

FUTURE BRAIN

Leading with the brain
in mind



DR. JENNY
BRÖCKIS

Future FOCUSED



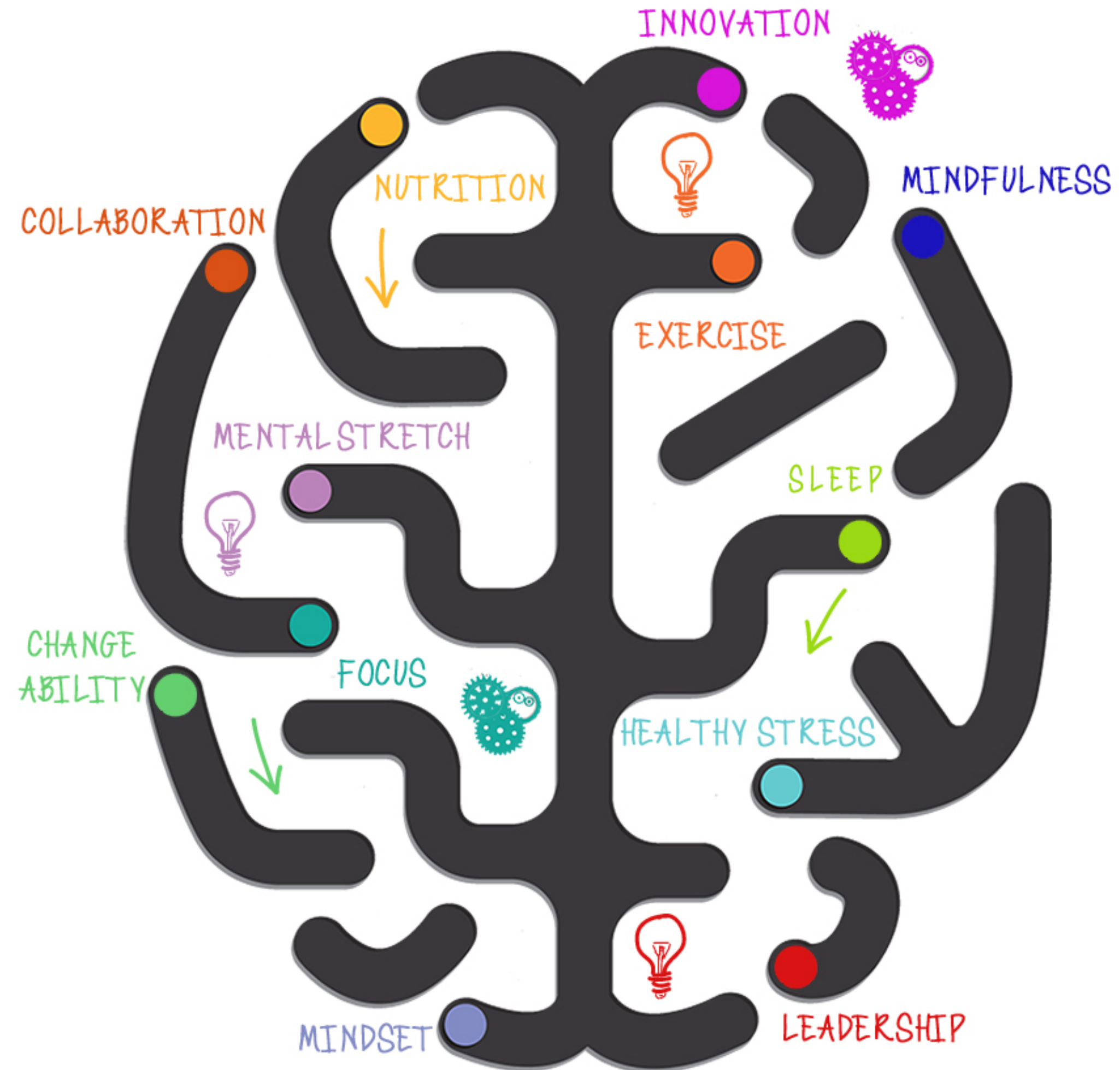
It's a VUCA world



CTMX	0.45	▲	+0.45
FTR	-0.23	▼	-2.34%
CSCO	-1.01	▼	-1.89%
CHK	0.02	▲	+0.21
AAPL	+2.58	▲	+2.58
PRTO	-0.87	▼	-0.87
AMZN	-0.37	▼	-0.37
TSLA	-0.65	▼	-0.65
AVGO	-0.65	▼	-0.65
SIRI	-0.65	▼	-0.65



The 12 Keys to High-Performance Thinking



How well is YOUR
brain working?



