

## Neuroscience

Positive Presence is your natural ability to adjust and create a positive and energized mindset within yourself through conscious thought processes.

Your skill level for Positive Presence depends on many, many things, but mostly, it is developed through your life experiences to date, and your level of self-awareness, and to some extent, your genetics. The skill of Positive Presence is very personal, and, whatever level you are at today, at this very moment, is the perfect place for you to be— right now.

The field of Neuroscience is a relatively new area of scientific study that began to formally organize in the 1960's. Since then, research coming forward about the workings of the human nervous system has exploded on a global scale, and most significantly, with the aid of neuro-imaging technology, brain research is advancing in leaps and bounds.

The findings coming forward from the neuro-sciences have huge implications for business organizations on a global scale. And in fact, these findings call for a gigantic shift in how the modern organization develops its employees, its leaders, and the overall organization, in order to succeed in today's global knowledge-based economy.

In the knowledge-based economy it is the first time in human history that a 'hard day's work' is not 'hard' in the physical sense, but instead it is the employee's brain that's being worked -- it is their 'mind,' that is employed. That being said, for today's organizations to succeed and thrive will depend on the ability of the collective working brain-power of their workforce to create and produce.

Building the skill of Positive Presence requires a focused self-awareness through which you learn to adjust and create a positive and energized mind set through conscious thought processes. The skill of Positive Presence is best learned through real-time on-the-job practice.

Research has proven that the 'brain-power' needed for productivity and efficiency today will only occur when we are in a state of positive emotional electro-magnetic neuro-chemical energy. In other words, the emotional state needed for productivity, efficiency, and wellness, is the same emotional state that we are in when we are joyous and happy. The research shows in fact, that the greatest risk to productivity, to work relationships, and to overall wellness in today's workplace, is negative energy.

Our brain is an extremely powerful machine to which we hold the controls. Having 'control' requires a keen self-awareness into our emotional energy and our behavior and thought habits. It takes anywhere from 14 days to 8 weeks to 're-wire' our brain for a higher skill level. We 're-wire' by continuous reading, writing and reciting of information for creating new thought and behavior habits.

I have had the privilege of personally watching this phenomenon of 're-wiring', with an entrepreneurial colleague who suffered a severe concussive brain injury and was deemed disabled. She honed her skill of Positive Presence and, in essence, she 're-wired' her injured brain using conscious thought processes. She was able to re-wire her damaged brain, wrought with uncontrolled anger, anxiety, depression, lethargy, hyper-activity, and attention deficit, to create a positive, controlled, and energized mindset that enable her to re-enter the workforce and return to living a full life. Every one of us has the ability to re-wire through the neuroplasticity of our brain, and the fact that this ability does not diminish with age is a true gift of enlightenment. Tell yourself often, "A learning mind is a healthy mind."