



EVOLVE AND THRIVE

Building a Mindset to Win in Any Situation.

Presented by: Jason Jones, Ph.D.





Welcome to Microsoft Wellness Wednesday Resources

Continuous growth and development is a result of ongoing work and intention. This page is a special place for you to access the resources mentioned during my keynote presentation. Also a few more resources to enhance your leadership and performance -- just for fun.



DrJasonJones.com/msc



$\sin(x+y) = \sin x \cos y + \sin y \cos x$ $(\ln(x))' = \frac{1}{x}$ $\frac{a}{\sin A} = \frac{a}{\sin B}$ $\sin \alpha = 0,5$ $\int \frac{dx}{\sqrt{x^2 \pm a^2}} = \ln|x|$

$3+2i$ $(1+x)^d = 1 + \sum_{n=1}^{\infty} \binom{d}{n} \cdot x^n$ $e^{i\pi} + 1 = 0$ $\pi =$

Im Re $\binom{\alpha}{n} = C_n^d = \frac{n!}{(n-\alpha)! \alpha!}$ $\begin{vmatrix} \cdot & \cdot & \cdot \\ \cdot & \cdot & \cdot \\ \cdot & \cdot & \cdot \end{vmatrix} = - \begin{vmatrix} \cdot & \cdot & \cdot \\ \cdot & \cdot & \cdot \\ \cdot & \cdot & \cdot \end{vmatrix} + \begin{vmatrix} \cdot & \cdot & \cdot \\ \cdot & \cdot & \cdot \\ \cdot & \cdot & \cdot \end{vmatrix}$ $\sin^2 \alpha + \cos^2 \alpha = 1$

$+f(x_{n-1})\Delta x$ $x \in (-\infty; -2)$ $(e^x)' = e^x$ $\lim_{x \rightarrow 0} \frac{\sin x}{x} = 1$

$a^2 = b^2 + c^2 - 2bc \cos A$ $y = \sin x$ $\begin{pmatrix} a_1 & b_1 \\ a_2 & b_2 \end{pmatrix} \cdot \begin{pmatrix} c_1 \\ c_2 \end{pmatrix} = \begin{pmatrix} a_1 c_1 + b_1 c_2 \\ a_2 c_1 + b_2 c_2 \end{pmatrix}$

$\frac{1}{2^n} = 2$ $e^x = 1 + \sum_{n=1}^{\infty} \frac{x^n}{n!}$ \int

$\sin x = \text{Im}\{e^{ix}\}$ $\cosh(x) = \frac{e^x + e^{-x}}{2}$

$X=1$ $\log_a^p x = \frac{1}{p} \log_a x$ $y = x^2$

$X! = 1 \cdot 2 \cdot \dots \cdot X$ $\lim_{n \rightarrow \infty} \left(1 + \frac{1}{n}\right)^n = e$ $\cos 2\alpha = 2 \cos \alpha$

