



CHOOSE YOUR FOCUS

In an article titled "The Neuroscience of Leadership", by Australian Executive Coach David Rock and psychiatrist Jeffrey Schwartz, it is noted that when people solve problems themselves, the brain releases a rush of neurotransmitters like adrenaline and the creation of new neural connections in their brain is enabled. This phenomenon provides a scientific basis for some of the practices of leadership coaching. The serotonin chemical fuels and sustains added brainpower when people laugh easily, give often, support deeply, and care about other's progress at work.

PUT PROCESS BEFORE CONTENT

There are five different ways we can think about and communicate about any project:

1. **Vision Thinking:** Vision Thinking is about "Why" or "What"
Why do we want to do this project?
What are we trying to achieve?
What's the goal here?
Where we are going?
2. **Planning Thinking:** Planning Thinking is about how you are going to get there - without worrying about or going into the detail yet
3. **Detail Thinking:** Detail Thinking is the detail of doing
This is all about the specific action steps
(Most people put most of their energy here)
4. **Problem Thinking:** Problem Thinking can often get people caught up in the problem and losing energy and time. To use ensure effective results we can tackle a problem from a vision perspective, or we can approach a problem from a planning perspective.
This strategy allows us to remain solution focussed – thereby not becoming problem focussed.
5. **Drama Thinking:** Drama Thinking- is where the vision, planning, detail and problems have fallen apart and the drama has taken over - there is just emotional charge. We recommend you move out of this as quickly as possible – by **choosing your focus.**





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Take time to rethink your own thinking about your projects:

Try This Exercise:

Think of three projects you are working on now.

Take a look at the above model and pinpoint where your thinking is right now.

Once you know which level you are thinking on with each project.

Now think about where would be the most useful level to focus on at the moment.

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