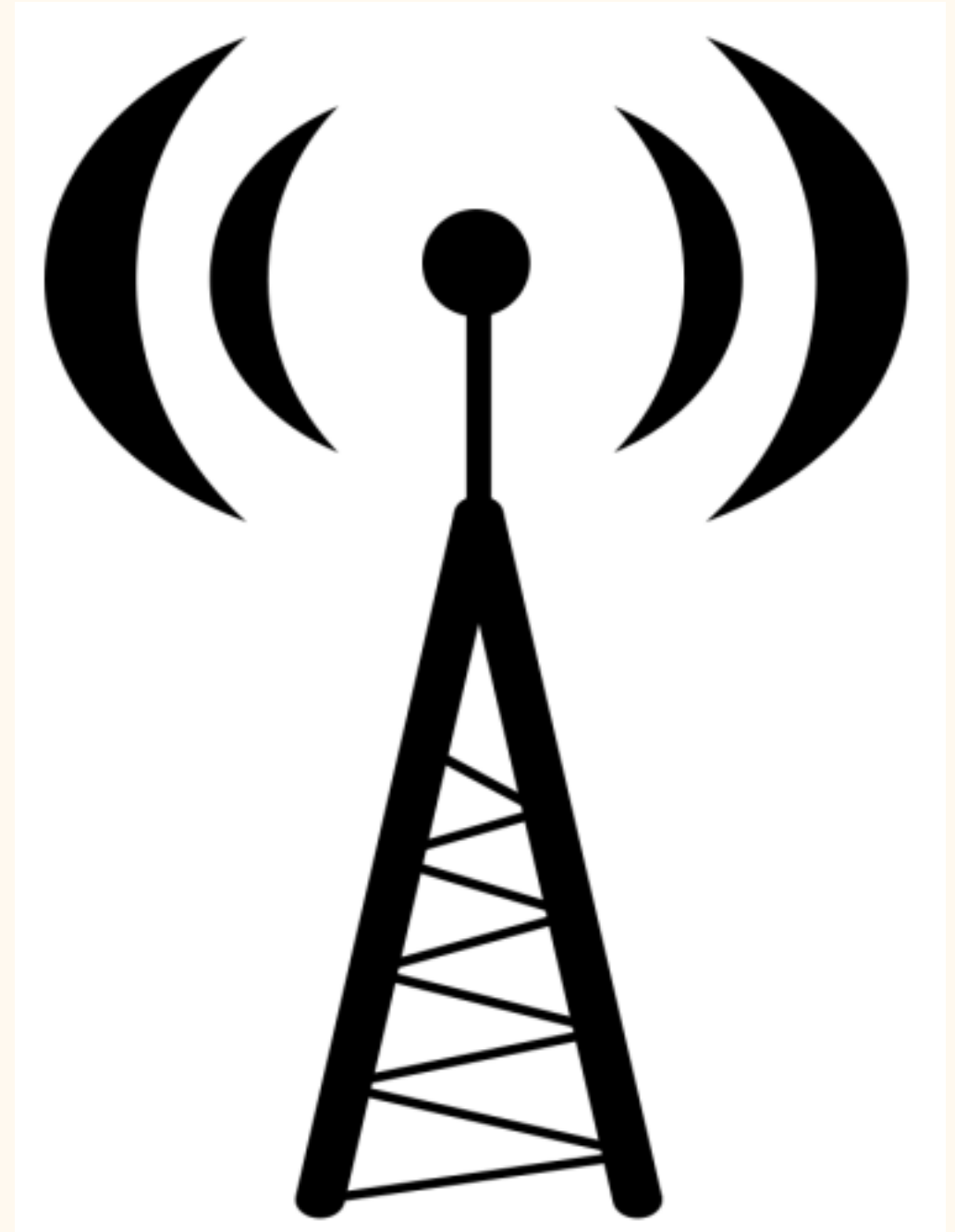


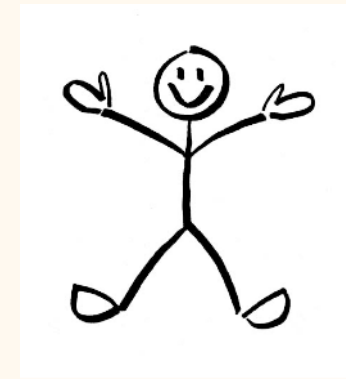
with credit to Goleman & others

# SELF AWARENESS

Foundation of Quality Decisions & Purposeful Action

**Your body is  
your social  
& emotional  
sense organ.**





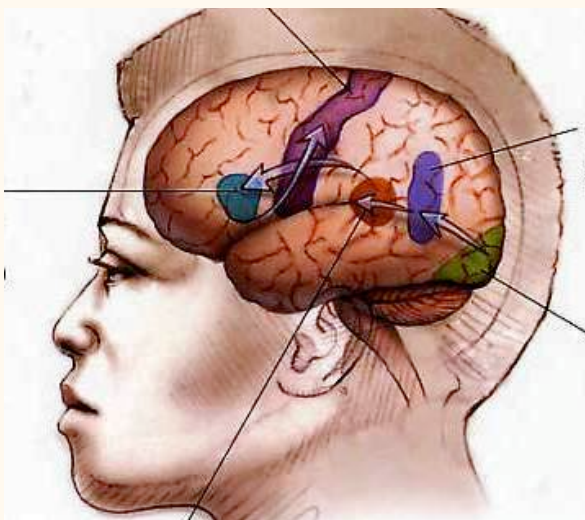
Conceptual Self Awareness	Embodied Self Awareness
The self <i>thinking</i> about itself	The self <i>experiencing</i> itself
based in language & symbols	based in sensing, feeling, acting
rational, logical explanatory, abstract	spontaneous, present-moment, concrete