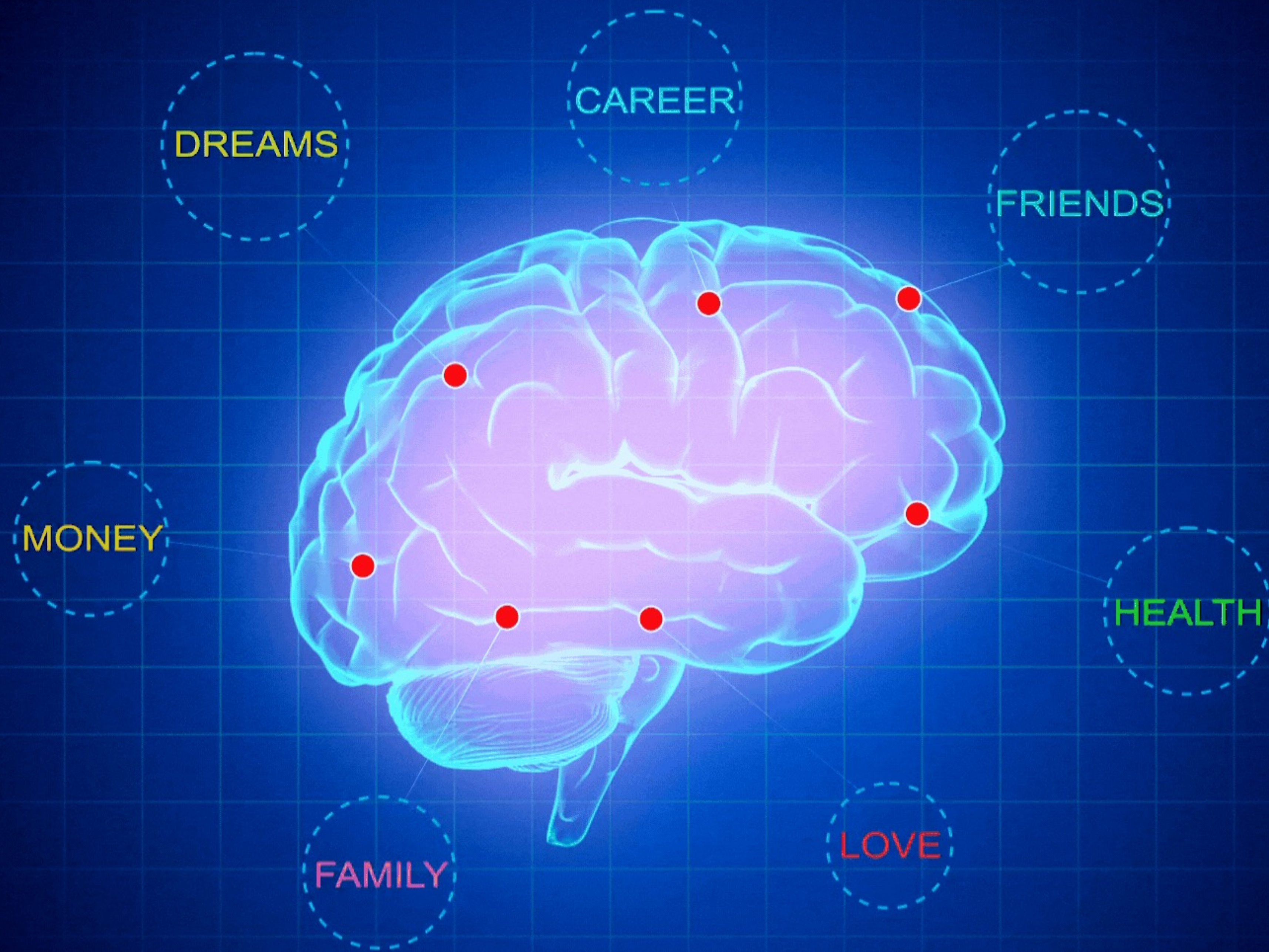
$a \cap b = \emptyset$ $\frac{n}{\sqrt{x_1 x_2 \dots x_n}} \leq \frac{x_1 + x_2 + \dots + x_n}{n}$ $\frac{k}{f^{(n)}(a)}$

$\text{tg } \alpha = \frac{\sin \alpha}{\cos \alpha}$





LEADERSHIP
SPORTS
HEALTH
WORK
HAPPINESS
SALES
MARKETING







83% of workers suffer from work-related stress.

76% of workers report that workplace stress affects their personal relationships.

The main causes of workplace stress are workload (39%), interpersonal issues (31%), and juggling work and personal life (19%).

29% say they have yelled at a coworker because of workplace stress.

Data Source: [Zippia.com/advice/workplace-stress-statistics/](https://zippia.com/advice/workplace-stress-statistics/) July 2021







A **Neuroscience** Approach
to Greater Adaptability,
Growth, and Success.



3 NEUROSCIENCE PRINCIPLES TO KNOW



OUR MIND CONTROLS OUR BRAIN

OUR BRAIN IS WIRED TO CONNECT SOCIALLY

OUR BRAIN CAN BE LIT UP TO THRIVE

EVOLVE & THRIVE

EVOLVE YOUR THINKING

THE POWER OF THINKING

(METACOGNITION)



Your thinking creates proteins that form new neurons and connections.

