

**UNICON**  
AUSTIN 2009

**BRAIN PERFORMANCE & EMOTIONAL  
INTELLIGENCE FOR SUSTAINABLE CAREER  
MANAGEMENT**  
*A SELF-COACHING METHOD*

A DIFFERENT LOOK AT REALITY

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**PERSONAL ASSESSMENT**

**TAKE 2 MINS TO WRITE DOWN :**

- **HOW YOU HAVE BEEN FEELING PHYSICALLY SINCE OCTOBER LAST YEAR - PAINS, ILLNESSES, DYSFUNCTIONS...**
- **HOW YOU HAVE BEEN FEELING MENTALLY SINCE OCTOBER LAST YEAR - USE A LIST OF 3 PRECISE ADJECTIVES TO DESCRIBE**

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# ENHANCING FUNCTION

LOOK AT YOURSELF ANOTHER WAY

**NERVES**  
REACTOR

**BRAIN**  
AWARENESS/FOCUS

**BREATH**  
RELAXATION/CONTROL

**ORGANS**  
EMOTIONS

**ENERGY**  
COMMUNICATION

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## PERFORMANCE STRATEGY

- YOU NEED TO TRAIN AS AN ATHLETE
- YOU NEED TO HAVE A TRAINING PROGRAM LIKE AN ATHLETE
- YOU NEED TO CONSIDER STRESS LOAD AS A COUNTER PERFORMANCE & AS A THREAT
- YOU NEED TO CONTROL STRESS & DEVELOP AWARENESS WITH A PERFORMANT GLOBAL & HOLISTIC STRATEGY

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## GLOBAL INTELLIGENT STRATEGY FOR AGING WELL AND PERFORMING LONG

- 4 MAIN FUNCTIONS - 3 LAYERS OF THE EMBRYO  
3 BODY LEVELS 

1. COORDINATION & MEMORY – BRAIN ↑ AWARENESS / EQ
2. ENERGY & TRANSPORT – HEART & LUNGS ↑ BREATH
3. STRUCTURE – CONNECTIVE TISSUE ↑ EXERCISE
4. FRONTIER – MUCOUS MEMBRANES & SKIN ↑ DIET

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## THE HOLOGRAM OF HEALTH FOR A BALANCED & PERFORMANT BRAIN & NERVOUS SYSTEM

- **PHYSICAL & EMOTIONAL BALANCE**
  - PROFESSIONAL LIFE & PRIVATE LIFE
  - TIME MANAGEMENT & BIORHYTHMS
  - AGE CHANGE AND THE HORMONAL SYSTEM  
( MENSTRUATION, PREGNANCY, MENOPAUSE -  
ANDROPAUSE FOR MEN)

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## BREATHING -TUNING & IMAGING-VISUALIZATION



USE A LIGHT BULB TO  
RESET THE BRAIN  
TO ALPHA WAVES  
& RIGHT BRAIN SWITCH

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## EFFECTS OF STRESS



### 1 - FINE JUDGMENT

AFFECTS EMOTIONAL INTELLIGENCE

### 2 - ABILITY TO DRAWING INFORMATION FROM THE ENVIRONMENT

#### ▲ WE BECOME ACCIDENT- PRONE AND CLUMSY

AFFECTS COMMUNICATION

#### ▲ WE BECOME DISABLED AT MAKING GOOD DECISIONS -

AFFECTS MANAGEMENT

**WE ARE NOT DESIGNED NOR EQUIPED TO DEAL WITH SUSTAINED & CHRONIC STRESS**

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## **BEING PRESENT**

### ***A DIFFERENT LOOK AT REALITY***

- **DEVELOPING AWARENESS ALLOWS YOU TO CHANGE YOUR VISION OF REALITY & OF YOUR PRESENT**
- **ONE MUST DEVELOP AWARENESS, MINDFULNESS AND BEING IN THE PRESENT TO ACT & FUNCTION**
- ***PRESENCE IS A DYNAMIC AND FLUID SENSE OF BEING FULLY PRESENT IN BODY AND MIND, HEART AND SOUL AND KNOWING IT***

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## **MENTAL POWER IS CONNECTIVE POWER**

***YOU CAN SWITCH ELECTRIC MODE INSIDE YOUR BRAIN TO :***

- **INCREASE YOUR POTENTIAL OF COGNITIVE & EMOTIONAL AWARENESS & INTELLIGENCE**
- **DECREASE AND CONTROL STRESS**
- **COMMUNICATE BETTER**
- **BOOST YOUR CREATIVITY**

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## BRAIN FREQUENCIES - FUNCTION & STRESS