It's not what you know,
but how well you think that matters

- Jenny Brockis

OPEN

24 HOURS

<https://hbr.org/2005/01/overloaded-circuits-why-smart-people-underperform>

Look out for those
WARNING INDICATORS

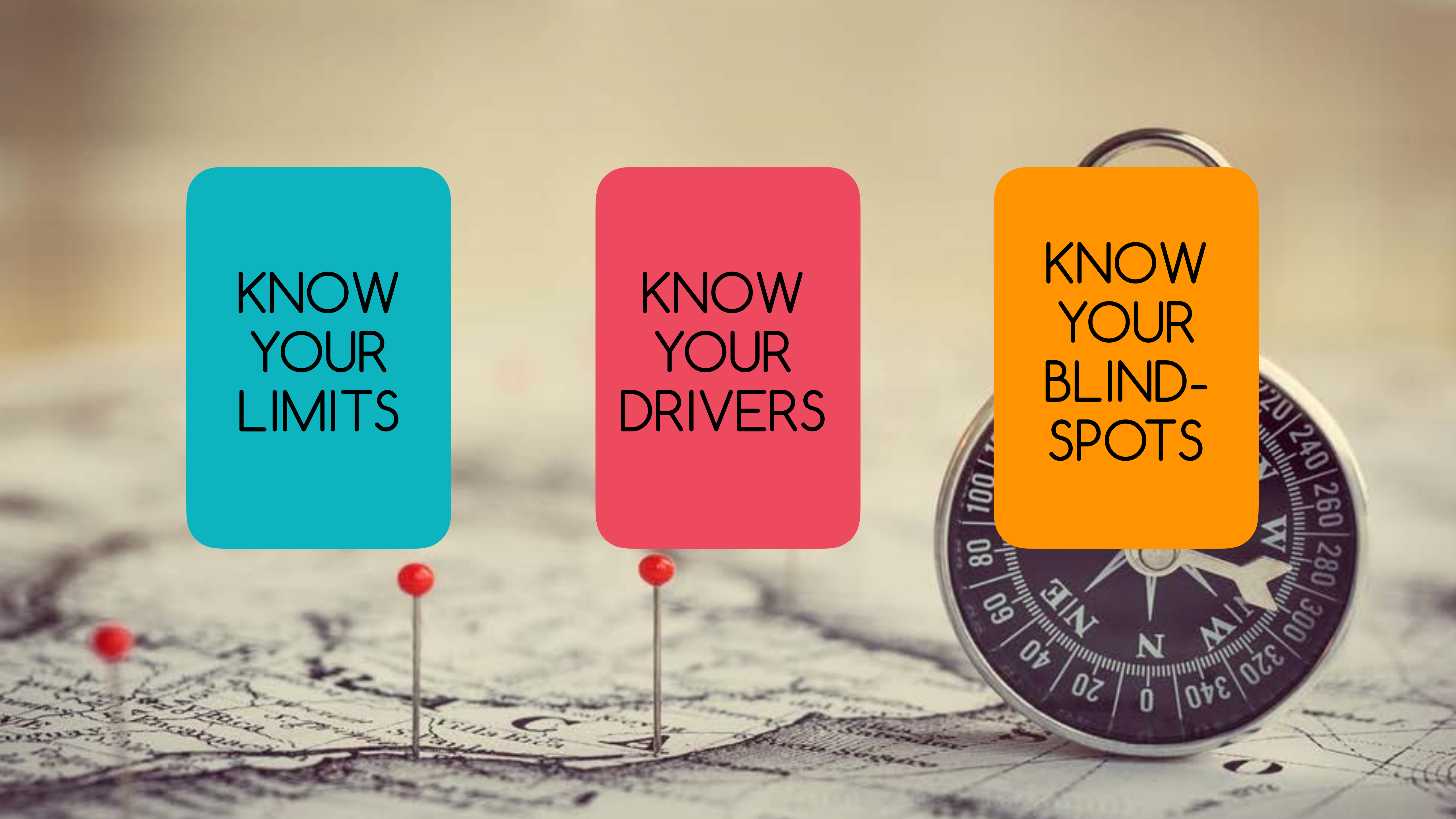


**CHECK
ENGINE**

Better thinking starts with better brain health





A vintage map with a compass and red pushpins. The map is spread out on a light-colored surface. A silver compass with a black face and white markings is positioned on the right side of the map. The compass face shows cardinal directions (N, E, S, W) and degree markings. Three red pushpins are stuck into the map, marking specific locations. The background is a soft, out-of-focus light color.

KNOW
YOUR
LIMITS

KNOW
YOUR
DRIVERS

KNOW
YOUR
BLIND-
SPOTS

Future Work Skills 2020

While all six drivers are important in shaping the landscape in which each skill emerges, the color-coding and placement here indicate which drivers have particular relevance to the development of each of the skills.

