

This is Your Brain on Change!

Come explore the neuroscience behind change.

Learn what's physically going on in your brain when you go through a change, and simple self-care tips you can practice to move the process along.

In other words, you'll learn how to bring about more brain-friendly change!

Learn more at
hr.unm.edu/leadership-bite-series



Just sign up or show up! No pre-requisites or registration required.

ATTEND FOUR OUT OF FIVE SESSIONS AND RECEIVE A FREE BOOK!

LEADERSHIP BITE SERIES

Summer 2017: This is Your Brain on Change!

SESSION TOPIC

The Cycle of Change: Where Do I Fit?

EQ 101: What's Going on in My Brain?

Why Do Brains Hate Change?

The Brain Science Behind Storytelling:

Your Message Matters

My Brain's Hot Buttons

DATE

Tuesday, May 2

Wednesday, May 17

Thursday, June 1

Wednesday, June 14

Thursday, June 29