



# **Rewired to Relate - Learning Group Guide**

## **Chapter 2**

### **Staying calm, cool and collected**

# Agenda

Thirty- minute call

Time	Activity
5 minutes	<p><b>Check in</b></p> <p>Each person share: how charged up is your PFC right now - on a % scale?</p> <p>Check in and refresh group agreements</p> <p>Given the personal and emotional nature of these group conversations, it is important to remind yourselves of your agreements.</p> <p>How are you doing with the agreements you made last time?</p> <p>Is there anything to add or change?</p> <p>Are you happy with how you have chosen to facilitate these calls and the amount of time you have allocated?</p>
20 minutes	<p><b>Discuss learning from reflections and exercises</b></p> <p>Remind yourselves of this chapter's exercises and refer to notes you made along the way. See the following pages in this PDF as a reminder.</p> <p><b>Learning debrief questions:</b></p> <ul style="list-style-type: none"> <li>• How did you use the ABC model?</li> <li>• What impact did that have on your limbic (Be SAFE &amp; Certain) reactions?</li> <li>• How has this helped you with stressful situations at work?</li> </ul> <p>Please remember previous agreements about how much you want to share ideas vs. impose suggestions on one another.</p>
5 minutes	<p><b>Each person share:</b></p> <p>Your biggest takeaway from Chapter 2.</p> <p>How you will use the ABC model.</p>

## In this chapter, you will learn how to:



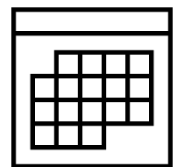
- tap into executive functions in your brain which will help you to collaborate and work well with others
- have more patience and empathy which will help you relate to your colleagues and maintain good relationships
- increase your resilience so you can navigate better through uncertainty and complexity

## Try it this week:

Throughout this week, monitor how charged your PFC is.

## Every day:

1. Take a few minutes to reflect on how you used your PFC throughout the day.
  - What is your attention span and how long can you focus on one thing?
  - How easy or difficult is it for you to back down from a limbic reaction?
  - Notice what happens to your energy and control of emotions when your PFC is depleted and you feel tired.
2. Practise ABC for a few minutes every day.



You could use ABC to prepare for a potentially stressful situation - take 2 minutes before a meeting or event and go through the ABC steps. Then reflect on how you behave differently when your PFC is in charge. What is the impact on others? Take notes for yourself and to share with your learning group.

## To take your learning further:

1. Write down your key learnings from this chapter and your reflections on how you use your PFC throughout the day. Take these to your **learning group** meeting to discuss.
2. [Read further detail on the judicial decision research here.](#)

## Be SAFE & Certain



**B**elonging



**S**tatus



**A**utonomy



**F**airness



**E**xpectations



**C**ertainty



**Threats**

Cortisol  
Adrenaline



**Rewards**

Dopamine

## ABC of Mindfulness