adapted from Fogel, 2009

# NEUROBIOLOGY

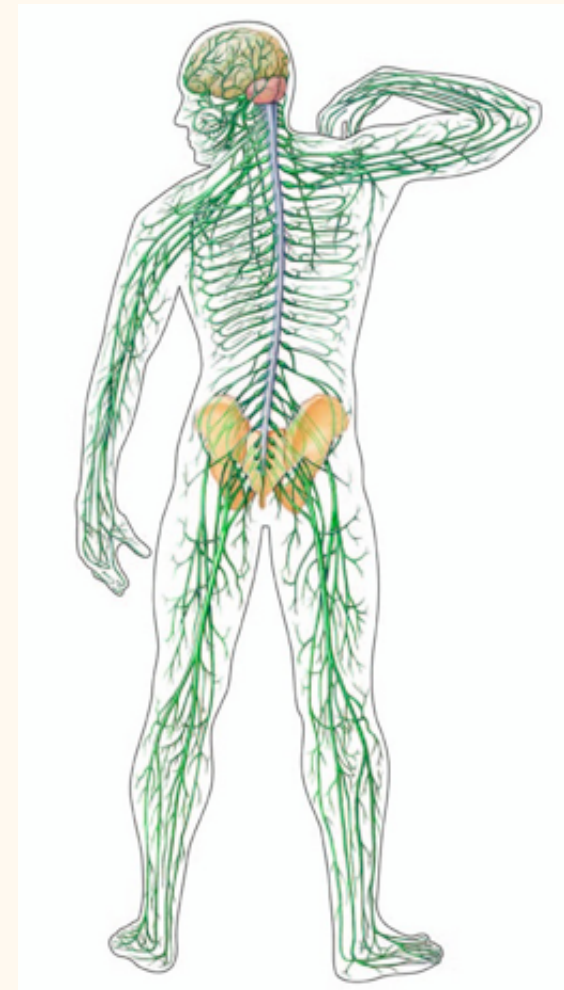
---

## Conceptual Self Awareness



*Different  
Neural  
Pathways*

## Embodied Self Awareness

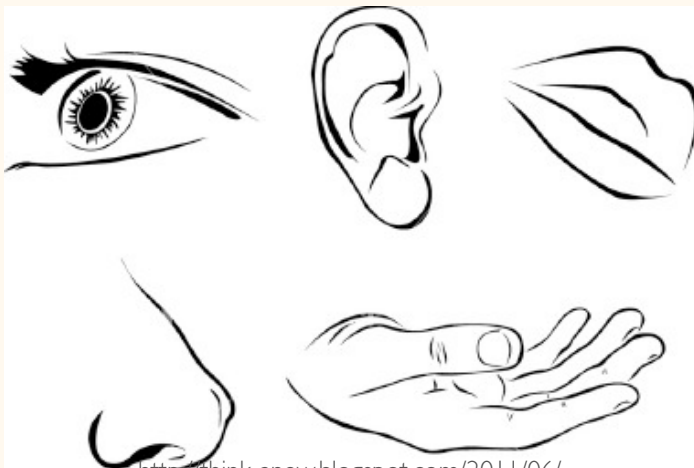


# EMBODIED SELF AWARENESS

---

## Exteroception

external events

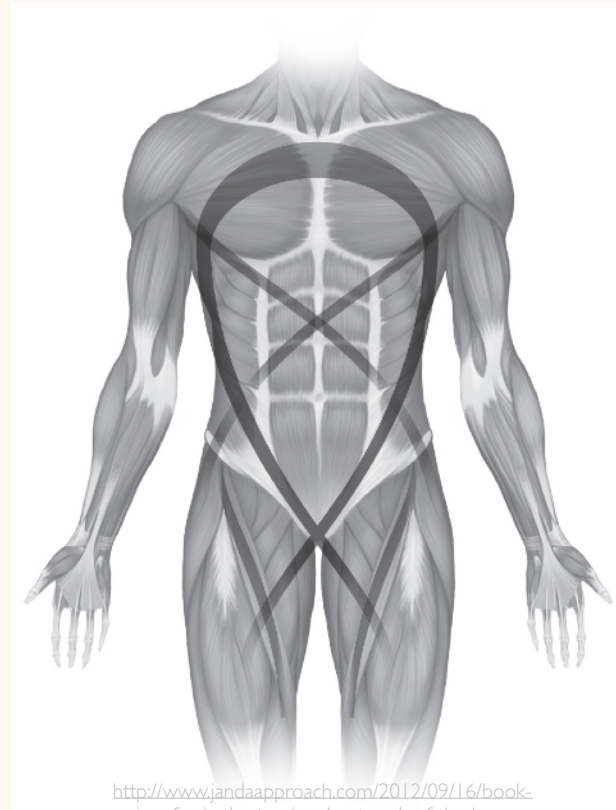


<http://think-anew.blogspot.com/2011/06/beauty.html>

Large • Fast  
Mylenated  
Often conscious

## Interoception

internal sensations



<http://www.jandaapproach.com/2012/09/16/book-review-fascia-the-tensional-network-of-the-human-body/>

Small • Slow  
Not mylenated  
Often not conscious

## Proprioception

position in space



<http://www.theoreticalfitness.info/2012/01/balance.html>

Large • Fast  