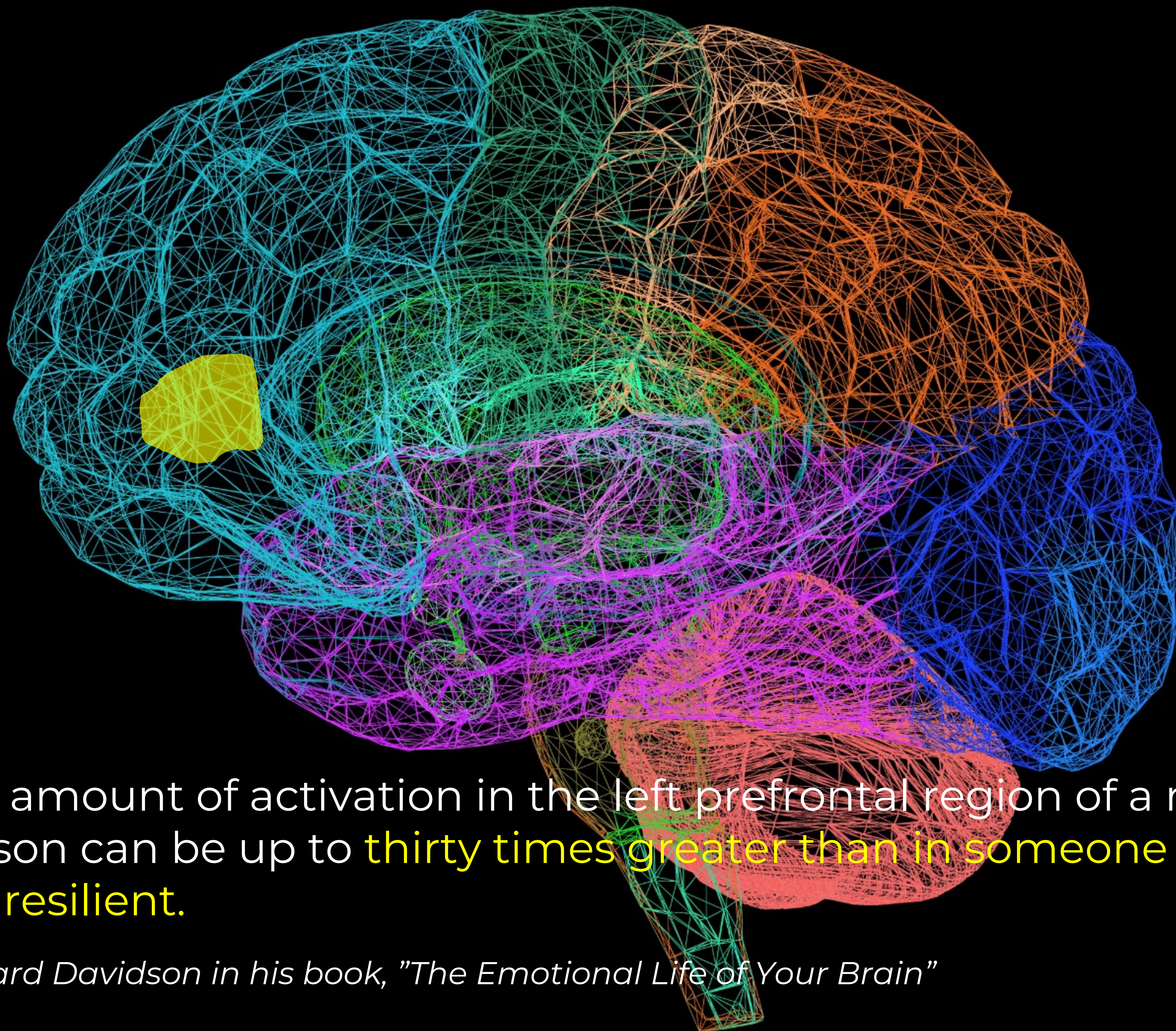


Your thinking stimulates chemical and hormone release.



Your thinking wires mindsets and thought patterns.



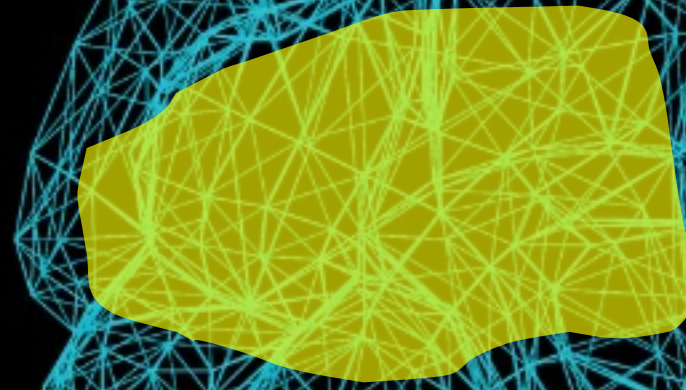


The amount of activation in the left prefrontal region of a resilient person can be up to **thirty times greater than in someone who is not resilient.**

Richard Davidson in his book, "The Emotional Life of Your Brain"