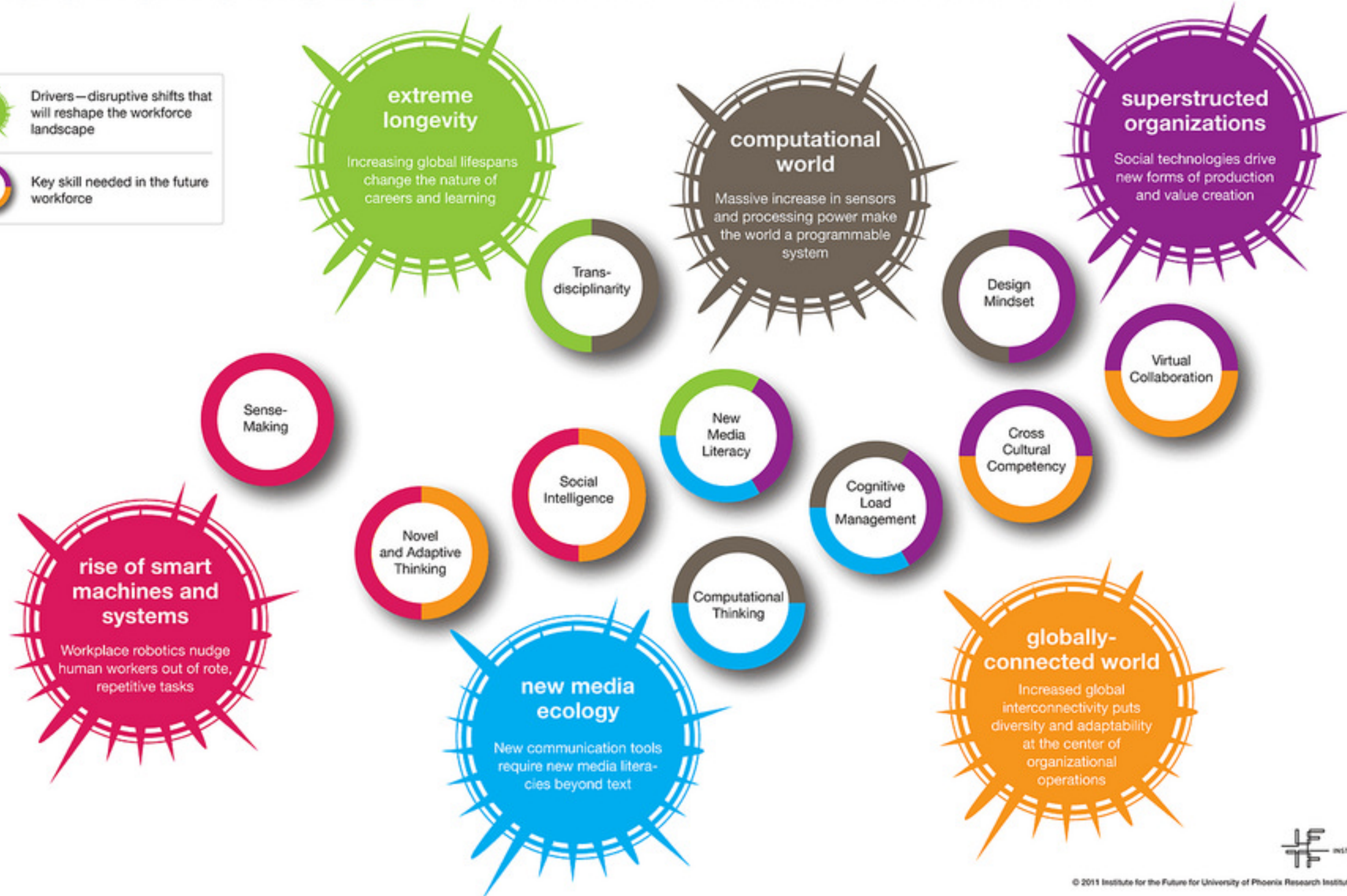
KEY



Drivers—disruptive shifts that will reshape the workforce landscape



Key skill needed in the future workforce



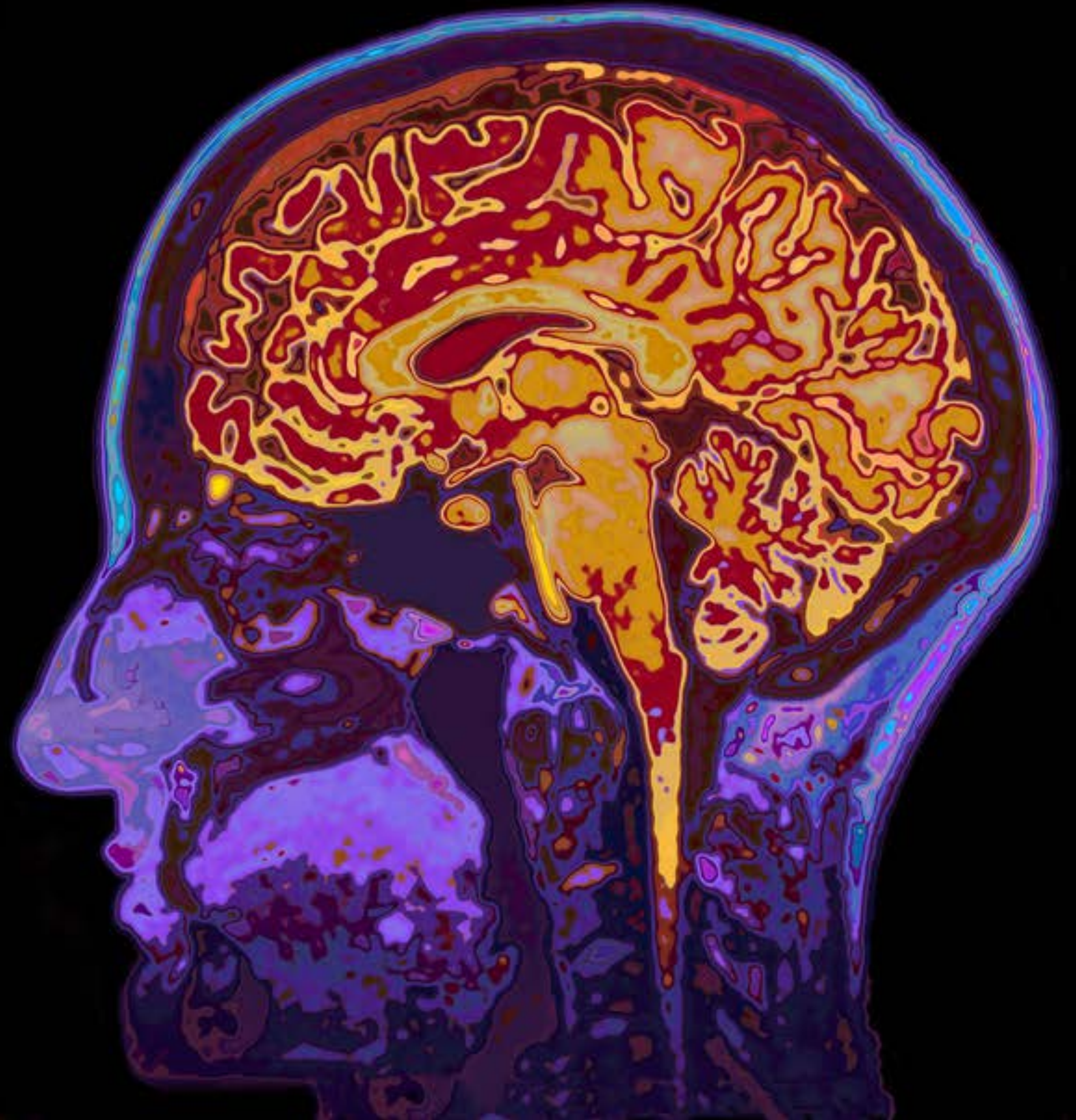
YOUR COGNITIVE LOAD



A glowing blue brain is held in two hands. The brain is the central focus, rendered in a vibrant, translucent blue color that makes its intricate, convoluted surface stand out. It is held gently by two hands, one on each side, which are shown in a warm, golden-brown glow. The background is a deep, dark blue, which makes the glowing elements of the brain and hands appear more prominent. The overall composition is symmetrical and centered, creating a sense of balance and care.

