



Brain-based leadership: Unlocking your mental fitness and building a thriving culture

Lori Tyrrell

Emerging Leaders Summit - Wellington 2024





1 Being

Relationship to Self

Inner Compass

Integrity and
Authenticity

Openness and
Learning Mindset

Self-awareness

Presence



2 Thinking

Cognitive Skills

Critical Thinking

Complexity
Awareness

Perspective Skills

Sense-making

Long-term
Orientation and
Visioning



3 Relating

Caring for Others
and the World

Appreciation

Connectedness

Humility

Empathy and
Compassion



4 Collaborating

Social Skills

Communication
Skills

Co-creation Skills

Inclusive Mindset
and Intercultural
Competence

Trust

Mobilisation Skills



5 Acting

Enabling Change

Courage

Creativity

Optimism

Perseverance





Meet the Judge

Your Master

Saboteur is the universal Saboteur that afflicts everyone.

It is the one that beats you up repeatedly over mistakes or shortcomings, warns you obsessively about future risks, wakes you up in the middle of the night worrying, gets you fixated on what is wrong with others or your life, etc.

Your Judge activates your other Saboteurs, causes much of your stress and unhappiness, reduces your effectiveness, and harms your relationships.



Controller

Anxiety-based need to take charge and control situations and people's actions to one's own will. High anxiety and impatience when that is not possible.



Hyper-Rational

Intense and exclusive focus on the rational processing of everything, including relationships. Can be perceived as uncaring, unfeeling, or intellectually arrogant.



Pleaser

Indirectly tries to gain acceptance and affection by helping, pleasing, rescuing, or flattering others. Loses sight of own needs and becomes resentful as a result.



Restless

Restless, constantly in search of greater excitement in the next activity or constant busyness. Rarely at peace or content with the current activity.



Avoider

Focusing on the positive and pleasant in an extreme way. Avoiding difficult and unpleasant tasks and conflicts.



Hyper-Achiever

Dependent on constant performance and achievement for self-respect and self-validation. Latest achievement quickly discounted, needing more.



Hyper-Vigilant

Continuous intense anxiety about all the dangers and what could go wrong. Vigilance that can never rest.

