



The How of Change™

A Hands-on Learning through the Physiology of Transformation

with Sharon Drew Morgen

SYLLABUS:

Session 1. Introduction to the flow of information in your brain, from input to output.

- What are behaviors? How are they generated?
- The physiology of behavior: how your brain regulates what you do.
- Why you can't change a behavior by changing a behavior and what to do instead.
- What is change? What is a habit? And can you have conscious choice?
- Introduction to the brain's components: Cues, Filters, Risk, Trial Loops.
- Making the unconscious conscious: how you can consciously generate new behaviors.
- Documenting the flow: the physiology of change, from initial Cue/input, to final output/new behaviors.
- Understanding how you choose: using Self and Observer as diagnostic tools.

Session 2. Hands on learning: making your unconscious conscious.

- Capturing the 'how': tracing your steps that unconsciously determine your behaviors.
- Cues: how you verbalize your goals and the role it places in determining success or disappointment.
- How your Identity and Beliefs assign unconscious risk and how to moderate it.
- Trial Loops: acquiring new knowledge, practicing new behaviors, weighting risk and failure while learning.