A Neuroscientific Approach

CULTIVATING WELL-BEING

Thrive professionally by training your brain

uwcultivatingwellbeing.com
Imagine yourself in an environment where individuals and groups show greater resilience; a place where colleagues are optimistic and attentive to others’ emotions; where people build their capacity to pay attention to meet their personal and professional goals.

Now imagine this sense of well-being is happening in your workplace environment.

Breakthrough, evidence-based research by world-renowned University of Wisconsin–Madison Neuroscientist Dr. Richard Davidson shows that we have the ability to train our brain to improve how we respond to what life throws our way—to become more resilient, less distracted and stressed out, and more focused and productive.

This program is informed by Davidson’s research and his *New York Times* bestselling book *The Emotional Life of Your Brain*, providing hands-on application of well-being skills and techniques. The program’s foundation rests on the idea of neuroplasticity – the way our behaviors, thoughts and actions have a robust and measurable effect on brain function and our mental and physical well-being.

**SIX DIMENSIONS OF EMOTIONAL STYLE**

Dr. Davidson’s systematic studies suggest six dimensions that make up our emotional style and form the basis for emotional intelligence, acting as the core learning component of this interactive program.

**Attention**
Do your thoughts wander from the project you’re working on to wondering if the electric bill was paid on time? Learn how to screen out distractions and stay focused.

**Resilience**
Can you shake off setbacks in the workplace, or does it cast a pall on the remainder of your day? Learn how to recover and put it behind you.

**Sensitivity to Context**
Do people share too much about their personal life, or tell inappropriate jokes? Become more tuned into the conventional rules of social interaction in the workplace.

**Self-Awareness**
Do you act and react without knowing why you do what you do? Become more aware of your own thoughts and feelings.

**Outlook**
Do you sometimes struggle to see anything positive? Learn how to maintain a high level of engagement and energy even when things don’t go your way.

**Social Intuition**
Is it a challenge for you to read people’s body language and tone of voice, or infer if they have time to talk? You can become less puzzled by the mental and emotional state of others.
Who Will Benefit?
Forward-thinking individuals, teams and organizations seeking to partner and explore evidence-based approaches to optimize their state of mind and well-being to adapt to challenges in complex work environments.

These anticipated benefits may vary based upon individual and organizational commitment to learning, adopting, and practicing the program’s techniques to cultivate mindfulness and well-being.

Program Overview
This well-being program consists of 8-12 hours of curriculum delivered in multiple sessions, or as needed by the client. Program components include:

Pre-Program Assessment: Establish a baseline of your specific emotional style.

Emotional Style: Six dimensions based on modern, neuroscientific research that characterize your specific brain signature.

Neuroscience: Understand neuroplasticity and how you can train your brain to change emotional responses.

Well-Being Practices: Learn and experience many evidence-based techniques and skills designed to cultivate well-being.

Create Healthy Habits: Strategies and practical tools to nurture individual well-being.

Post-Program Assessment: Progress on self-management of your emotional style compared to your pre-program assessment.

Potential Benefits to Individual Performance*
- Improves focus and concentration
- Enhances effectiveness in stressful situations
- Strengthens skillful decision making
- Increases ability to listen to others
- Encourages greater compassion
- Improves positive outlook
- Increases resilience

Potential Benefits to the Organization*
- Higher employee engagement
- Improved customer satisfaction
- Decreased absenteeism
- Fewer worker compensation claims
- Reduced turnover in both high and low turnover workplaces
- Fewer safety incidents


Contact Us
For more information or questions, please contact us at (608) 441-7355 or custom@bus.wisc.edu.
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Led by world-renowned neuroscientist Dr. Richard J. Davidson, the Center for Investigating Healthy Minds at the Waisman Center, University of Wisconsin-Madison, conducts rigorous scientific research on healthy qualities of mind, and has significantly advanced the body of scientific evidence in this emerging field of study.

investigatinghealthyminds.org