



EXECUTIVE FORUM

2009/2010 Leadership Series®



Advance Intelligence

Great Minds Are
Gathering... Bring Yours

• • •

Program Location

Donald R. Seawell Grand Ballroom
at The Denver Center for the
Performing Arts

14th & Arapahoe, Denver, CO 80204

• • •

www.executiveforum.net • 303-796-0444

Leadership Renewal Day

Jumpstart Your Brain and Body

January 20, 2010

Evolve Your Brain - The Science of Changing Your Mind

Joe Dispenza — 9:00 a.m. – 12:00

Why is it that people persist in the same behaviors while saying they want to change? What stops us from making new positive behaviors into habits? Joe Dispenza has been studying the human brain to figure out how we learn new behaviors and how our thoughts create chemical reactions that keep us addicted to thought patterns even when they make us unhappy. During the last 10 years, in more than 17 different countries, and on six continents, Dispenza has taught listeners about the role and function of the human brain. He has helped thousands of people re-program their thinking through scientifically proven neuro-physiological principles. Armed with the knowledge of how we have created our habits, we can take the next step to change those habits and reach our own personal goals.



Joe Dispenza is the author of the book *Evolve Your Brain – The Science of Changing Your Mind*. Dr. Joe's background in biochemistry from Rutgers University, and a Bachelor of Science focusing on Neuroscience from Evergreen State College offer the foundation

for his approach to thinking in new ways, as well as changing beliefs, to literally rewire one's brain. Dr. Dispenza was featured in the smash hit docu-drama *What the Bleep Do We Know?!* and *What the Bleep – Down the Rabbit Hole*. An engaging and knowledgeable presenter, he received a standing ovation at a recent conference of 700 participants.

LEADERSHIP COMPETENCIES

Gain skills and enhance the following capabilities:

PEOPLE LEADERSHIP

- Personal Learning: Picks up on the need to change personal, interpersonal, and managerial behavior quickly. Seeks feedback. Watches others for their reactions to his/her attempts to influence and perform, and adjusts.

ALIGNING THE ORGANIZATION

- Adding Skills and Capabilities: Makes learning new skills and capabilities a high priority. Eagerly learns new skills and capabilities to improve for the future.

PROBLEM SOLVING ORIENTATION

- Learning on the Fly: Open to change. Experiments and will try new things to find solutions. A relentless and versatile learner. Analyzes both successes and failures for clues to improvement.

Leadership Competencies are adapted from: Lombardo, Michael, and Eichinger, Robert. *For Your Improvement: A development and coaching guide for: learners, supervisors, managers, mentors, and feedback givers*. Minneapolis: Lominger Limited, Inc, 2000.