

Leadership Masterclass

The Neuroscience of Leading Lasting Change

A Masterclass with Dr Sarah McKay

We live and work in a world of constant change, innovation, improvement, technological breakthrough and new ways of living and working. But changing people remains difficult. As humans, we desire stability and security. Why is this? And how do we as leaders initiate and support lasting change in the face of resistance?

Considering change from the perspective of the human brain gives us a unique and evidence-based insight into why people resist. In this Masterclass, Dr Sarah McKay will discuss how evidence-based brain research can help leaders understand the “struggle” against change.

Using conversational language Sarah will teach you an intuitive tool for understanding the complexity of the nervous system and the myriad biological, social, environmental and psychological factors that influence the brain. You'll explore the neurobiology of habits, attention, motivation and behaviour change. And you'll learn a six-step framework to tap into the adult brain's capacity for plasticity and transformation. Sarah will also discuss how to avoid “neurospaining” while at the same time using the “seductive allure” of neuroscience to convince, inspire and drive transformation.

You Will Learn

- How to use the “seductive allure of neuroscience” as a tool for change
- Three brain-based frameworks for understanding the human mind and driving positive transformation
- The Bottom-Up Outside-In Top-Down Brain
- The Will and The Way — neurobiology of habits, learning and motivation
- REFIRE to rewire — tapping into the brain's desire for change.

Who Should Attend

Essential for those in organisations who are leading change and encouraging others to embrace the constancy and pace of change in our contemporary context.

Thriving in constant change is possible. This Leadership Masterclass is an unmissable event for:

- Business leaders; MDs, CEOs
- Department heads; Marketing Managers, People & Culture Managers, Sales Managers, Team Leaders
- Participants of high potential programs

For the best results and the greatest impact, bring your team!

“Yes, I err on the side of science, but with doses of warmth, humility and humour.”

Dr Sarah McKay

Contact us

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About Sarah

Neuroscientist, Brain Health Commentator, Author, TV presenter & Speaker

Sarah is an increasingly influential neuroscientist, brain health commentator, author and TV presenter who specialises in translating brain science research into simple, actionable strategies for peak performance, creativity, mental health and wellbeing.

She is the author of *The Women's Brain Book* – the neurobiology of health, hormones and happiness, Director of The Neuroscience Academy, which offers professional development training in Applied Neuroscience and Brain Health, and presents ABC Catalyst. In 2015, she gave a TEDx talk on how indulging in an afternoon nap can improve memory, emotional regulation and tap into creativity!

Sarah is a proud kiwi who completed her Masters and PhD in Neuroscience at Oxford University. She sums her PhD thesis up in few words: 'Nature, Nurture or Neuroplasticity?' After five years of postdoctoral research into brain plasticity in Sydney, Australia, Sarah hung up her lab coat and now runs Think Brain, a science communications and education business.

Sarah combines a wry sense of humour with an uncompromising mind and a natural ability at making the complex simple and practical. Whether she is writing, speaking or teaching, she tells impeccably researched evidence-based stories in a simple, fun and compelling way.

Cancellation Policy

We understand situations can change and hope they don't affect your ability to attend the program. If the intended participant is unable to attend, a substitute from the same organisation may attend in their place at no additional charge.

About Sarre ODL

Our purpose is to facilitate the growth and development of extraordinary leaders, teams and organisations. As trusted advisers we support clients to thrive through bringing their whole selves to work, deriving both satisfaction and challenge from their work and positively contributing to the success of their organisations.

In today's complex and ambiguous environment SarreODL explores and practices innovative approaches to facilitate development.

With a solid foundation in evidence-based, organisational and behavioural science research and practice, SarreODL partners with clients to inspire, grow and embed lasting change.

Program details

For further enquiries, please email either Evelyn Wagner or Debra Sarre at enquiry@sarreodl.com.au or phone +61 (0) 407 431 007.

Venue

U City, Level 1 / 43 Franklin Street, Adelaide

Date

Thursday, 7 November 2019

Time

½ day – 9.00am – 12.00pm

Fee

\$275 (incl GST) per person

Speak with us about a discount for your team (5 +)

Registration

To register for this Masterclass please visit www.sarreodl.com.au/customised-and-open-enrolment

[Register](#)

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Organisational Development & Learning



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