Mylenated  
Often conscious



# INTEROCEPTION

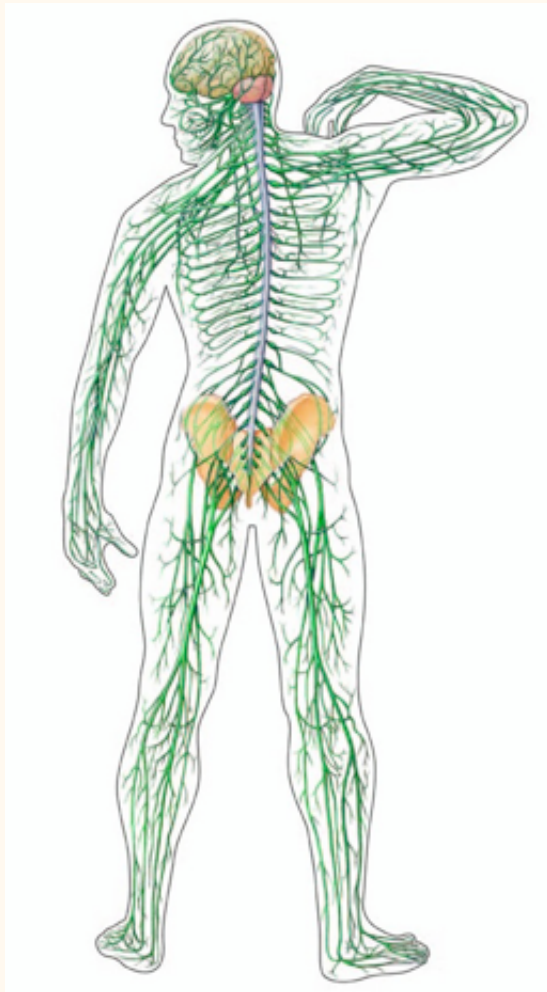
	Action	Awareness	Anatomy
<b>Level 3</b> embodied self-awareness	aware of feeling sensations, experiencing emotions, & taking action	awareness of specific emotion-feeling states + awareness of self feeling them	neural integration, activation patterns & emergence + anterior insula, DLPFC
<b>Level 2</b> limbic	sensations + evaluations + motivations form emotions & action	emotions direct our behavior, but we may not be aware of them	thalamus, posterior insula, motor areas, ACC, OFC
<b>Level 1</b> brainstem	homeostasis of respiration, heart rate, body temp, hunger, thirst	usually below conscious awareness	brainstem, ANS, hypothalamus

