



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.



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Session 3. Choice, systems, Hierarchy of Beliefs: the importance of internal balance and its role in change.

- Systems Congruence and Homeostasis: why and how your brain fights to maintain the status quo.
- How your unconscious systems protect you.
- Beliefs: the filter that weights risks and safeguards your identity.
- Hierarchy of Beliefs: how you prioritize and weight your principles, morals, and convictions.
- Bad habits don't begin as bad habits: how to impede unsuccessful habits and generate new behaviors.
- How you create your resistance and sabotage; how to recognize it early and avoid it.

Session 4. Hands on learning: design your path to new results demand.

- Making your unconscious journey conscious to uncover choice points.
- Wording the Cue: the rules to formulating your input to insure a successful outcome.
- Managing the Hierarchy of Beliefs: choosing your best filters to enable new behavior/habit formation.
- Populate your new flow charts with your most effective elements for success.

Session 5. Hands on learning and lecture: trialing the new flow chart.

- Finalizing best Cues, Identity and Belief elements, Trial Loops and Learning Habits.
- Testing your new flow chart with new goals to ensure desired outcomes.
- Wrapping it up: takeaways and conclusions.
- Q&A.