SPOKY AGENDA

• Is Your Brain working overtime?
• Why Do You Take on Too Much?
• Why Is It Important to Change?
• What Changes Can You Make Now?
Is Your Brain OVERLOADED?

DO YOU FEEL –
✓ LIKE YOU ARE PART OF THE RAT-RACE?
✓ LIKE YOU ARE RUNNING IN PLACE OR SPINNING YOUR WHEELS?
✓ ALWAYS TIRED?
✓ UNFOCUSED?
✓ READY TO EXPLODE?
✓ LIKE WORK OR LIFE IS A GRIND?
✓ SOMETIMES YOU CAN’T TAKE ON ONE MORE THING?
2018 Gallop poll finds 67% of employees feel burned out.

23% feel that way "very often" or "always."
Burnout costs U.S. business $150 - $350 billion per year in the form of:

- Turnover
- Absenteeism
- Missed Deadlines
- Project Delays
- Lost Productivity
- Termination stemming from drugs or alcohol
Information overload refers to the notion that we’re trying to take in more than the brain can handle.

~Daniel Levitin, Neuroscientist
SCARY QUESTION -

If it's bad for us, why do we overload our brains?
SUCCESS!

VALUES
HONESTY
INTEGRITY
FAITH
GOOD

INTERNAL WIRING
ENERGY
ATTITUDE
SOCIAL INDEPENDENCE
INTERNAL WIRING
TRIPLE WHAMMY!

- LEARNING PACE
- ENERGY
- ACCOMMODATION
LEARNING PACE
# Learning Pace

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**Scores of 1-5**
- Enjoys routine
- Straight talk
- Likes concrete examples
- Likes time to absorb

**Scores of 6-10**
- Processes quickly
- Understands abstract
- Learn new jobs at a fast pace
- Can communicate complex ideas
ENERGY

1 2 3 4 5 6 7 8 9 10

SCORDES OF 1-5
- Patient, calm
- Good finisher
- Focused
- Moves at group speed
- Laid back
- Good with processes

SCORDES OF 6-10
- Better at starting
- Hard work is natural
- Can multi-task
- Risk taker
- Sense of urgency
- Restless, adventure-prone
ACCOMMODATION

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

SCORES OF 1-5
- Sticks to their guns
- Can be firm
- Comfortable being disagreeable
- More motivated to reach their own goals than group goals
- May appear stubborn

SCORES OF 6-10
- Friendly, Cooperative
- Slow to anger
- Helpful, likeable
- Eager to please
- Agreeable
- TEAM mentality
- Desire to provide help to others
WHY CHANGE?

BRAIN OVERLOAD CAUSES –
- STRESS
- HEADACHES
- FEELING RUNDOWN
- SLEEP ISSUES
- ANXIETY
- BREATHING ISSUES
- DIGESTIVE PROBLEMS
HERE’S WHAT YOU CAN DO STARTING TODAY!

WRITE DOWN THE FIVE ESSENTIAL PRACTICES FOR ORGANIZING YOUR BUSY MIND
5 WAYS TO ORGANIZE YOUR BUSY MIND TODAY!

- USE YOUR ENVIRONMENT
- WRITE/JOURNAL
- PRIORITIZE
- CLEAR YOUR MIND
- FOCUS
“IF YOU ARE GOING TO ACHIEVE EXCELLENCE IN BIG THINGS, YOU DEVELOP THE HABIT IN LITTLE MATTERS. EXCELLENCE IS NOT AN EXCEPTION, IT IS A PREVAILING ATTITUDE.”

~ COLIN POWELL
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I help leaders and teams understand their values and internal wiring to become more effective.