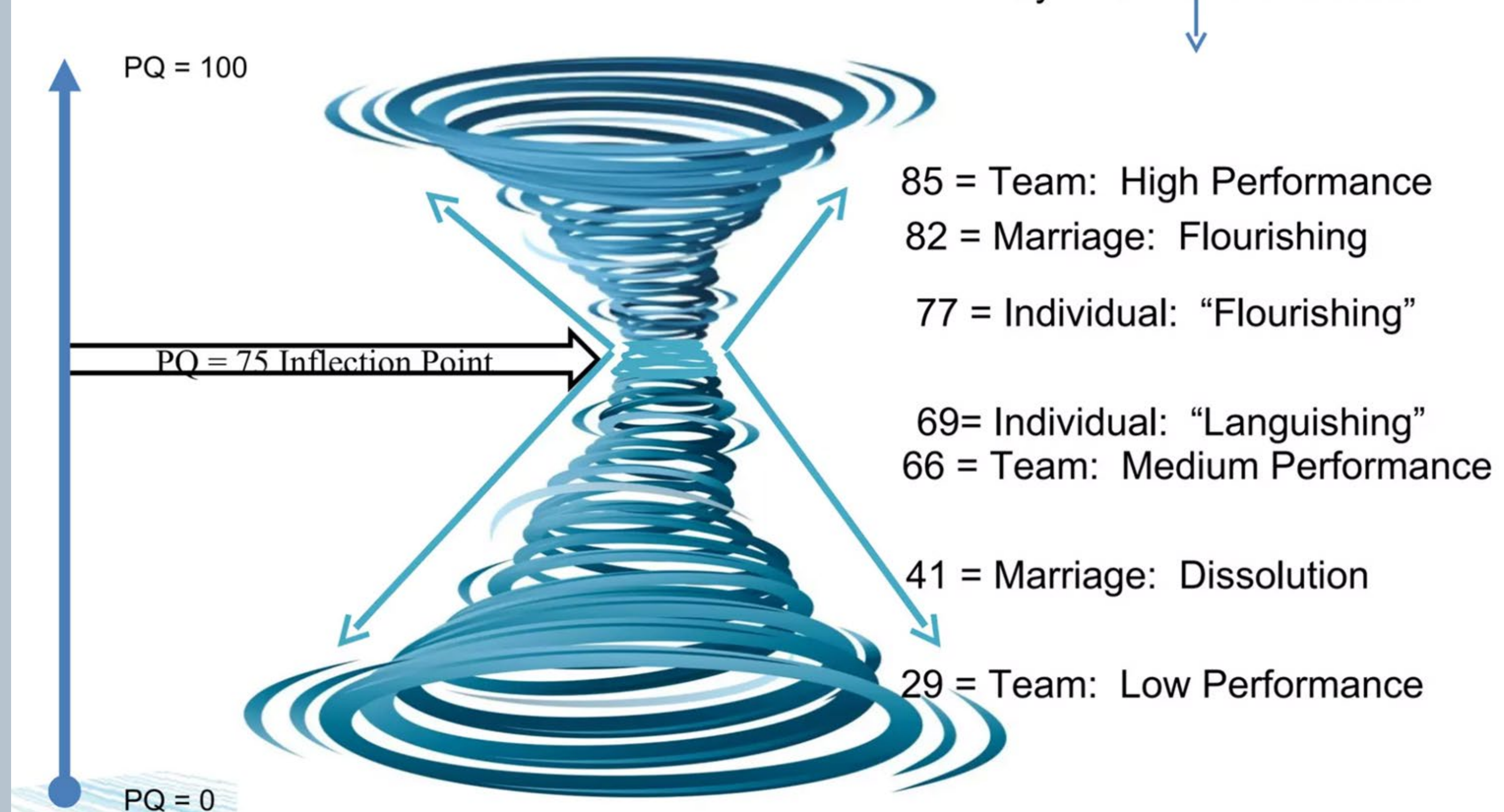


Victim

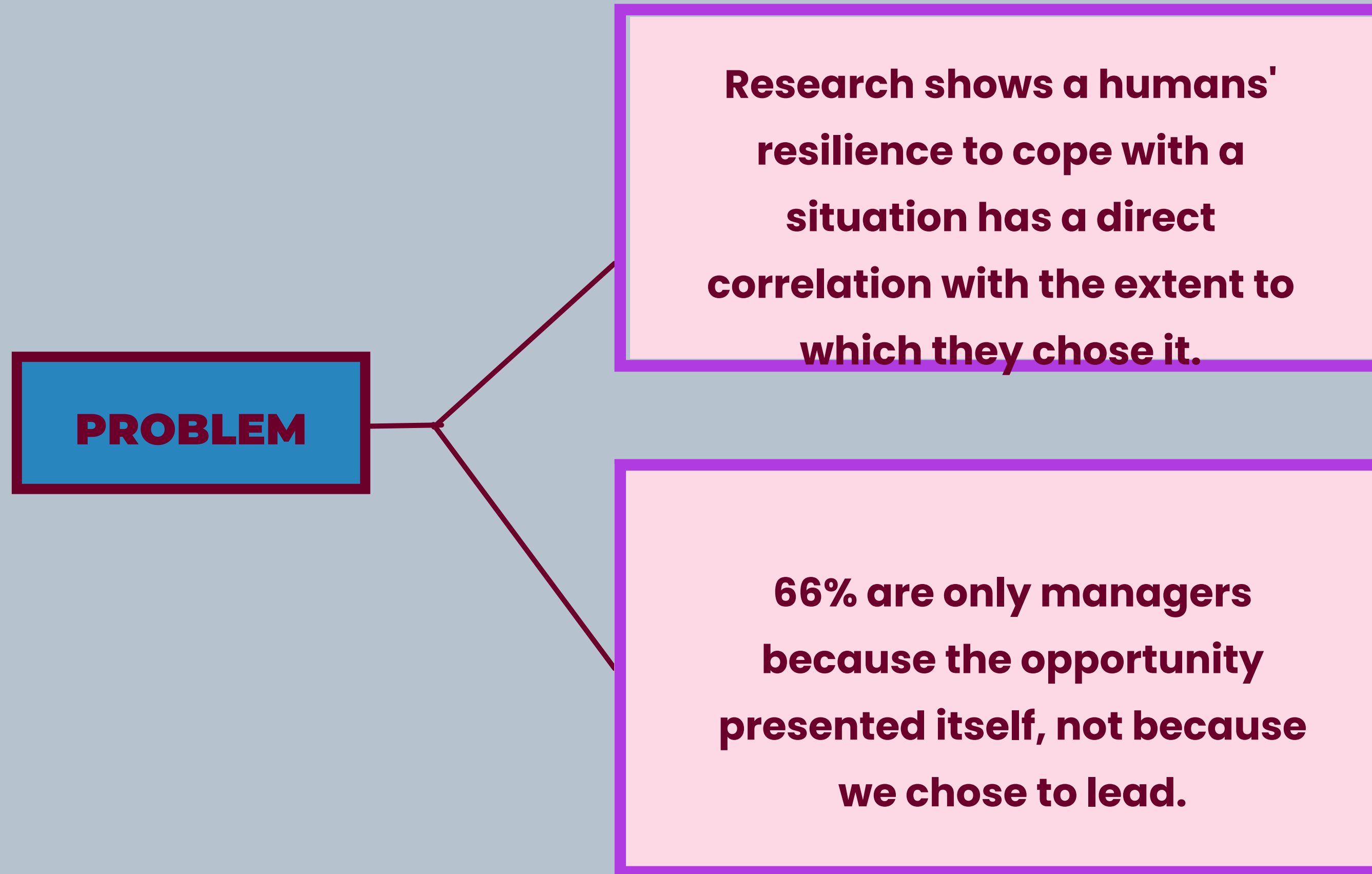
Emotional and temperamental as a way to gain attention and affection. An extreme focus on internal feelings, particularly painful ones. Martyr streak.