Adapted from Fogel, 2009

# BENEFITS OF ESA

---

## Embodied Self Awareness



- 🔥 Decision Making
- 🔥 Intuition
- 🔥 Emotional Regulation
- 🔥 Empathy

# SELF MASTERY

Foundation of Confidence, Courage, Adaptability, & Resilience

# BODY UNDER PRESSURE

---

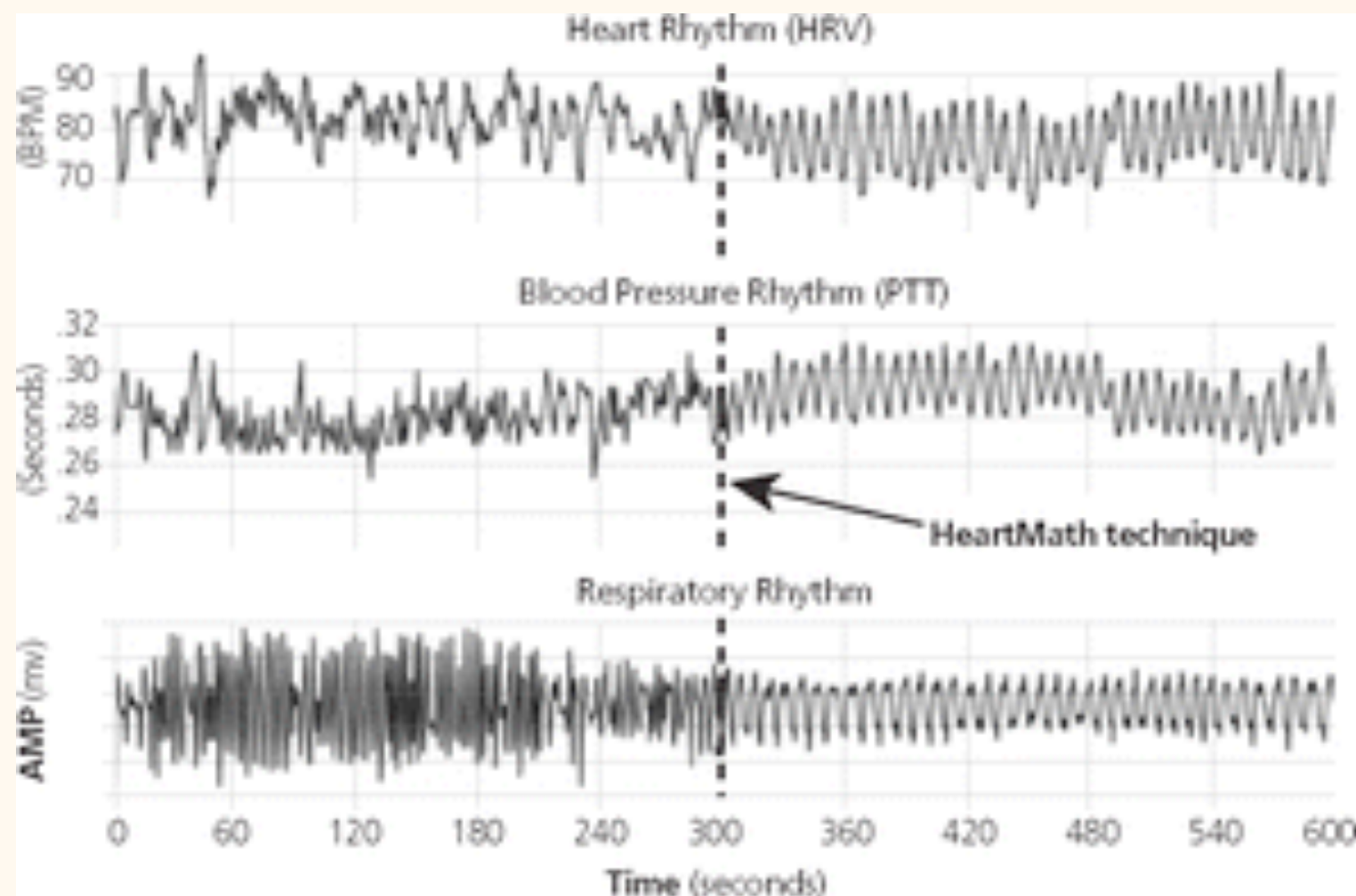
- 🔥 amygdala fires
- 🔥 autonomic nervous system responds to perceived threat
  - 🔥 *mobilizes resources to fight / flight / freeze / appease*
- 🔥 adrenaline & cortisol are released
- 🔥 body enters a state of psychophysiological incoherence

# PSYCHOPHYSIOLOGICAL INCOHERENCE

---

Disordered /  
Incoherent

Ordered /  
Coherent



McCraty, et. al. (2001) Science of the Heart

# STRESS IS PHYSIOLOGICAL

---

🔥 If stress is a physiological process, *then*  
***so is emotional regulation & resilience!***

🔥 Most direct & durable route to  
greater adaptability: **train your  
body.**

# RESILIENCE

---

“The ability to bounce or spring back into shape after being stretched, bent, or compressed.”

