

Coaching and the Brain

Personal Performance Plan for:



Activity: Example – start of work day routine. Opening email immediately.					
Awareness		Brain Area Involved	Hormone Involved	Feeling	Strategies to Address
Number of activities? (How crowded is the stage?)	3 important to-do items on my mind	Pre-Frontal Cortex	Cortisol	Overwhelm	Example: Deal with Email after important project work
How is my focus? (best time of day)					
What is distracting me? (thoughts, environment, habits)					
Self-talk/Mood (What am I hearing?) (What is my mood?)					
Do I feel safe/secure? (In this situation?) (With this person/group?)					
Expectations (What are my expectations of this event?) (What are my expectations of this person?)					

Remember: Performance is affected when the Pre-frontal Cortex is either over-aroused or under-aroused.