



WIG

The Whitehall & Industry Group
connecting the sectors

WIG Masterclass: Neuroscience of Leadership

As a leader you want to create an environment where employees can work at their best. Neuroscience can help! We all have good and bad days at work – neuroscience helps us to understand what makes the difference. It brings to light what enables us to perform at our best whilst also supporting mental and emotional well-being at work. Neuroscience provides a new lens through which to look at people and understand their behaviour and motivation.

Improve focus and performance at work

Practical tools & techniques

Network in a cross-sector environment

Masterclass focus:

- The latest insights from neuroscience and behavioural science
- The basics we all need to know about our brains to get the best out of them
- Why our brains find organisational change difficult and understand the impact of change and uncertainty on our ability to focus.
- The small actions that make a big difference to our brains
- Our social brains
- Building resilience in ourselves and our teams so that we can perform at our best
- Providing practical tools to help leaders maintain their own and their team's performance

By the end of the masterclass you will:

- Understand the brain better so that you can work with it rather than despite it
- Understand the impact of organisational change on the brain and on your ability to focus
- Feel better able to maintain your own focus and performance, as well as that of others
- Know how to manage your own state so that it has a positive impact on those around you.
- Have applied a neuroscience-based practical tool (SPACES) to plan an upcoming event at work
- Know how to plan your day to get the best out of your brain

“Great seminar! Offers an insight into why we behave in certain ways and how we can use our understanding of our brain to get better results” - Jamie Rendell

Who delivers this masterclass:



Hilary Scarlett's work has spanned Europe, the US and Asia and concentrates on change and employee engagement. She has extensive experience of working in both the public and private sectors and has won global awards for her work on employee engagement and organisational change.

Hilary holds an MA from Cambridge University, she has got a post-graduate Certificate in the Psychology of Organisation Development and Change, and is accredited executive coach with the Institute of Leadership and Management. Hilary has been working with neuroscientists at University College London to apply cognitive neuroscience to practical management tools. She regularly writes and speaks on neuroscience, organisational change and employee engagement. Her book, *Neuroscience of Organizational Change—an evidence—based practical guide to managing change* was published in February 2016 and has been widely praised. The second edition of her book has now be released in the UK.

What you need to know

This masterclass is a full day and includes regular breaks

Why come on a WIG Masterclass? Our masterclasses offer practical leadership and career development support delivered by expert facilitators, backed up by the latest research and offerings.

Where? MS Teams or Face to Face

How do I apply? To find out how we can create a masterclass bespoke for you and your organisation get in touch at masterclass@wig.co.uk.

Talk to the leadership team

If you would like to find out more about our Masterclasses then get in touch

🌐 www.wig.co.uk/leadership

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