~ Websters.com

there are 2 key aspects of resilience

# INCREASING RECOVERY

## FREQUENCY & SPEED

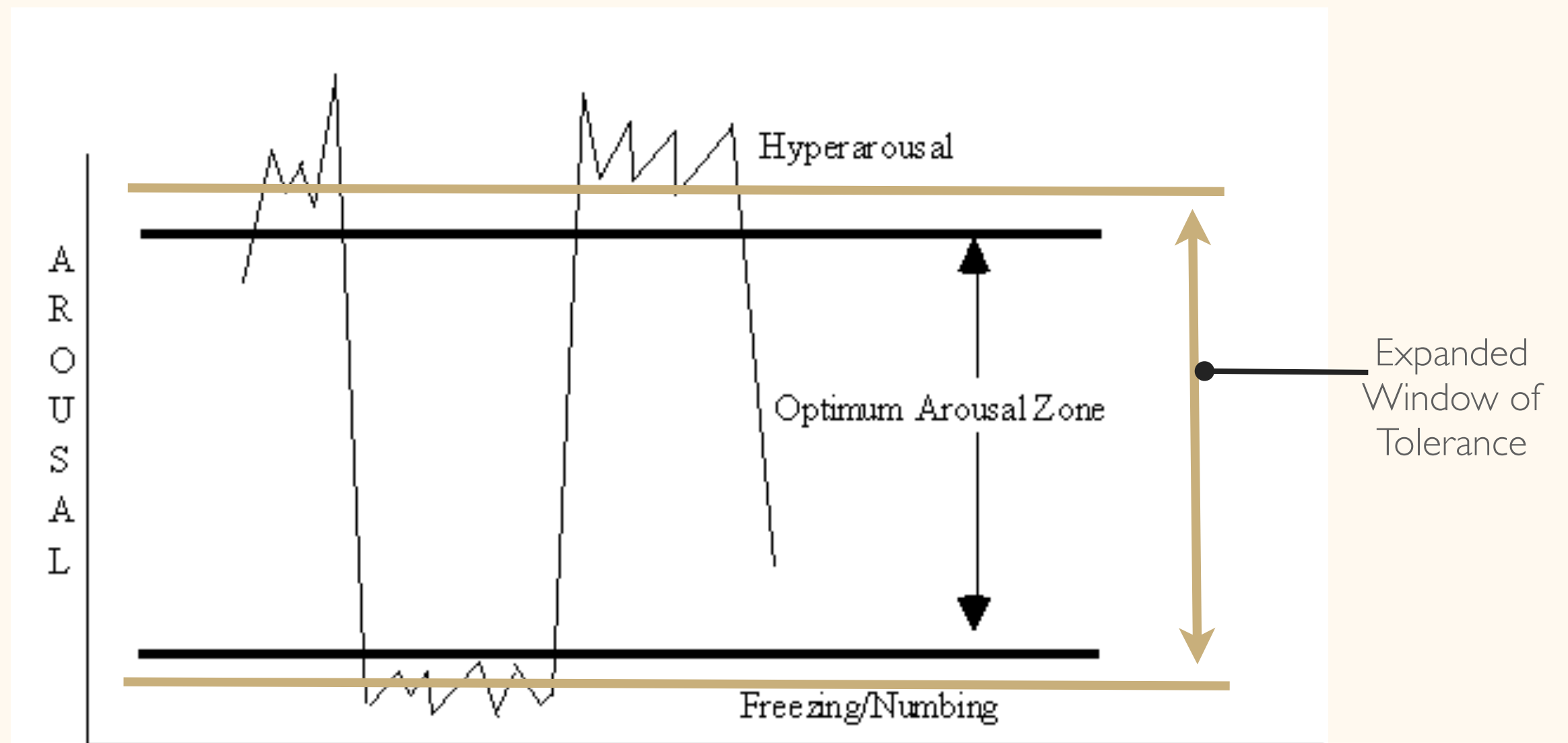
---



<http://www.futuristic-alternative-energy.com/energy-types.html>



# BUILDING TOLERANCE



<http://www.bipolarbarebook.com/tom-wootton-bipolar-order/>

# COMPETENCY: CENTER

---

- 🔥 sense (i.e. feel more) & **regulate** your internal state
- 🔥 organize yourself to allow the maximum amount of metabolic energy to move through you and dissipate (in other words... tolerate more sensation)
- 🔥 deliberately adjust your physiological & psychological reaction to pressure
- 🔥 includes centering in
  - 🔥 *body (all 3 dimensions)*
  - 🔥 *mood (what you care about)*
  - 🔥 *spirit (the mystery; “something larger”)*

