



MIT Sloan
Executive
Education

Neuroscience for Leadership

This program is in the Executive Certificate in Management and Leadership track

March 10–11, 2016
October 13–14, 2016

Cambridge,
Massachusetts, U.S.

\$3,300
(excluding
accommodations)

Please visit our
website for the most
current information.

Program Details

Research in the cognitive sciences is leading us to a greater understanding of how to improve personal and leadership behaviors and performance. Those who grasp the meaning and implications of this research will be positioned to take competitive advantage. This program provides hands-on application of concepts and techniques deriving from neuroscience and psychology that can improve your individual performance, as well as that of your team and organization.

You will be offered brain friendly catering, guided meditation, optional yoga class and a confidential brain profiler report.

Neuroscience for Leadership focuses on:

- Your stuck neural patterns as a leader
- The power of neuroplasticity in unleashing your brain agility and resilience
- Creating the conditions for success in your organization by leading teams and shifting the culture from fear to trust
- Visioning the future using the power of storytelling

Issues we will examine include:

- How neuroscience can be applied to leadership development
- Understanding the scope of agility and diversity of thinking in adult brains
- Mindsets—can you move from fixed to growth?
- Deeply embedded leadership patterns and immunity to change
- Basic human emotions and mindfulness
- Cultural diversity and creativity
- Ecosystem leadership

Participants

This program is intended for senior-level leaders who want to gain deeper understanding of their leadership behaviors and gain a competitive edge by understanding how the brain works. It is particularly relevant for those who lead people who are technically strong, motivated and intelligent, especially those working in large complex organizations with diverse markets, who are interested in learning more about their own mental processes, how to change, and how to set up the context to improve development.

Takeaways

Through lectures, discussions, and hand-on practice exercises, *Neuroscience for Leadership* will empower you to:

- Raise your awareness of existing leadership behavioral patterns
- Focus attention on behaviors and actions promoting resilience
- Harness neuroscience to embed sustainable behavior change through plasticity of brain connections and pathways through deliberate practice
- Implement measures to hold you to account and pre-empt barriers to leading sustainable performance

“*One of the best leadership courses I’ve ever had! Blending the most recent developments of neuroscience with psychological and leadership insights, I’m sure it is going to transform the way I lead teams and I make decisions.*”

—Leonardo F.,
Past Participant
Read this review and others online.

<http://executive.mit.edu/nl>



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Sample Program Schedule (subject to change)

Day 1

8:00 AM–8:30 AM: Registration and Continental Breakfast
8:30 AM–9:00 AM: Introduction: What is Neuroscience for Leadership
9:00 AM–12:00 PM: Inertial Neural Patterns and Immunity to Change: Neural Personality, Mindsets
12:00 PM–1:00 PM: Lunch
1:00 PM–5:00 PM: Neuroplasticity: Crucibles and Developmental Phases, Meta-cognition/Opposability
5:00 PM–6:00 PM: Reception

Day 2

8:00 AM–8:30 AM: Continental Breakfast
8:30 AM–12:00 PM: The role of the environment in shaping development and new neural patterns: Mind-Brain-Body Relationships, Creating Growth Mindsets, Positive Organizations
12:00 PM–1:00 PM: Lunch
1:00 PM–4:00 PM: Neuroscience for the Future: Creating Agility; Thinking fast and slow: instinct, logic, and effects of stress, sleep, volition; Exercise for future planning; Pre-mortem
4:00 PM: Adjournment

Program Faculty



Deborah Ancona's pioneering research explores how successful teams operate and the critical importance of managing both outside and inside the team's boundary. This research led directly to the concept of X-teams as a vehicle for driving innovation within large organizations and to the publication of her book, *X-teams: How to Build Teams That Lead, Innovate, and Succeed* (Harvard Business School Press, June 2007). She is a Seley Distinguished Professor of Management and Professor of Organization Studies Faculty Director at the MIT Leadership Center. Ancona holds a BA and an MS in psychology from the University of Pennsylvania and a PhD in management from Columbia University.



Tara Swart is an executive leadership coach, medical doctor, neuroscientist and frequent keynote speaker. She is passionate about disseminating simple, pragmatic neuroscience-based messages that change the way people work and sustainably translate to tangible improvement in their business and their lives. Swart has authored or co-authored more than 20 articles in journals of neuroscience and coaching. She speaks globally on the brain in business at international conferences, corporations and at top business schools including Oxford, Stanford and MIT. She holds a BsC in Biomedical Science and PhD in Neuropharmacology from Kings College London, and a BM BcH in Medicine from Oxford University.

“*A superb balance of critical information about how to care for and feed our brains and a look at the hard science and data on developing the best in our teams.*”

—John S.
Past Participant
Read this review and others online.

Contact Information

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