

WHOLE-BRAIN RELATIONSHIPS

What you need to know to feel more *calm, confident* and
connected at work AND in your personal life

Meetup Schedule

MODULE I - "How we Work"

WEEK 1 – Mon – Introduction / Stress Response
Wed – Feelings and Emotions

WEEK 2 – Mon – Brain-Body Communications / What exactly IS emotional Regulation?
Wed – The Window of Tolerance

WEEK 3 – Mon – What does Emotional Regulation look like?
Wed – Right and Left hemisphere / Module summary

MODULE II - "How we get Stuck"

WEEK 4 – Mon – Conscious, Subconscious, Unconscious
Wed – Brain Efficiency

WEEK 5 – Mon – Brainwave Frequency | Feedback Loops
Wed – Pleasure and Pain

WEEK 6 – Mon – Pessimistic Bias | Neuroplasticity | Module summary

MODULE III - "6 Key Players"

Wed – The "Workroom" | The "Filter"

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WEEK 7 – Mon – [The “Conflict Manager”](#)

Wed – [The “Coordinator/Label-Maker”](#)

WEEK 8 – Mon – [“The Packing & Shipping Center”](#) | [The “Freeway to Calm”](#) |
[Module summary](#)

MODULE IV – [“How we move Forward”](#)

Wed – [Healthy Stress Response](#) | [Infant Stress Response and
Limiting Belief creation](#)

WEEK 9 – Mon – [Limiting Belief cycle and Adaptive behaviors I](#)

Wed – [Adaptive Behavior II](#) | [What’s Next?](#) | [Course wrap up](#)

*** this last class is the only 90 minute meetup where we there
will be 2 videos that total ~ 55 minutes