Meet your brain

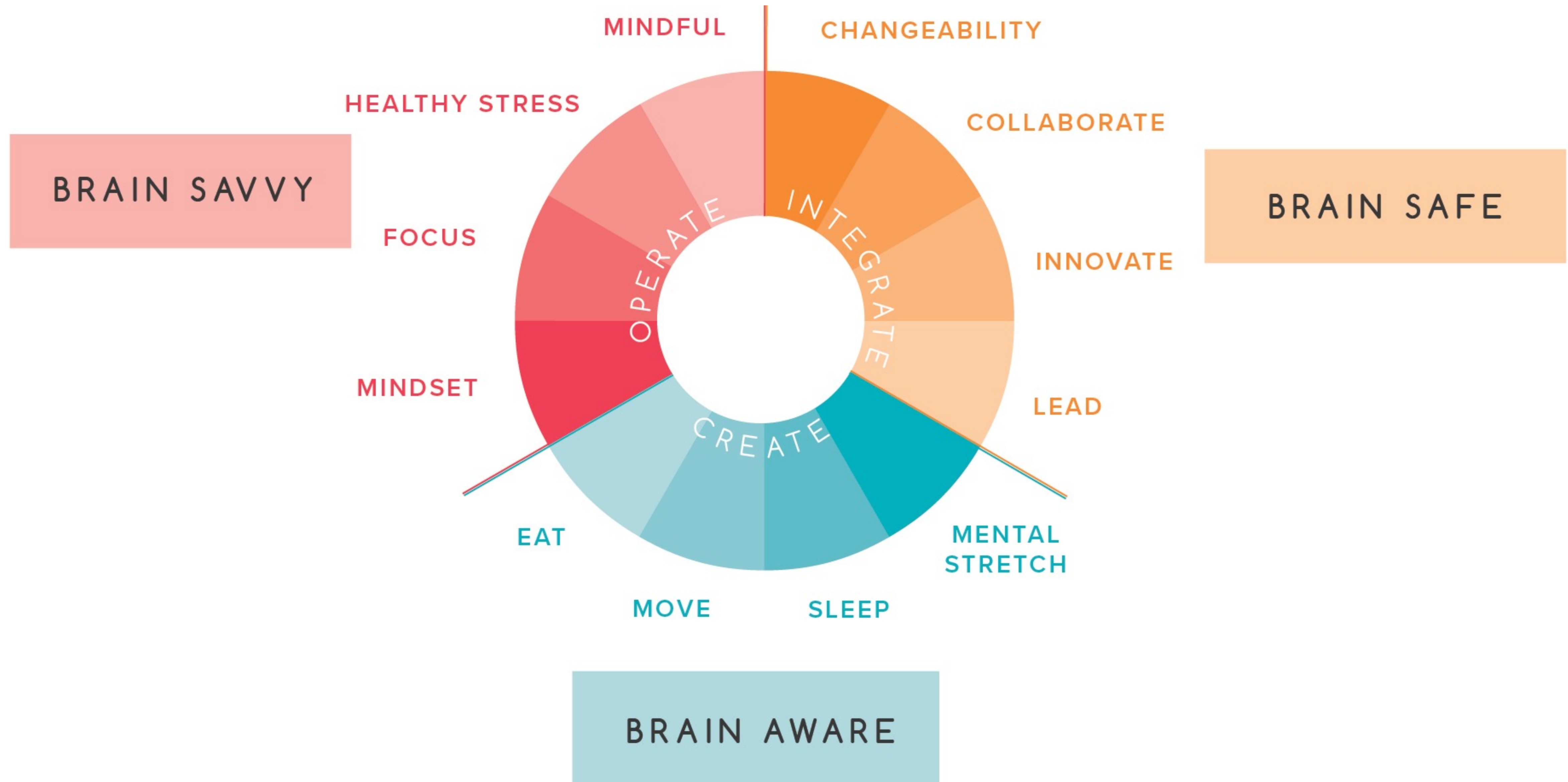
Stay safe
Seek reward
Save energy



A collection of lightbulbs on a reflective surface. One lightbulb in the upper right is illuminated, glowing bright white, while all other lightbulbs are unlit and appear as dark, muted blue-grey shapes. The scene is set against a dark blue background.