# SOCIAL INTELLIGENCE

Interpersonal Neurobiology

# EMOTIONAL INTELLIGENCE

---



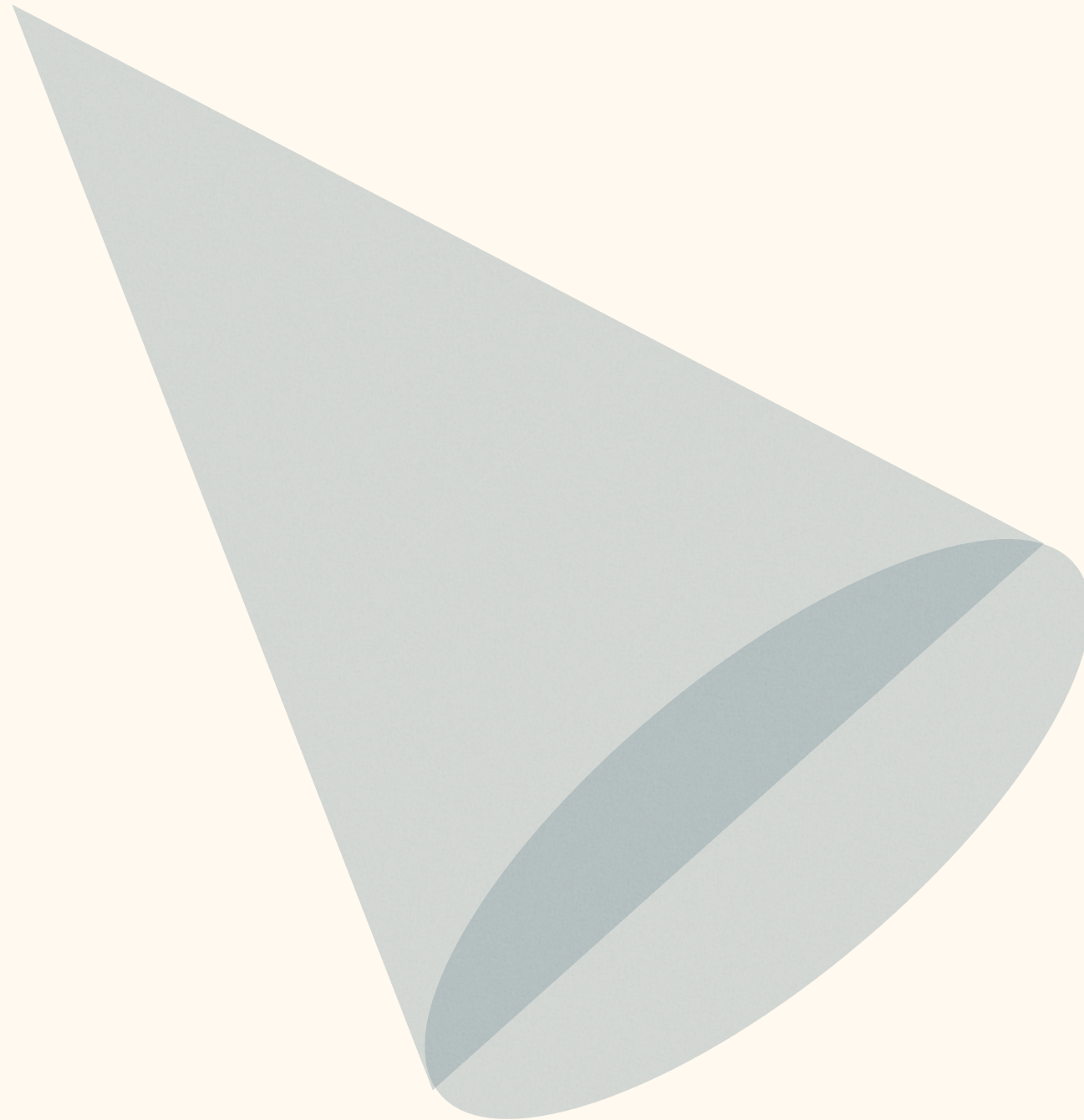
with credit to Goleman & others

# EMPATHY

Foundation of Compassion and Connection

# SPOTLIGHT OF ATTENTION

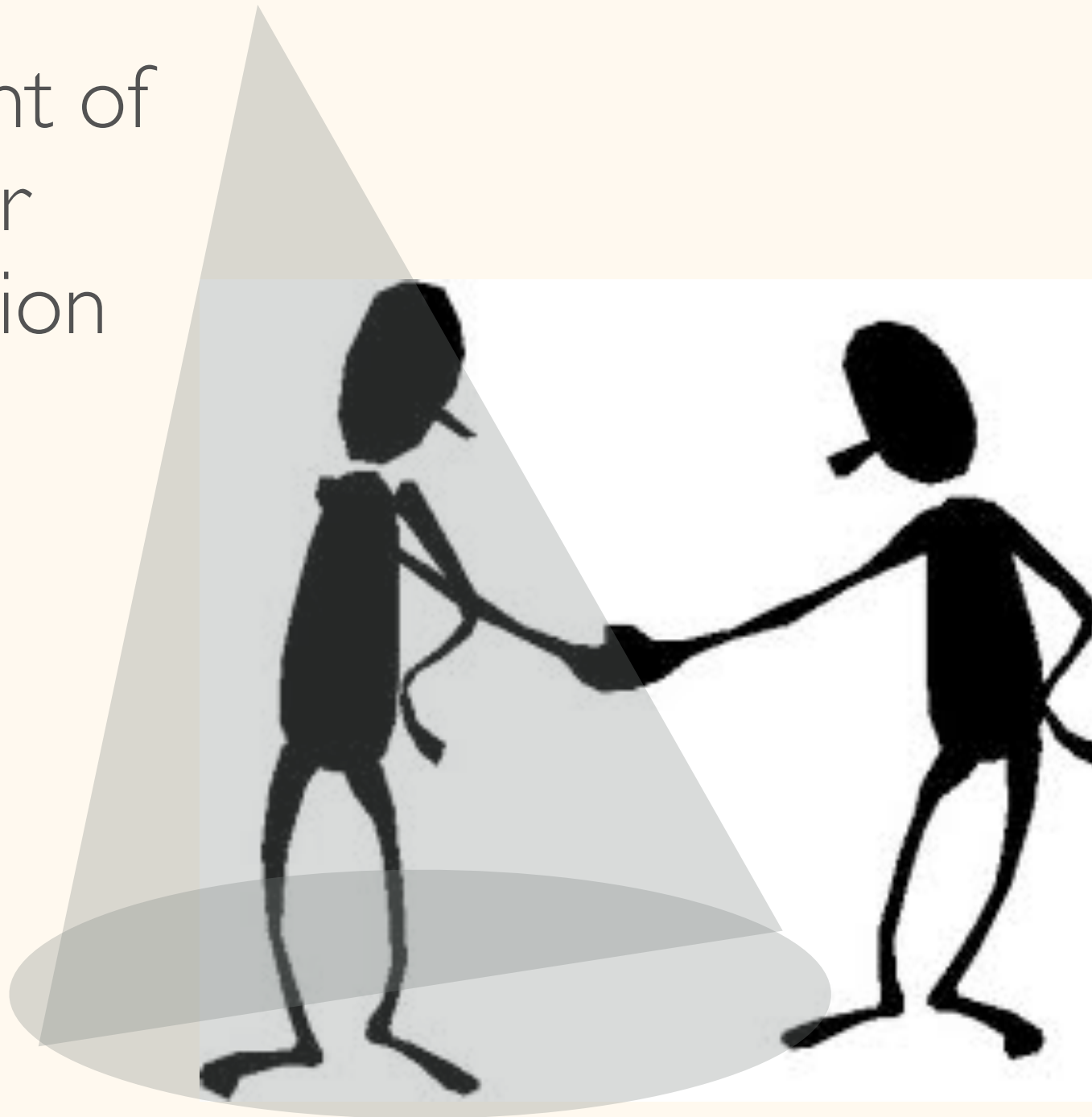
---



# SELF ABSORPTION

---

Spotlight of  
your  
attention



# WEAK BOUNDARIES

---