### ELECTRIC WAVES

**BETA** : ALERTNESS,  
CONCENTRATION, COGNITION

**ALPHA** : RELAXATION,  
VISUALIZATION, CREATIVITY

**THETA** : MEDITATION,  
INTUITION, MEMORY

**DELTA** : HEALING, SLEEP,  
DETACHED AWARENESS



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## EMOTIONAL INTELLIGENCE

- ABILITY & CAPACITY & SKILL TO PERCEIVE, ASSESS AND MANAGE EMOTION'S OF ONESELF, OF OTHERS, OF GROUPS
- MONITOR FEELINGS & EMOTIONS ( OWN OR OTHERS) & DISCRIMINATE AMONG THEM AND USE THE INFORMATION TO GUIDE ONE'S THINKING & ACTIONS
- REGULATION OF EMOTIONS PROMOTES PERSONAL GROWTH

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## AN EMOTION IS ENERGY IN MOTION

### PERCEIVING EMOTIONS - « THE BASE » :

IN FACES, PICTURES, VOICES & CULTURAL ARTIFACTS.

### USING EMOTIONS :

IT FACILITATES COGNITIVE ACTIVITY ( THINKING & PROBLEM SOLVING)

UNDERSTAND EMOTIONAL LANGUAGE, CAPACITY TO COMPREHEND VARIATIONS IN EMOTIONS. , RELATIONSHIPS.

### MANAGING EMOTIONS :

REGULATION OF EMOTIONS ON OURSELF & OTHERS. CONTROL EMOTIONS ( - AND + ) AND ACHEIVE YOUR GOALS.

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## EMOTIONAL INTELLIGENCE

### INTERPERSONAL INTELLIGENCE :

CAPACITY TO UNDERSTAND INTENTIONS, MOTIVATIONS & DESIRES OF OTHERS.

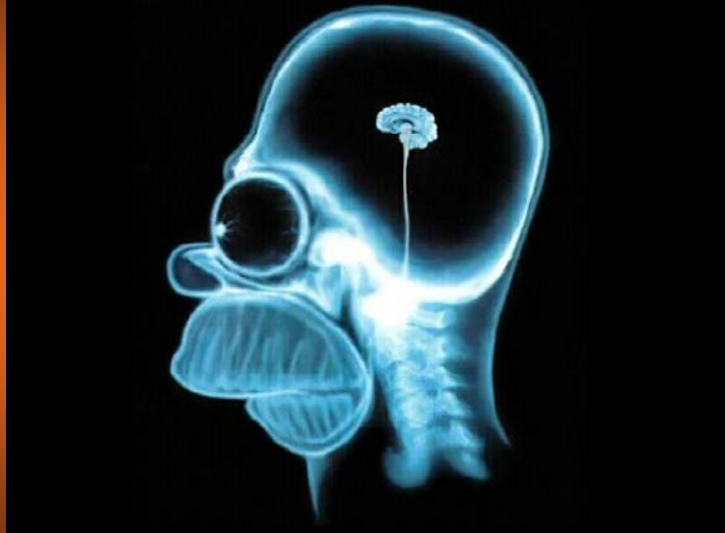
### INTRAPERSONAL INTELLIGENCE :

CAPACITY TO UNDERSTAND ONESELF, APPRECIATE ONE'S FEELINGS, FEARS & MOTIVATIONS.

- SELF-AWARENESS : RECOGNIZE & USE GUT FEELING FOR GUIDING DECISIONS.
- SELF-MANAGEMENT : CONTROL AND ADAPT.
- SOCIAL AWARENESS : SENSE, UNDERSTAND, REACT.
- RELATIONSHIP MANAGEMENT : INSPIRE, INFLUENCE, HELP.

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## DIET MANAGEMENT... OR ELSE !



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## SUPPLEMENT YOUR BRAIN

- H<sub>2</sub>O
- FATTY ACIDS ( 20% OF THE BRAIN IS FAT )
- CARBOHYDRATE ( SIMPLE ) & OXYGEN : BRAIN HAS 10 TIMES HIGHER METABOLISM THAN OTHER TISSUES
- PROTEINS FOR NEUROTRANSMITTERS
- VITAMINS A-E-C-B3 ( FOR AEROBIC EXCHANGES)
- MAGNESIUM, ZINC, MANGANESE & SELENIUM
- CLEANSING HEAVY METALS

### ***FOR HIGH BRAIN ACTIVITY***

**SMALL MEALS, LOW CALORIES, LOW CARB, HIGH PROTEIN - HIGH IN TYROSINE :**  
**SEAFOOD, SOY, MEAT, EGGS, DAIRIES.**

### ***FOR BRAIN RELAXION & SEDATION***

**LOW PROTEIN, HIGH TRYPTOPHAN FOODS , HIGH CARBOHYDRATE, HIGH CALORY MEALS:**  
**CHOCOLATE, PASTRY, DESSERTS, BEANS, NUTS & SEEDS AND LEGUMES.**

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