The amount of activation in the left prefrontal region of a resilient person can be up to **thirty times greater than in someone who is not resilient.**

Richard Davidson in his book, "The Emotional Life of Your Brain"



An area in the frontal cerebral cortex lights up when a you are feeling a sense of gratefulness. fMRI studies show **this area becomes more sensitive in a person that practices gratefulness.**

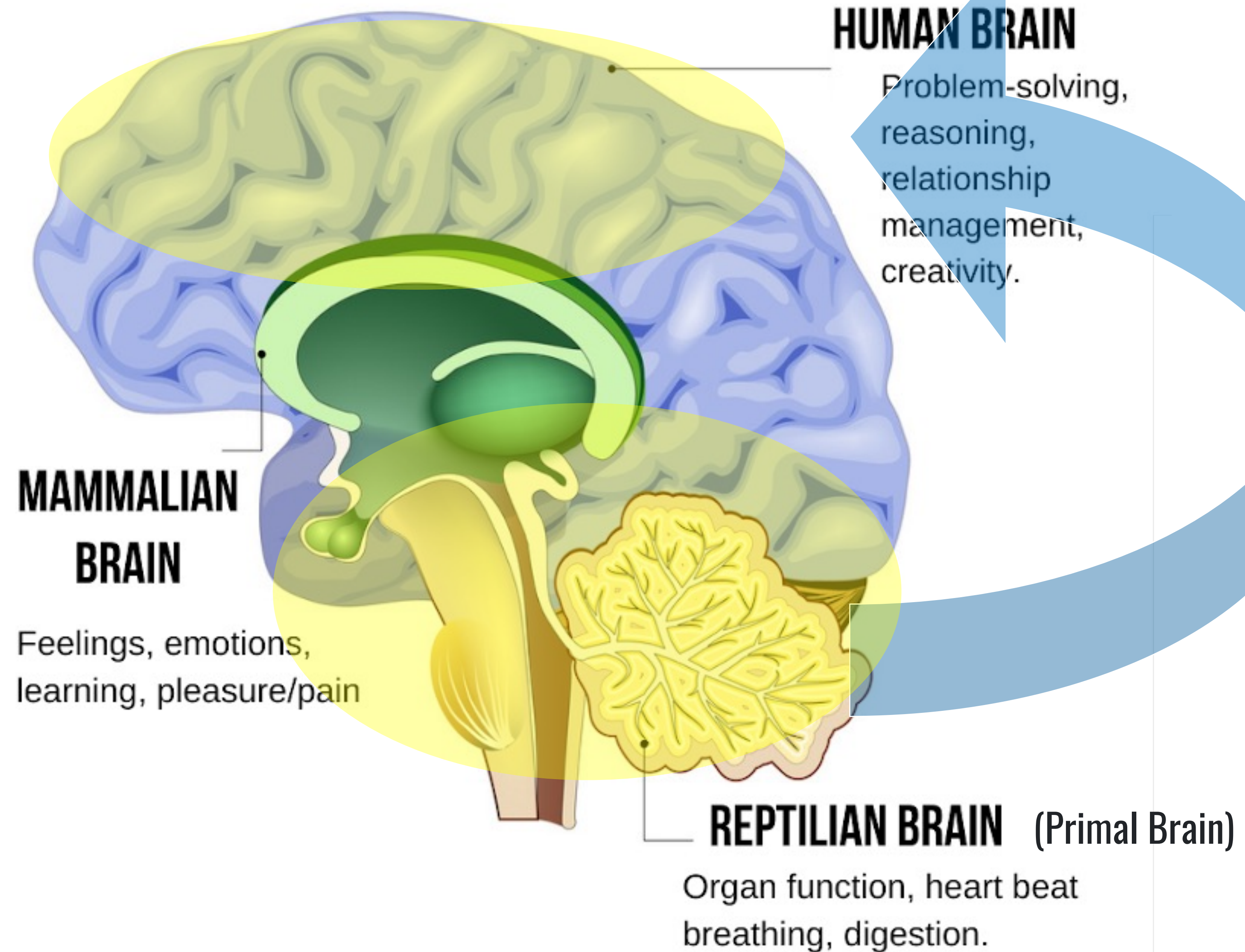
THE ULTIMATE BRAIN BATTLE

THE **NEGATIVE (THREAT)** DEFAULT
CREATES **NEGATIVE THINKING**

The #1 Priority of Your Brain is...

