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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
ENHANCING FUNCTION
LOOK AT YOURSELF ANOTHER WAY

• 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
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

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)
BREATHING - TUNING &
IMAGING - VISUALIZATION

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

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
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.

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.
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
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 OURSELVES & OTHERS. CONTROL EMOTIONS ( - AND + ) AND ACHIEVE YOUR GOALS.

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.
DIET MANAGEMENT... OR ELSE!

SUPPLEMENT YOUR BRAIN

- H2O
- 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 CALORIE MEALS:
CHOCOLATE, PASTRY, DESSERTS, BEANS, NUTS & SEEDS AND LEGUMES.