

Leadership & Management Brain Audit

(** See Action Steps 1 & 2 below **)

What do you need to learn to impact your desired performance results?	High	Med	Low	Top3
<p>Group 1: <u>Your Brain and What It Can Do For You as a Leader or Manager</u></p> <ol style="list-style-type: none"> 1. My brain determines how I lead & manage – learn how my brain works; make better choices? 2. My brain shapes my life as a leader or manager – learn what brain systems I’m working with? 3. Build my working strengths – learn what aspects of my brain’s performance I can influence? 4. Make more informed leadership/management decisions – learn what’s important in my brain? 				
<p>Group 2: <u>(Lifelong) Brain Development and How To Facilitate Yours/Theirs</u></p> <ol style="list-style-type: none"> 5. A good beginning can provide lifelong opportunities – learn about pre-birth & baby brains? 6. Young brains benefit from hanging out with adults – learn why, & how childhood brains work? 7. Adolescent brains need boundaries & feedback – learn about leading/managing teen brains? 8. All of our brains are aging – learn about my/their risks and how I can best manage them? 9. Many of us have, or will have, brain health conditions (AD/HD, Autism, Addiction, Allergies, Anxiety, Depression, Asthma, Asperger’s, Dyslexia, Alzheimer’s and other forms of Dementia, Brain Injuries, more ...) – learn what we know and how it can help me (and those around me?) 				
<p>Group 3: <u>Increase/Enhance Your Capacity to Lead and Manage</u></p> <ol style="list-style-type: none"> 10. Change can be good for my/their brain health and work/life – learn to take charge of change? 11. Everything I/we/they eat and drink impacts brain development, wellbeing and workplace performance – learn to make the best choices to help us all produce better results? 12. Sleep is the most important driver of long term brain health – learn to manage mine/ours? 13. Physical exercise can nourish the brain, improve its workplace performance, and help us to accelerate the growth of new brain cells – learn what’s useful and how to manage mine/ours? 14. The brain is naturally social – learn to lead/manage workplace and other social interactions? 15. Our (physical, mental, emotional, and spiritual) environment will support or undermine brain performance – learn what works best for leader/manager/team/workplace brains and why? 16. The brain & time can be a thriving partnership or a frustrating challenge – learn to win-win? 17. I know there are differences between my brain and its gender opposite – learn how and why? 18. Longevity Plans and managing Biological Ages – learn to lead/manage a younger work force? 				
<p>Group 4: <u>Put More of the Capacity You’re Already Paying For to Work For You</u></p> <ol style="list-style-type: none"> 19. Their brains naturally work visually – learn to get more done, in less time, with better results? 20. Their brains can read, learn and manage knowledge faster and better – would this be useful? 21. Their brains can analyze/study more effectively – would this lead to better workplace results? 22. Their brains can apply training/learning and understanding more effectively – learn how? 23. Their brains can produce more effective written & verbal reports, summaries, letters, speeches, presentations, and other communications materials faster & better – useful now? 24. Our recall enables our present; our memories help us to shape our future – would using more of our natural memory & recall capacity help us to produce better workplace results? 25. Creativity and innovation drive our future – should we take charge of building more of ours? 26. Our brains look after our thinking, intuition, attitudes, beliefs, perception, concentration and decision-making – would learning/applying how these work lead to better workplace results? 				
<p>Group 5: <u>Manage Your Brain To Do Its Best Work For You & Those Around You</u></p> <ol style="list-style-type: none"> 27. Our brains drive achievement of our workplace goals – learn how to engage/guide our brains? 28. Our states are the keys to our capacity – learn what states work best for us and our brains? 29. Our brains can feed on, or be consumed by, stress – learn to put that stress to work for us? 30. Music can help tune, feed, prime, exercise, and manage our brains – learn to do it better? 31. The most important thing I do each day is to take great care of my brain – would it be useful to learn how to exercise our brains using neurobics, Brain Gym, and other methods and tools? 32. My brain is intelligent in various ways – would it be useful to learn to put my/our Emotional Intelligence (Self-Awareness, Self-Regulation, Motivation, Empathy, Social Skills, Self-Confidence, Self-Esteem, relating to myself and to others) to work as a leader or manager? 33. Leading, managing and coaching with the brain in mind can help us to produce better workplace results when we work with, and through, others – would this be useful? 34. Training and learning with the brain in mind will help me/us to learn faster & better, and to increase my/our return on investment through better results sooner – would this be useful? 35. Living, learning & working with the brain in mind will change my life – learn now? Or later? 				

Action Steps: 1. For each Topic above, indicate the impact on improving your performance as **High, Medium** or **Low**.
 2. Then, in the ‘**Top3**’ column, **identify the three Topics** that would have the greatest impact on your performance.