All brains are unique, plastic
and **HIGHLY** adaptable

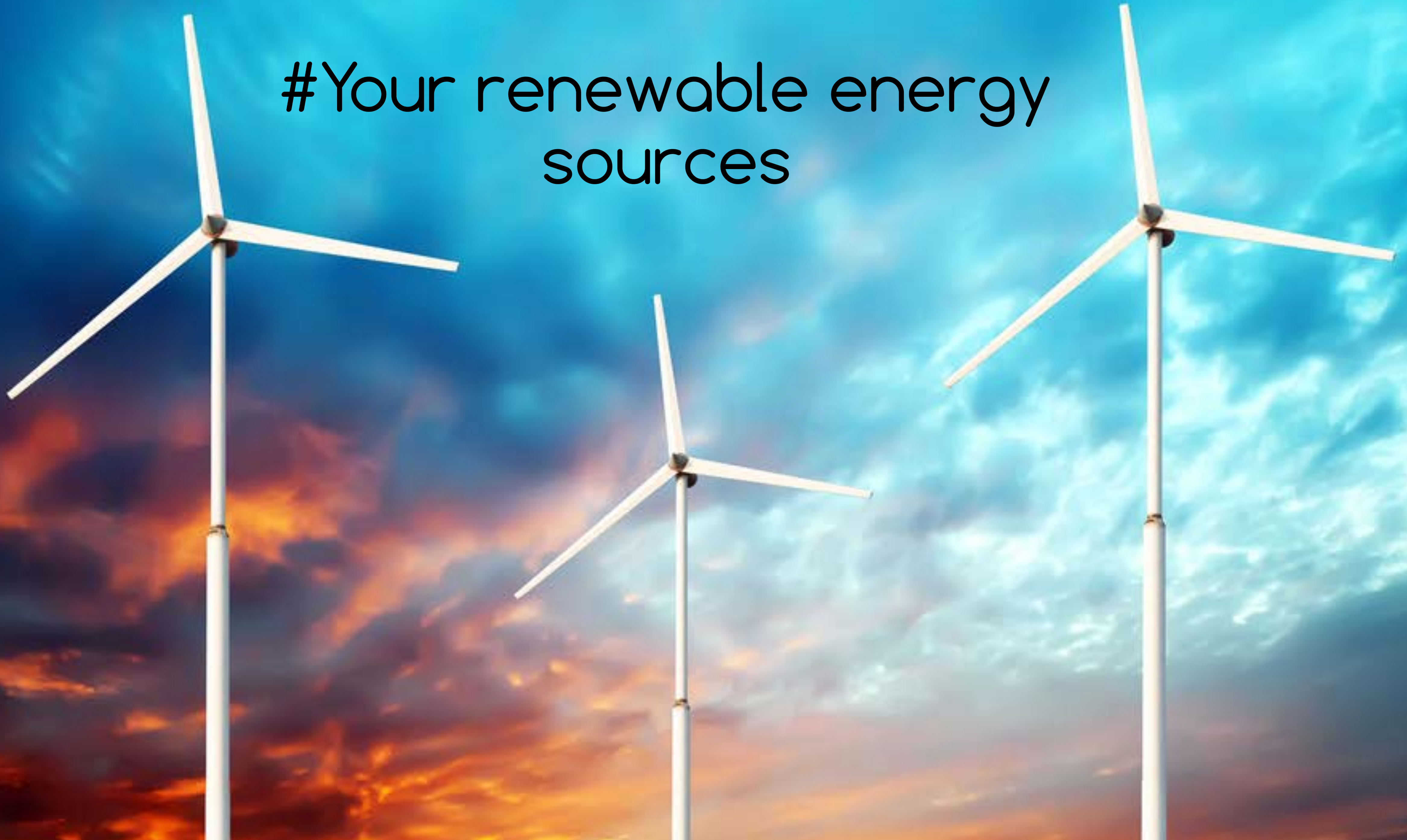
12 Keys to High-Performance Thinking



BRAIN AWARE

Fit brains work better

#Your renewable energy sources



REFUEL smart





RE-ENERGISE

Move it

The problem with sleep deprivation





BRAIN SAVVY

Smarter by design


BRAIN FOG

Find clarity



#Where is your
FOCUS?



A blurred image of a race track with colorful cars, overlaid with a text box. The cars are in motion, creating a sense of speed. The text box is white with black text.

#Stop breaking
the speed limit

#Your Thinking Space



A close-up photograph of several dandelion seed heads against a bright blue sky with soft, white clouds. The seed heads are in various stages of maturity, with some showing the characteristic white, feathery pappus. The lighting is bright, creating a soft, ethereal atmosphere. The text "#A Mindful Moment" is overlaid on the right side of the image in a clean, sans-serif font, with the word "Moment" highlighted in orange.

#A Mindful Moment

Boost
neuroplasticity
with mindfulness



CHILL and be Still



#SIMPLIFY





BRAIN SAFE

Amplify results

Create a brain-safe environment





Manage your state of mind



Emotions are contagious
Spread some
positivity germs

Attitude is a choice.
What's yours?





Find The Reward

Are YOU ready?

