



HOW DOPAMINE AFFECTS EXECUTIVE FUNCTION & WORKPLACE PERFORMANCE



EXECUTIVE FUNCTION



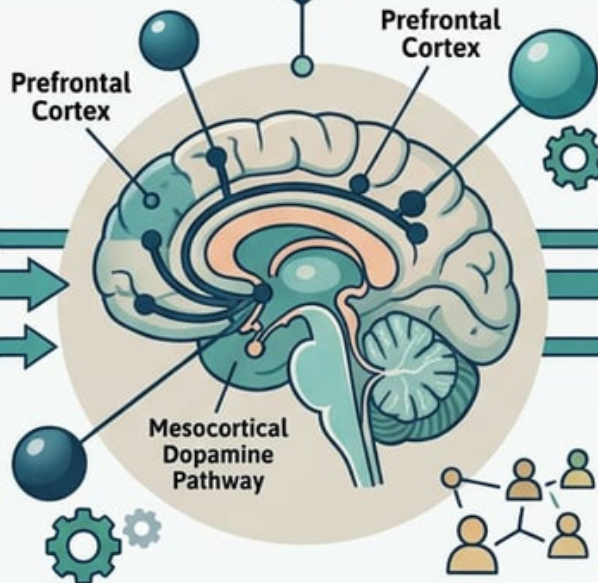
WORKING MEMORY
Holding and processing information.
Examples: Task juggling, problem-solving.



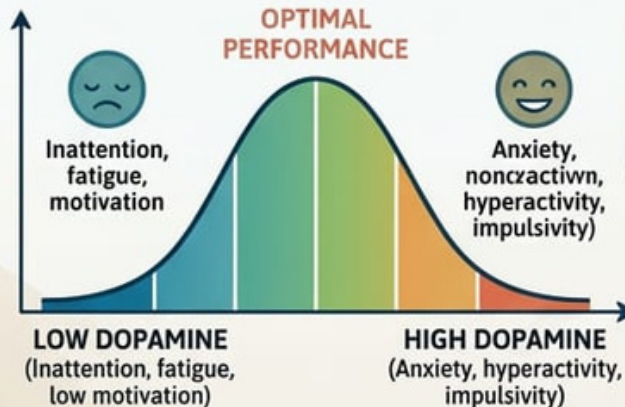
COGNITIVE FLEXIBILITY
Adapting to new demands and switching perspectives.
Examples: Brainstorming, adjusting strategies.



INHIBITORY CONTROL
Resisting impulses and distractions.
Examples: Staying focused, meeting deadlines.



THE GOLDILOCKS ZONE OF DOPAMINE



WORKPLACE PERFORMANCE



MOTIVATION & ENGAGEMENT
persistent effort.
Impacts: High productivity, innovation.



ALERTNESS & FOCUS
Sustained attention, ignoring distractions.
Impacts: Accuracy, efficiency.



DECISION MAKING
Analyzing information, taking calculated risks.
Impacts: Strategic planning, effective leadership.