

What is the Institute for Mindset Resilience and Innovation (iMRI) Training Program?

The iMRI training program provides neuroscience education to equip individuals to:

- create a project or initiative that promotes neuroscience, mindset, resilience and innovation research within their organization or community;
- use neuroscience, mindset, resilience and innovation research to support an existing project, presentation or initiative in order increase buy-in from stakeholders and participants.

What is the timeline for this program?

The training will begin in June with a prerequisite online course, followed by a 2-day group training.

- May-June: Online training videos focused on Mindset
- June 24 (Day 1 of Summit): Focus will be on Resilience and Psychological Safety
- June 25 (Day 2 of Summit): Focus will be on Innovation

What's included in this program?

Workshop Content

Students begin the program with the online Mindset Neuroscience 101 video lessons in May and early June. On June 24 to 25, participants attend a two-day intensive training. Content will be focused on:

- how mindsets are formed AND how they can be intentionally changed through neuroscience-informed conditions and self-directed processes;
- how to minimize the negative effects of adversity and toxic stress on brain architecture;
- how learning about the neurobiology of human development can create buy-in from leaders, educators and parents to engage in new ways to positively influence brain activity in themselves and in clients, staff and students;
- how to create optimal learning conditions, projects, activities and interactions that maximize executive functioning, growth mindset, self-regulation and resilience
- how to integrate design-thinking, neurobiology, and resilience education into a project or initiative that will produce sustainable impact within one's own organization.

Completion Certificate

While I cannot officially provide Continuing Professional Development or Education Units, you will receive a certificate with number of training hours completed.

What is the Format of Training?

As there is interest from people who are not in the Illinois area, students will be able to join via videoconference, but are encouraged to attend in person. For some people, travel will simply not be feasible: on a case-by-case basis, students can be approved to attend the entire program via videoconference.

What's different about this program compared with other professional development trainings?

1) Neuroscience is the core curriculum, not an addition

The biggest difference is that the neuroscience and neurobiology information is the centerpiece of the curriculum, rather than a side-note.

The reason for this is that my experience and research show that when people truly understand and internalize the mechanics, and 'inner workings' of the mind, mental states, emotions, they are better able to a) replicate it because these processes are now conscious and b) explain it to others because they have the correct wording for it and a step-by-step explanation, rather than noticing things without knowing 'why'.

2) Personalized, Authentic Connection-Building

I'm moving away from the increasingly popular model of an 'expert' getting people to pay for their knowledge, but then packaging it for the masses and having little to no actual interaction with the participants. This model goes against what I teach – presence, connection and 'psychological safety' are core needs for learning. This can be done through technology (for example, in the video lessons that occur before the summit), but we hope to model trust- and empathy-building with participants in '*real time*' – because that is how *they* will be interacting with the people *they* are leading.

We will be creating a space for the powerful and positive effects of collaboration, personal interaction and psychological safety in order to help participants come up with creative, fresh and dynamic ideas for blending the art and science of neurobiology, resilience and innovation into their own vision and mission.

Who is this for and who is this not for?

This is for anyone who has some type of leadership role within their community or organization. It's for people who want to leave their mark and create positive change.

This training will not just be about 'improving performance' or 'improving behavior'. It will be about legacy-creation, consciously evolving humanity and dissolving illusions of our learned fears and ideas of separation and isolation. This will not be about how to only increase our scores based on the scales that perpetuate history and status quo, it will be about creating new scales, and new ways of interacting and compassionately disrupting old-views and old brain-wiring that hold people back.

Therefore, this training is not for people who only care about test scores or performance. If you want 'behavior management' or performance enhancement without deep self-reflection, this is not for you.

This training is also not for you if you feel that you need someone to tell you exactly how and what to do to create change in your life or the lives of others.

There is an intentional *de-emphasis on 'skill-building'* and an intentional focus on moments of *'oh, I never thought of it like that before'*, and transforming *how we see* the world, ourselves and others, more than 'what should I do?'

The questions arising will be more like, 'how does the way I see myself and that person affect how I treat them, and where did that way of seeing them come from?'

If that kind of questioning doesn't interest you, this program is not for you.

How much does tuition cost?

The financial investment will be \$697. The Early Bird Price is \$497 and is available until March 24th, 2019.

Bonus Features

Projects Featured on Website

Students who integrate Mindset Neuroscience™ into their work after the Summit will have the possibility, upon approval of the advisors, of having their work featured on the Mindset Neuroscience website so that they can further attract recognition and network-building with like-minded leaders.

Mindset Neuroscience 101 Online Course

Students will also get access to the Mindset Neuroscience 101 online course, which they can then use as a roadmap, and outlined Mindset Neuroscience training guide to help introduce iMRI concepts to their organization or community.