PQ Vortex

PQ Equivalent Scores Identified
By Various Researchers



Leadership Aspirations vs. Reality







Controller

Anxiety-based need to take charge and control situations and people's actions to one's own will. High anxiety and impatience when that is not possible.



Hyper-Rational

Intense and exclusive focus on the rational processing of everything, including relationships. Can be perceived as uncaring, unfeeling, or intellectually arrogant.



Pleaser

Indirectly tries to gain acceptance and affection by helping, pleasing, rescuing, or flattering others. Loses sight of own needs and becomes resentful as a result.



Restless

Restless, constantly in search of greater excitement in the next activity or constant busyness. Rarely at peace or content with the current activity.



Stickler

Perfectionism and a need for order and organization taken too far. Anxious trying to make too many things perfect.



Avoider

Focusing on the positive and pleasant in an extreme way. Avoiding difficult and unpleasant tasks and conflicts.



Hyper-Achiever

Dependent on constant performance and achievement for self-respect and self-validation. Latest achievement quickly discounted, needing more.



Hyper-Vigilant

Continuous intense anxiety about all the dangers and what could go wrong. Vigilance that can never rest.



Victim

Emotional and temperamental as a way to gain attention and affection. An extreme focus on internal feelings, particularly painful ones. Martyr streak.

The Better Bossing Blueprint



PROFESSIONAL BOSS



INNER BOSS



RELATIONAL BOSS



ACTION BOSS





INNER BOSS

- **Start using Values -based Bossing**

Align your actions with your core values to drive positive performance.

- **Get into Mentally Fit Bossing**

Manage your inner "saboteurs" for better decision-making and resilience.

- **Establish Better Boss Habits**

Develop personalised habits to sustain energy and focus.





RELATIONAL BOSS

- **Learn Care Culture Bossing**

Understand and meet your team's needs while maintaining boundaries.

- **Start Radically Candid Bossing**

Navigate difficult conversations and provide constructive feedback.

- **Practice Team -Based Bossing**

Build and nurture a high-performing team that grows together.





PROFESSIONAL BOSS

- **Get Technical Bossing**

Identify and maintain your technical expertise while leading.

- **Elevate Your Operational Bossing**

Improve efficiency through people, process, and system enhancements.

- **Ideate Future Bossing**

Foster a growth mindset culture for continuous learning and development.





ACTION BOSS

- **Start Being An Intentional Boss**

Set clear goals and recognize progress towards them.

- **Learn Accountable Bossing**

Manage performance effectively while maintaining psychological safety.

- **Develop Authentic Bossing**

Craft your authentic leadership brand for impactful leadership.



Free Workbook

Welcome to Brain-Based Leadership!



In this session, we will explore and understand the world of Positive Intelligence (PQ), a framework that leverages neuroscience to help you develop and thrive as an emerging leader.

It's perfect for ambitious leaders **—such as yourselves—** eager to harness the cutting-edge insights of neuroscience to support transformative growth and well-being.

We'll cover:

- An intro to PQ (Positive Intelligence)
- Your **Saboteurs** vs your **Sage**
- The three muscles of Mental Fitness
- Taking Inspired Actions
- The Tangible Tools of the **Better Boss**

There's also a FREE workbook for download -
Scan the QR code for more information!

Lori Tyrrell and the Better Bossing Blueprint

Say hello to Lori!

Her specialty is working with emerging and experienced leaders like you to help you thrive and stay in your high performance zones. Using her Better Bossing Blueprint, Lori can help you navigate the social, emotional and operational complexities of "bossing" and help you stay on your A Game in any context!




E: lori@unleashedcareers.com
W: www.betterbossingblueprint.com

Scan the QR Code to download your free workbook:
**Brain-Based Leadership:
Harnessing Mental Fitness
to Cultivate a *Thriving Culture***



UNLEASHED CAREERS

Book to Unpack Your PQ www.lorijtyrrell.com Score



Lori Tyrrell
Personal Capability and Performance Coach
Unleashed Careers
Point Chevalier, New Zealand

[Request Sessions](#)
[Work with me](#)

Set up your availability

This is a view of Lori's Availability calendar. Please select a free Discovery session within the available slots to proceed with your session request.

← MAY 2024 →

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Tuesday May 14th 2024

07:00 AM - 07:30 AM	07:30 AM - 08:00 AM
08:00 AM - 08:30 AM	08:30 AM - 09:00 AM
09:00 AM - 09:30 AM	09:30 AM - 10:00 AM
10:00 AM - 10:30 AM	10:30 AM - 11:00 AM
11:00 AM - 11:30 AM	11:30 AM - 12:00 PM
12:00 PM - 12:30 PM	12:30 PM - 01:00 PM

🕒 Time Zone - Pacific/Auckland

● Available time



“ —

Every next level of your life will demand that you
unleash a new version of you, so you can fly.

Mastering anything worthwhile requires continual
self-improvement, reflection, and evolution and when
you commit to your growth, anything is possible.



**UNLEASHED
CAREERS**

ESTD 2020

**Thank
you**