

How Your Brain Sabotages You and How To Build Mental Fitness For The Most Challenging of Times

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Summary

The Oil and Gas Industry is going through challenging times that require leaders to be thinking and behaving differently. Add onto that, experienced leaders know that 90% of training results fizzle out and only 20% of teams and individuals achieve their true potential at the best of times. In our world of increasing volatility, uncertainty, complexity, ambiguity and accelerated change, understanding how to get the best out of yourself and others around you and creating “sticky” transformational change is a critical skill.

How are you and your team managing through these lofty times, cultivating clear headed focus, psychological safety and innovative ideas while navigating environmental and transformational changes in the throws of a pandemic?

In this presentation you will learn how your mental fitness (PQ) is the X-Factor in performance and happiness. If you're physically fit you can climb steep hills without physical stress. When you have strong mental fitness you'll feel happier, perform better and be able to effectively work through life's challenges and transformational changes feeling innovative, positive, more fulfilled and with a lot less stress along the way.

Background

Positive Intelligence is the science and practice of developing mastery over your own mind so you can reach your full potential, manage uncertainty and cultivate happiness and success with much less stress along the way.

The Positive Intelligence (PQ) model provides a solid basis for defining, measuring, and improving your awareness of your own performance and happiness. This model helps solve the mystery of why so many smart people still fail to be successful, why change efforts are so hard, why “successful” people still feel unhappy and why organizational cultural engagements don't stick.

Theory / Method / Workflow

Positive Intelligence/Mental Fitness Definition:

Your capacity to respond to life's challenges with a positive rather than negative mindset.

Measuring Mental Fitness:

- Mental fitness is a measure of the strength of your positive mental muscles (Sage) versus the negative mental muscles (Saboteur).
- This measure of your Mental Fitness is called PQ (Positive Intelligence Quotient).
- Research with 500,000 participants has shown PQ to be the best predictor of how happy you are and how well you perform relative to your potential.



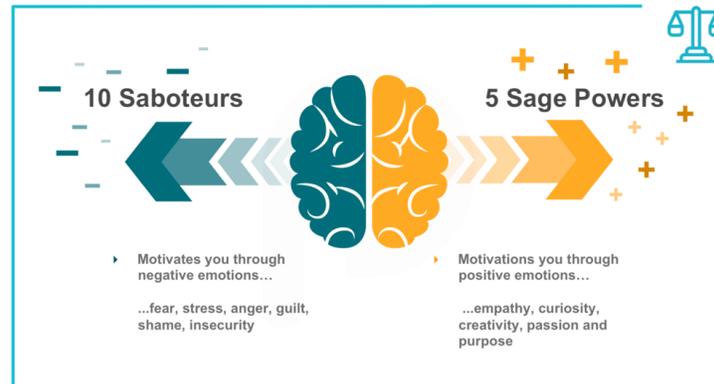
Research Foundation:

This work is a synthesis of the latest breakthroughs in neuroscience, cognitive and positive psychology, and performance science. The research is the basis of Shirzad Chamine's New York Times bestselling book Positive Intelligence, and Stanford lectures.

How You Self Sabotage

A key to Mental Fitness is to weaken the internal Saboteurs who generate all of your "negativity" in the way they respond to challenges. Your saboteurs cause all your stress, anxiety, self-doubt, frustration, regret, shame, guilt, and unhappiness. Saboteurs include the Judge, Controller, Avoider, Victim, Stickler, People Pleaser, Hypervigilant, Hyperachiever, Hyperrational, and Restless. These saboteurs are a cast of characters with their own mind chatter living in your head. Your Saboteurs live in the LEFT SIDE of your brain.

Your “Sage” lives in an ENTIRELY DIFFERENT region of your brain and handles challenges in ways that produce positive emotions like curiosity, empathy, creativity, calm, and clear-headed laser-focused action.



How You Build Your Mental Fitness

Neuroscience research finds that 80% of people score below the minimum level of mental fitness required for peak performance and happiness. With recent breakthroughs in neuroscience, cognitive therapy, psychology and technology, you can improve your mental fitness significantly within 8 weeks of practice and see SUSTAINED STICKY RESULTS through increased neural pathways in MRI imaging as well you can feel the results viscerally and mentally.

Traditional programs focus on BEHAVIORS instead of treating the REAL SOURCE. This would be like attempting to WATER THE LEAVES but ignoring THE ROOTS.

Lasting, positive change requires 20% insight and 80% muscle building. In order to build mental fitness it involves taking yourself to the “Mental Gym” and strengthening three core muscles:

1. Saboteur Interceptor muscle
2. Sage muscle
3. Self Command muscle

Strengthening these muscles in your brain is similar to going to the gym and exercising. If you don't exercise your body's muscles will atrophy. If you don't work out your right brained, Sage muscle it will atrophy and this can be seen through negative thought patterns and behaviors.



The image below illustrates how the left brained saboteurs naturally keep negative thoughts alive - despite being unhelpful, uncomfortable and unpleasant. The tendency is that your saboteurs enjoy keeping your hand on the hot stove. This results in a negative feedback loop in your brain.



Taking your brain to the PQ gym requires you to identify when you're in a negative state, label it and redirect your mind through using PQ reps to strengthen your Sage brain.

A PQ rep is 10 seconds or 3 full breaths of doing any of the following AND to rewire your brain you will need to do 36 PQ reps a day for maximum benefit. Similar to getting a quotient of physical exercise per week, your brain needs to be re-charged and mental muscles need to be lifted.

Listen to the sounds furthest away
Listen to the sounds closest
Place your hand on your heart
Wiggle your toes and feel all of them
Pay attention to your breath

The practice isn't hard. Going to the gym isn't hard. The question is what is getting in your way to get you there and to take your hand off of the hot stove?

By having a Positive Intelligent practice you will strengthen your right brain and create LASTING change - even during the most challenging of times.



References

Shirzad Chamine (2012). Positive Intelligence; Why Only 20% of Teams and Individuals Achieve Their True Potential and How You Can Achieve Yours. Gildan Media, LL