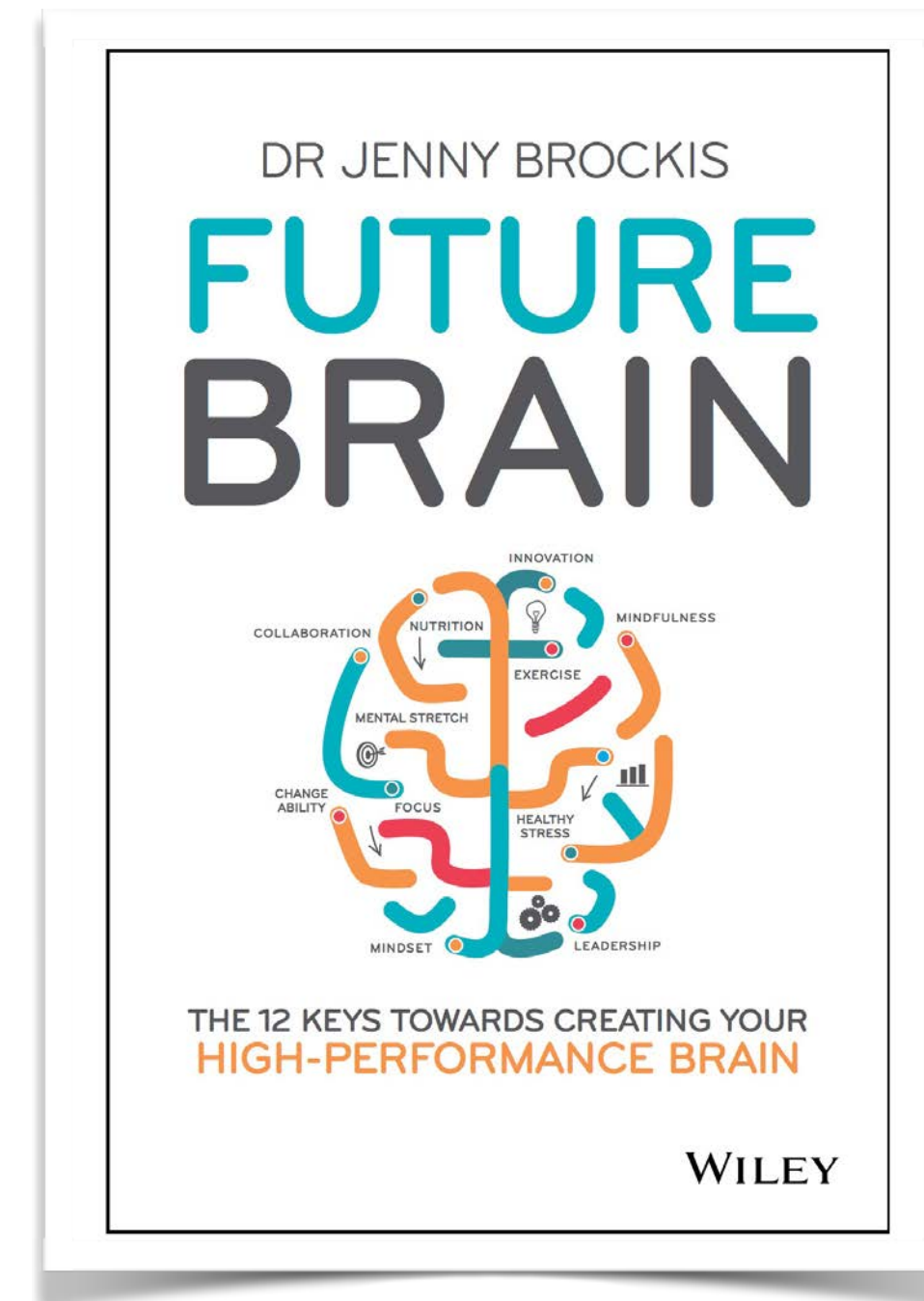
I'M NOT
HERE TO BE
AVERAGE
I'M HERE
TO BE
AWESOME.





Thank you

DR. JENNY
BROCKIS
the science of high performance



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