



WEBSITE: LEADERSHIPWORX.ORG.NZ

EMAIL:

KARYN.WOODHOUSE@LEADERSHIPWORX.ORG.NZ

PHONE: 021 437 803

ENGAGE
MORE CONTROL | LESS IMPULSE

Raising Resilient Kids

Hamilton
May 2018

Presented by: **Kathryn Berkett**
MEdPsych
Neurosequential Model of Therapeutics Practitioner

WHAT IS RESILIENCE?

The ability to 'bounce back' from difficulties

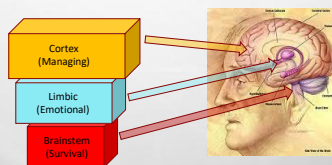


EMOTIONAL RESILIENCE

• 'Bounce back' = return to state of emotional control



INTRODUCING THE BRAIN



THE ROLE OF THE MANAGING BRAIN



Over-ride Impulsive / Irrational Behaviour



ACTIVATING STRESS RESPONSE



It happens to all of us...

ENGAGE
MORE CONTROL. LESS IMPULSE.

Activating the Stress Response

STRESSOR

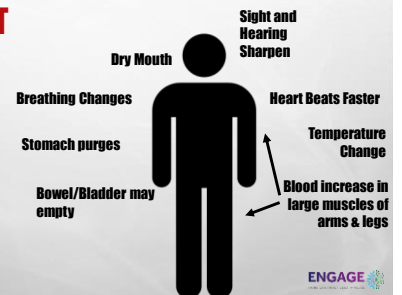


....increased chance going to **DIE**

THIS REQUIRES A SHIFT IN ENERGY

- Activates the fight / flight system
- Lower brain controls '**survival**' – so energy required there
- Upper brain controls '**executive functions**' – energy is taken from there

FIGHT / FLIGHT RESPONSE



ENGAGE
MORE CONTROL. LESS IMPULSE.

Marathon Runner



Sprinter

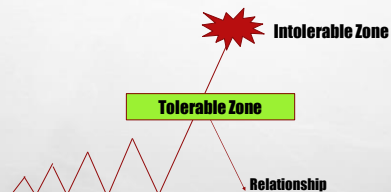


ENGAGE
MORE CONTROL. LESS IMPULSE.

Intolerable Zone

Tolerable Zone

Relationship



ENGAGE
MORE CONTROL. LESS IMPULSE.

LOWER BRAIN HAPPY

=

UPPER BRAIN ENGAGED



How to Keep The Survival Brain Calm...

S ome	S ee me....
B oys	Show me I B elong....
H ate	Tell me what is H appening
C arrots	Give me some C ontrol



The same neural responses that drive us toward food or away from predators are triggered by our perception of the way we are treated by other people



kathryn@engagetraining.co.nz

www.engagetraining.co.nz

www.facebook.com/EngageKB

