

# Brain Hacks for Leaders

Unprecedented change, ambiguity and threats in the current landscape are causing concern, fear and stress, all of which are natural and normal reactions to the current context that everyone is finding themselves in. In turn, this is putting the resilience and robustness of leaders to the test, as they decide how best to manage and react to the situation unfolding before them.

## Description

This 2 hour virtual workshop provides an opportunity for you to take time out to reflect on your thoughts, feelings and behaviours at this challenging time. You will explore natural human responses to stress and pressure, and the implications for yourself and your role as a leader. You will learn and share brain based practical tools and solutions to hack your brain, increasing your resilience and maintaining your well-being such that you are able to better respond and react effectively. The workshop will help you to cultivate your inner strength as leaders, helping you feel more confident, adaptable and open to new opportunities in these volatile times.

## What does it involve?

The learning consists of some pre-reads and a 2 hour virtual workshop. You'll learn the theory behind your brain function before putting brain-hack strategies into practice. After small group and plenary discussions with your facilitator, you'll have the chance to apply your learning through action planning.

## What's the outcome?

You will have created a network of colleagues either in your department or organisation or across the Civil Service. By the end of the workshop, you will have understood your brain function, learnt practical strategies to hack your brain for improved results and performance and personal action planned to apply learning.

## Learning activities



### Delivery method:



**Estimated learning time:**  
2.5 hours

## How to book

This topic is for the Senior Civil Service (SCS), Grade 6 and Grade 7 civil servants

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