Spotlight of  
your  
attention

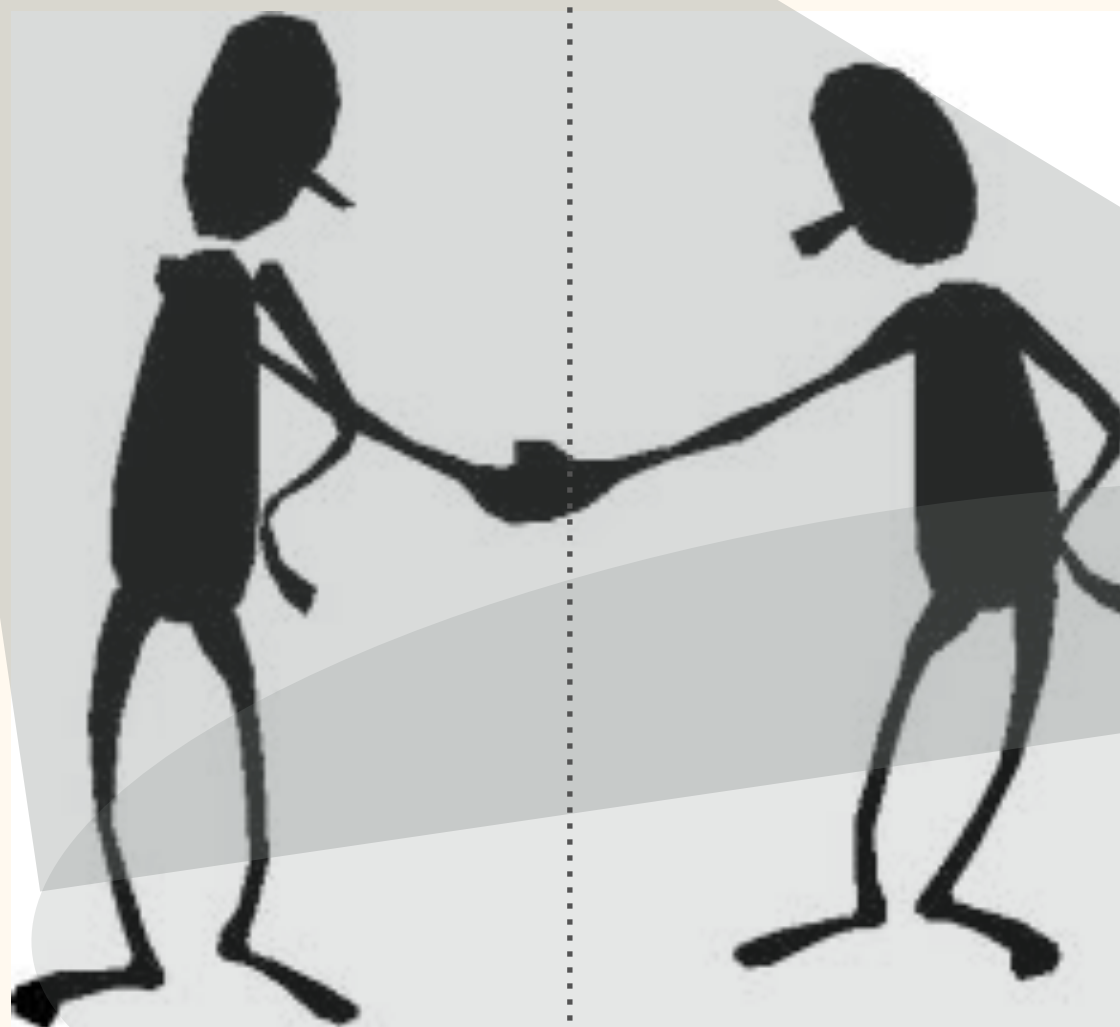




# PRESENCE

---

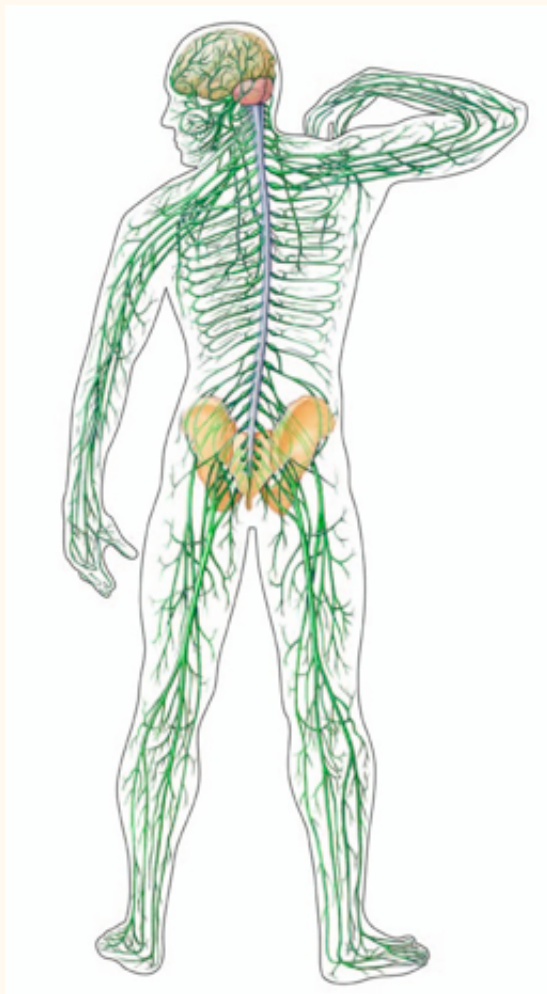
Spotlight of  
your  
attention



# MIRROR NEURONS + ESA

---

## Embodied Self Awareness



Mirror neurons help us *model* another's experience in our own bodies.

You can only interpret someone else's actions insofar as you have felt something similar yourself.

# PRESENCE

---

- 🔥 presence is a function of attention
- 🔥 presence = receptive attention on self and other simultaneously
- 🔥 present with self = embodied self awareness
- 🔥 present under pressure = centering
- 🔥 present with another = limbic resonance
- 🔥 presence = you are fully with another without abandoning yourself

NEXT: PRACTICE!!