



EPISODE 009: Brains brought into business with Gerrit Pelzer

Not one brain is the same. Each brain forms certain habits and patterns in life that often persist through a whole lifetime and make each brain unique in how it interprets and experiences the world. As leaders it is important to recognise that your employees are all unique individuals. They won't necessarily be motivated or stressed out by the same things as you and are affected by the eight basic emotions. By understanding that people perform differently when experiencing either survival or attachment emotions, we can support them accordingly so they feel safe and happy. We discuss topics such as survival vs attachment emotions, three essential aspects about the brain leaders need to understand and something Gerrit calls hard biology.

We discuss:

- Three essential aspects about the brain that leaders need to know
- Why leaders need to take into account that everyone's brain works differently when it comes to motivating their team or helping employees cope with stress.
- Emotions are the result of very complex neurochemical processes that can be called hard biology.
- Eight basic emotions that can show up at work as either survival or attachment emotions and why they matter to leaders.
- Our brains do not differentiate between physical threats and psychological ones and we are constantly assessing our environment to keep ourselves safe.

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I hope you enjoyed this episode of Evolve: A New Era of Leadership. To learn more visit my website: www.carolynswora.com or send me an email to support@carolynswora.com. I'd love to hear from you.