Brain research 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 will provide hands-on application of concepts and techniques deriving from cognitive neuroscience that can improve your individual performance, as well as that of your team and organization.

**Neuroscience for Leadership** focuses on:

- Your agility and resilience as a leader
- Your impact on others and in promoting diversity of thought in your teams
- Creating the conditions for success in your organization by leading teams and shifting the culture from a fixed mindset towards a growth mindset, within an atmosphere of trust
- Innovating into the future

**Issues we will examine include:**

- The “Mind-Brain-Relationships Triangle” (Meta Cognition: thinking about thinking)
- Understanding the Scope of Neuroplasticity in Adult Brains (are leaders born or can they be developed?)
- Mindsets (can you move from fixed to growth?)
- Neuropsychology and embodied leadership
- Contagion of Stress and basic human emotions
- Reinforcing simple, pragmatic messages based on neuroscience

**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

"If you want to train your brain to hone and prioritize your leadership skills then choose one to three desired behaviors at a time and raise your awareness of when you do and do not do them; look out for opportunities to try these new behaviors; deliberately and repeatedly practice them until they become a habit, and then move on to the next two skills.” —Professor Tara Swart
## 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

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### 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.

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*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.

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### Contact Information

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