



Enabling Peak States for Effective Communication

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Agenda

- **Research – How do humans communicate – 10 minutes**

- **What causes ineffective communication – 5 minutes**

- **Being in a peak state and deliver effective communication – 30 minutes**
 - How our brain works when we communicate effectively.
 - Triggering peak states in our brain for effective communication.
 - Engineering effective communication.

The biology behind ineffective communication

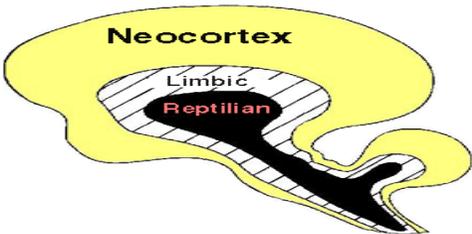
Lack of confidence (or under situation of stress), We operate from our Reptilian Brain making us only as resourceful (or rather un-resourceful) as a reptile
 This leads us to either flight or fight (be submissive /nervous or aggressive)



The biology behind effective Communication

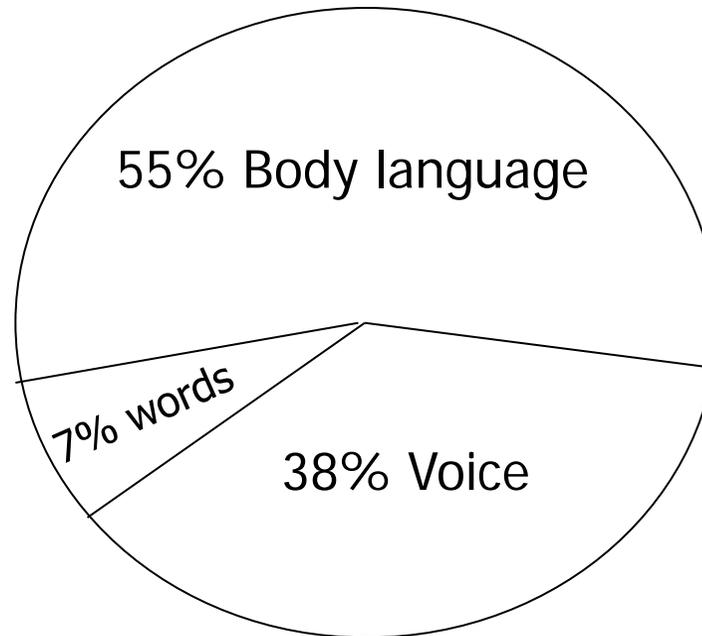
Optimal outcomes from communication is achieved when we operate from our most resourceful state using our logical brain (Neo Cortex) allowing us to be highly resourceful

This leads us to having a favorable impact, achieve optimal results and build our personal brand equities



How do we communicate

The Mehrabian Circle



Be Congruent.

Ingredients of Peak States



3

1

Physiology

2

Focus

3

Language

three



Thank You...

Would love to remain connected with you

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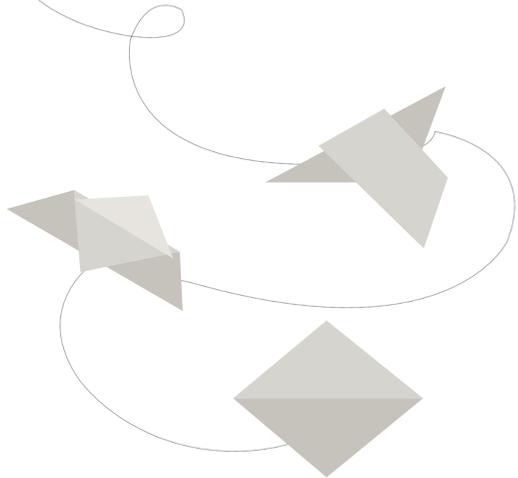
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