

# Masterclass 2016 Stress Mindset and Leadership

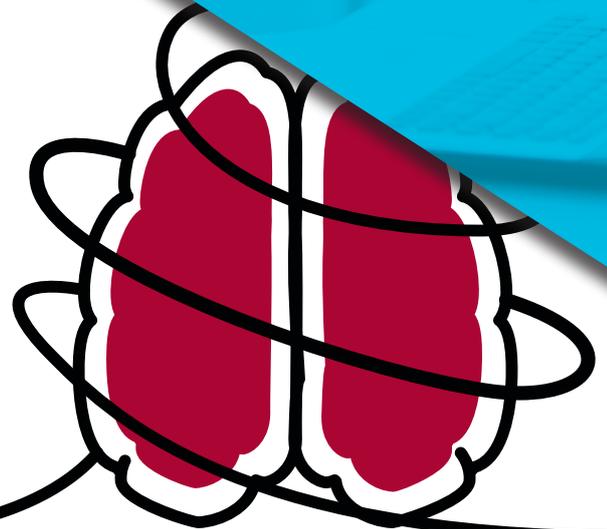
Presented By  
Neurosource Group,  
Monash Business School,  
MICCN.

Is your brain running out of steam? Workplace stress is now one of the highest costs for worker's compensation claims in Australia.

Mental stress may be a standard feature of our busy lives but it comes at a cost. Safe Work Australia estimates the loss of productivity and absence of workers due to stress in the workplace is costing Australian businesses more than \$10 billion per year or 3.2 days of lost work a year per employee. However, recent studies have reported that better management of workplace stress can improve productivity by a factor of 2:1!

**This one day masterclass brings to you a line up of academic and workplace professionals sharing cutting edge approaches to building a positive stress mindset and leading and supporting your team to do the same.**

This program will support you to rewire how you and your people respond to stress using what we know about our brain. Using the power of neuroplasticity you will be provided with tools and processes to see stress differently, change your beliefs about stress and use it as a positive motivator for progress, innovation and creativity.



## MASTERCLASS GIFT

The ticket price includes the MBS Brain Optimisation Program.

This 6 month program will assist you to re-wire your brain and to track those changes throughout the program. Through the use of online assessments (you can take the assessment as often as you like for 6 months) you are provided insight into your own brain's fitness. An overview and group debrief about the program is presented on the day of the session by psychologist Dr Terri Hunter.

This program is \$695 normally, but is a gift for all that register.

**When:** October 18, 2016

**Where:** Monash University  
Law Chambers,  
555 Lonsdale Street,  
Melbourne VIC 3000

**Cost:** \$695 (includes lunch, nibbles and drinks)

**To book tickets, click here:**  
<http://bit.ly/2bkdkQu>  
or Contact 1800 704 320  
[info@neurosourcegroup.com.au](mailto:info@neurosourcegroup.com.au)

8.00AM - 8.30AM

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## REGISTRATION

8.30AM - 9.00AM

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## MC WELCOME AND OVERVIEW

9.00AM - 10:00AM

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### THE SCIENCE OF MINDFULNESS

Mindfulness is being fully engaged and present in each moment of our lives. It includes a series of attention training exercises, applications and cognitive strategies that help us achieve this. A rapidly growing body of research shows that practising and applying mindfulness leads to improved wellbeing, better work performance and improved relationships.

This 60-minute workshop will introduce the science and practice of mindfulness. It will centre around how mindfulness helps us focus our attention and the benefits this has for participants' professional and personal lives, including:

- Stress reduction
- Mental health and resilience
- Better performance (unitasking and dealing with distractions)
- Intelligent use of technology
- Improving communication and empathy

The audience will gain a clear understanding of what mindfulness is, why it matters and learn a range of exercises and applications that they can immediately apply to benefit them in their personal and professional lives. The presentation covers the research and brain science behind the benefits of mindfulness.

10.00AM - 10.30AM

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## MORNING TEA

10.30AM - 11:30AM

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### THE BIOPSYCHOLOGY OF STRESS

In this 60-minute workshop the audience will learn about the biology of stress and how it influences our brain and body. The workshop will give an overview of the science of stress and how it can have both positive and negative effects on people's lives.

Participants will learn different strategies to better cope with stress and how they can implement these in their daily lives. Finally, the workshop will discuss a recent physical and mental training program developed at Monash University called the "Change your Life" program which aims to help people build a more stress resilient body and mind.

#### DR. RICHARD CHAMBERS



Dr Richard Chambers is a clinical psychologist and internationally recognised expert in mindfulness. He is helping a growing number of businesses, educational institutions and community organisations use mindfulness to enhance their wellbeing and performance. At Monash University, Richard is leading a university-wide mindfulness initiative.

He has been teaching and researching mindfulness for over 13 years and regularly provides lectures and workshops around Australia and internationally.

Richard helped develop Smiling Mind, a free mindfulness app with 1 million downloads, and the popular Mindfulness for Wellbeing & Sustainable Performance free online course. He has published two books, Mindful Learning and Mindful Relationships, a number of journal articles and regularly features in mainstream media. He is also actively involved in research studies at a number of universities around Australia.

#### DR. PASCAL MOLENBERGHS



Dr Pascal Molenberghs has a Master in Psychology and PhD in Medical Sciences from the University of Leuven (Belgium). He previously worked as a neuroscience researcher at the University of Queensland and currently is a Senior Lecturer at the Monash Institute of Cognitive and Clinical Neurosciences (MICCN). Dr Molenberghs is supported by a Heart Foundation Future Leader Fellowship and is the founder and president of the Australasian Society for Social and Affective Neuroscience.

