



Rewired to Relate - Learning Group Guide

Chapter 1

Why do I behave the way I do?

Agenda

Forty-minute call (for this first call)

Time	Activity
5 minutes	<p>Get to know one another and your intentions</p> <p>What do you want to get out of Rewired to Relate?</p> <p>Note: Keep this conversation brief so you have time for a learning conversation.</p>
5 minutes	<p>Create group agreements (to last for this whole programme)</p> <ol style="list-style-type: none"> 1. Decide if you want to keep these conversations to 30 minutes or extend longer so you have more time to share. 2. Discuss who will facilitate these calls – perhaps take turns? 3. As a group, consider what will make these learning calls safe, engaging, fun and full of learning for you. Consider these (adapt as appropriate): <ul style="list-style-type: none"> • Confidentiality • This is a place to be open and share, except ? • Let's laugh about ourselves and the silly things our brains do to us • How will we keep the conversation on track? • <i>What else?</i> <p>Please write these somewhere as you will check in on them in future calls.</p>
20 minutes	<p>Discuss learning from reflections and exercises</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>Learning debrief questions - discuss how these concepts and practices apply to your work environment.</p> <ul style="list-style-type: none"> • When do you experience Be SAFE & Certain threats? • Where do you get your dopamine, e.g., what situations create limbic rewards for you? • Which element(s) are you most sensitive to? • How could you reduce threats and/or increase rewards for yourself? <p><i>Note: it is human nature to want to make suggestions to others. Please agree with each other that if you are going to offer ideas and recommendations that you do your best to refrain from "fixing" or pushing ideas on each other.</i></p>
10 minutes	<p>Each person share:</p> <p>Your biggest takeaway from Chapter 1.</p> <p>How you will use the Be SAFE & Certain model to stay conscious about your emotional responses.</p>

In this chapter you will learn:



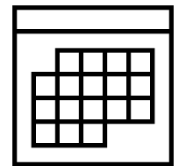
- how to recognise what your brain is really craving when you want or need something
- how to identify what you are reacting to when you are uncomfortable, irritated or upset
- how emotions, wants and needs drive your behaviour

Try it this week:

Throughout this week, pay attention to how your brain influences you and your ability to manage your emotions, do your best work and maintain good working relationships with colleagues and others around you.

At the end of every day:

1. Consider a choice you made (small or large – from who you invited to a meeting, to how you approached a challenge or what you avoided doing). Take a moment to reflect on how your limbic system may have influenced your decision by drawing you towards or pushing you away from someone or something.
2. Identify moments when you were frustrated, angry or uncomfortable. Identify which Be SAFE & Certain element was being threatened in that situation. Pay particular attention the element(s) that cause stronger reactions for you.



To take your learning further:

1. Write down your key learnings from this chapter and the Be SAFE & Certain elements that cause reactions for you, and take them to your learning group meeting to discuss.
2. Read more on the subject with this fascinating article Self-awareness: [A Key to Better Leadership](#).

Be SAFE & Certain



Belonging



Status



Autonomy



Fairness



Expectations



Certainty



Threats

Cortisol
Adrenaline



Rewards

Dopamine

ABC of Mindfulness

