



CFA Workshop

NeuroIntelligent Leadership: What neuroscience teaches us about how to lead ourselves and our team

Speaker: Dr. Karolien Notebeart

Friday, 19 January 2024 | 9h00 – ca. 16h00

Agenda

09:00 am – 09:30 am: Welcoming and introduction into the ping-pong riddle

09:30 am – 10:00 am: Information processing in the brain

- Spontaneous activation patterns in the brain as personal filter
- What you see is who you are

10:00 am – 10:45 am: Self-regulation as an essential leadership quality

- Performance in the brain re-defined
- Self-regulation as essential quality to unlock our leadership potential

10:45 am – 11:00 am: Morning Break

11:00 am – 12:15 pm: Unlocking our leadership potential

- Introduction into non-cognitive and cognitive self-regulation as a key to success
- From theory to practice: self-regulation as leadership quality

12:15 pm – 01:15 pm: Networking Lunch

01:15 pm – 01:45 pm: Measuring the effects of self-regulation with biofeedback

- From theory to measurable impact of non-cognitive self-regulation
- Introduction and practice of biofeedback to unlock our potential



01:45 pm – 02:45 pm: Building emotional intelligence for more effective leadership

- Strengthening emotional intelligence by understanding personality in the brain
- Personality as key factor in our daily decision making

02:45 pm – 03:00 pm: Afternoon Break

03:00 pm – 03:45 pm: Case study and group discussion

- Case study and discussion: Effective leadership through applied emotional intelligence

03:45 pm – 04:00 pm: Final reflections and closing