He has been investigating the social and affective brain for more than a decade and his current work focuses on how stress influences our body and mind. His work has appeared in leading international Neuroscience and Management journals and been featured widely in the media including: Time Magazine, The Age, Sunrise, ABC and SBS news and New York Magazine. He loves sharing his scientific knowledge with the wider community which earned him the 2015 Young Tall Poppy Science Award.

11.30AM - 12:30PM

## THE DISTRACTION EPIDEMIC: BECOMING THE CEO OF YOUR ATTENTION

We live in a world typified by the battle between distraction and attention. Constant invitations to be distracted have led to increasing levels of cognitive load in today's work environment. This is occurring at a time where change is constant, the world of work is becoming more complex and we are being required to do more with less.

Against this backdrop we are seeing increasing rates of stress in our workforce with a corresponding negative impact on our capacity to be creative, problem-solve, make decisions, learn new things and productivity. To effectively manage hyper-stimulation, we need to learn to be the gatekeepers of our attention, to use that attention intentionally and wisely to guard against a constant state of feeling 'brain fried' in order to thrive and survive. This workshop will equip you with practical strategies to build your 'attentional intelligence', reduce cognitive load and to become the CEO of your own attention.

LINDA  
RAY



Linda Ray is a thought leader, speaker, entrepreneur and scientist of her own experience. She is a co-founder and director of Neuresource Group, a venture that is changing the way leaders lead and businesses operate in an era of the 'neuro-revolution'. She believes in challenging the disconnect between what science shows and business does.

Linda's interest in neuroscience and links with leadership inspired Linda to develop Australia's only nationally accredited Diploma of Neuroscience of Leadership which has been delivered to students across the globe. Given her growing reputation as a thought leader Linda has been interviewed for feature stories in Australian Financial Review, The Australian, the Sydney Morning Herald, in the Black Magazine, HR Magazine and a number of regional papers.

Linda has presented key notes and workshops at International and Australian conferences on topics relating to practical application of neuroscience to leadership and business practices. Linda is credited with the development of the term 'attentional intelligence' which is aligned with emotional and social intelligence.

12.30PM - 1.30PM

## LUNCH TIME

1.30PM - 2:30PM

## MBS TOOL AND 1/2/4 MODEL

More than 90% of our decisions, motivations and reactions are influenced by automatic, non-conscious processes. Understanding what drives your behaviour, and leveraging this to optimise your brain's strengths and minimise its limitations is key to enhancing your performance, relationships and health.

In this 60 minute session, participants will understand the 1-2-4 model of brain functioning as well as the underlying, non-conscious, social motivating drivers of their behaviour. They will receive a personalised brain profile of the 17 key brain capacities including attention memory, processing speed, emotion bias, stress, and resilience. From this, they will have access to a targeted brain training program to optimise and maximise their own individual brain's potential to facilitate real and measurable change.

DR. TERRI  
HUNTER



Terri is an organisational psychologist with a strong consulting background gained as a Consultant and Managing Consultant. Her PhD focus, and still current interest, lies in enhancing individual and team development. She brings brain based techniques to help people improve the way they interact at work. Terri has lectured at various universities in Scotland, Australia and South Africa including, the Universities of Glasgow, Strathclyde, Edinburgh, Wollongong, ACU and Witwatersrand. Terri has also published a book; Strategic Alignment with Dr Norman Chorn as well as being a keynote speaker at international conferences.

She has a PhD (Organisational Psychology) from the University of Strathclyde where she won a scholarship to undertake her studies. She also holds an MA (Psychology Hons) from the University of Glasgow where she was awarded the Alistair Weir prize for best academic performance. She has a postgraduate certificate in the Neuroscience of Leadership and is currently continuing study in this area as well as board certification in Neurofeedback techniques.

2.30PM - 3:30PM

## LEADING IN COMPLEX TIMES: CREATING THRIVING AND RESILIENT ORGANISATIONS

Managing your people's energy and motivation is a challenge for every leader in the stressful, fast-paced world of work. Whether an unexpected event in your operating environment, an assault by a competitor, or a decrease in your expected revenue or budget, you and your people are continually asked to embrace change and not only maintain performance, but improve it.

While there are many leaders and organisations that spiral downward under pressure, a select group of others not only survive, but thrive.

What differentiates leaders who are able to rise to the challenge? Drawing from evidence-based empirical research, we will explore what leaders can do for themselves and others to thrive through difficult times. Weaving together theory and practice, this interactive workshop will equip you with a range of concrete actions and recommendations that you can implement immediately upon returning to work.

### PROFESSOR ANNE LOUISE LYTLE



Professor Anne Louise Lytle received her Bachelor of Science Degree from Cornell University in the field of Neurobiology and Behaviour, and both her MS and PhD in Organisational Behaviour from the Kellogg Graduate School of Management, Northwestern University.

Professor Lytle has taught, presented, and consulted in organisations and universities across the globe. She has been a faculty member at the Hong Kong University of Science and Technology and the Australian Graduate School of Management and an adjunct faculty at the Ross School of Business at the University of Michigan and the Melbourne Business School at the University of Melbourne. For more than a decade, she was the Director of Lytle and Associates Pty Ltd, which provided consulting and training to public, private and non-profit organisations specialising in negotiation, conflict management, emotional intelligence, leadership and managing people for high performance. She has published in top academic journals, is an active member of the Academy of Management and is a board member and Past-President of the International Association for Conflict Management.

Anne has recently taken on the role of Professor and Director of Leadership, where as part of the senior leadership team, she will work to build the new Monash Business School at Monash University.

3.30PM - 4:00PM

## SUMMARY AND WRAP UP

4.00PM - 5:30PM

## DRINKS, CANAPES AND NETWORKING

