

Why Smart Brain Function is missing in Decision Making

Jan Sky

Successful business leaders have learnt to use modern day brain training to stay focussed under pressure.

Behaviour Change specialist, Jan Sky said time demands and pressured deadlines can force leaders into decision making from the 'impulsive brain' region rather than engaging whole of brain activity.

"When decision making is fast rather than considered the brain has chosen to bring the decision from older stored memories of the limbic region of past events rather than taking the time to process this information using the 'smart brain', or pre-frontal cortex," said Ms Sky.

"There's nothing wrong with making quick decision, yet under pressure we often don't make the best decisions," she said.

"Pressure to perform, meet deadlines and media releases can bring about a 'group think' scenario which is damaging and destructive.

"Brain training comes in many forms and is not only about brain exercises or using modern day apps, the brain enjoys a holistic approach to lifestyle which preserves and maintains a healthy brain."

"Of course, avoiding drugs and alcohol are essential for good brain performance."

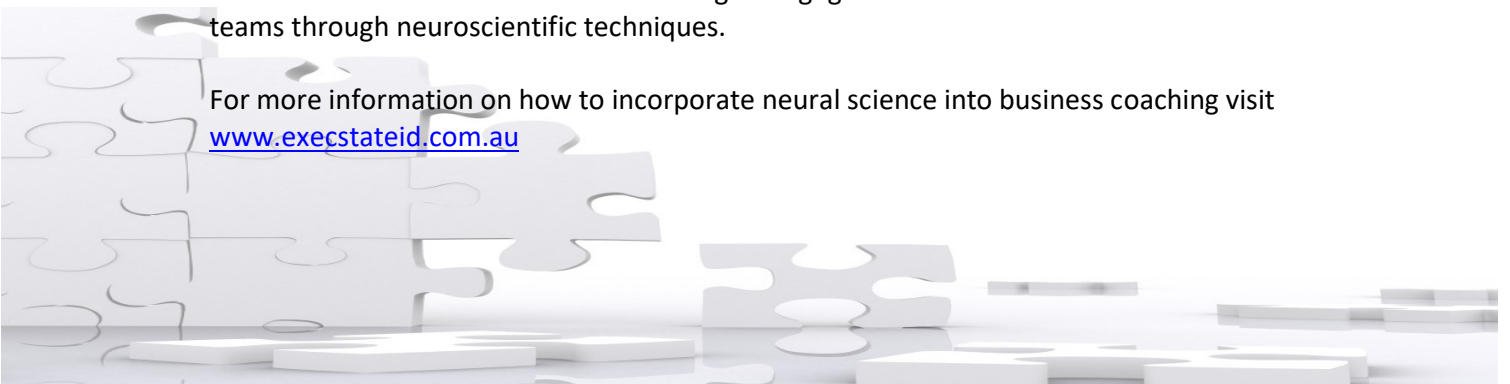
Ms Sky suggested the following tips to harness smart brain thinking in decision making:

- **Mindfulness:** There are many free apps available giving short 5-10 minute brain and body relaxation techniques.
- **Exercise:** Movement is essential for self-body care and preservation. This doesn't mean joining a gym it just might be a walk around the block.
- **Nutrition:** A busy lifestyle often means grabbing food on the run rather than enjoying freshly cooked food to support a balanced diet.
- **Adequate sleep:** It's not about the quantity it's about the quality. We pass through four phases of 90 minute sleep cycles a night and you'll know this if you wake up refreshed.

Research suggests that reading to a small child enhances mental development. Ongoing mental stimulation provides some protection against mental decline.

ESI International offers executive coaching to engage and transform individuals and work teams through neuroscientific techniques.

For more information on how to incorporate neural science into business coaching visit www.execstateid.com.au



About Jan Sky

With over 20 years in the business of developing high performers, today she uses the latest neuro scientific evidence to bring about change. Director of ESI International, Jan Sky is internationally recognised in the area of Behaviour Change.



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