STAY ALIVE

We can build an
adaptable and
resilient brain by
learning how to
manage our
reptilian brain.



A man with short dark hair and glasses, wearing a white t-shirt, is shown from the chest up. He is looking upwards and to the right with a thoughtful expression, his hand resting on his chin.

MASTER YOUR THINKING

WITH THE **3R** METHOD

REFLECT - Notice

REFRAME - Shift

REPLACE - Rewire

THE BREAKDOWN





WHAT DO YOU NEED TO
REFRAME & REPLACE?

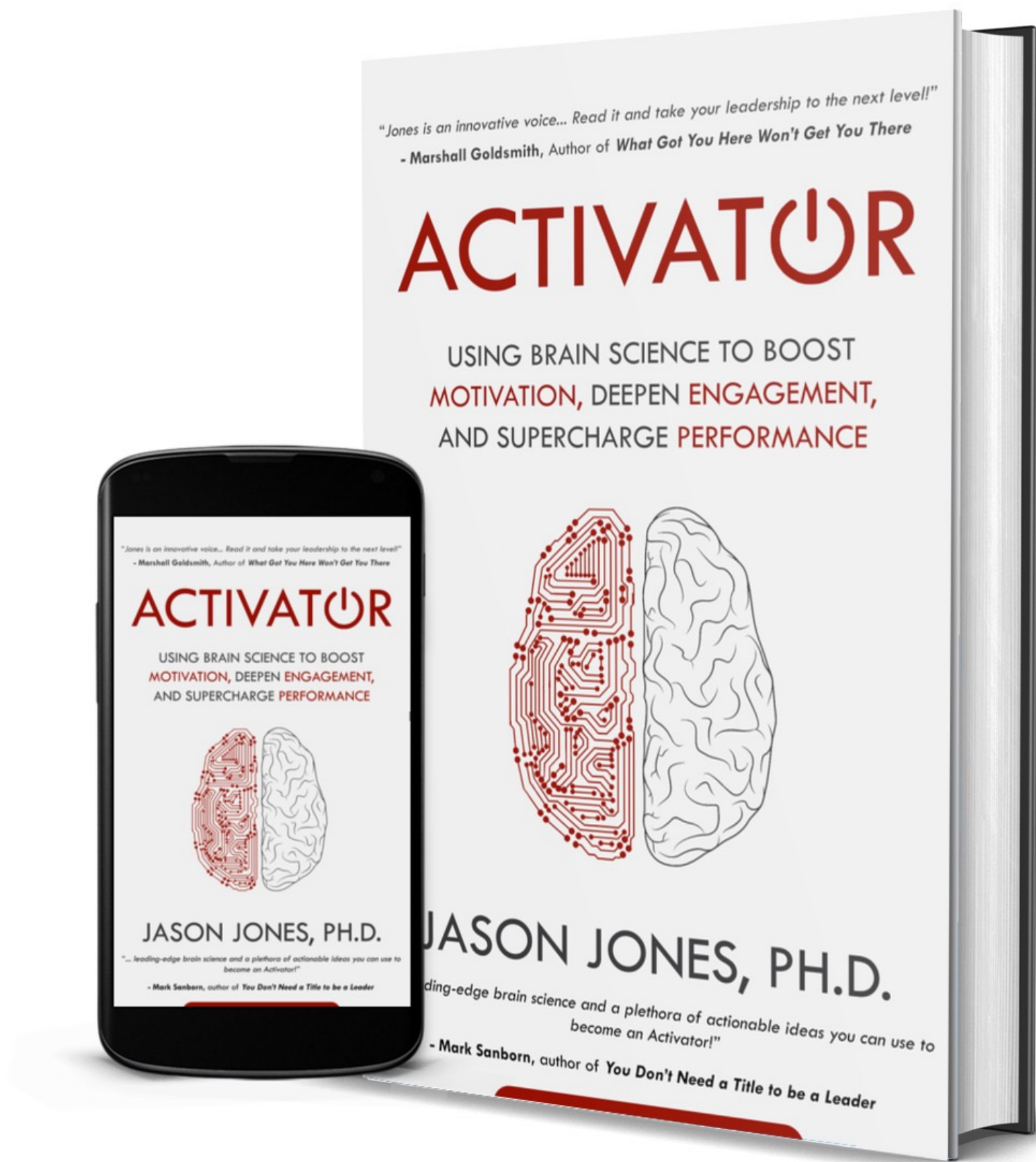
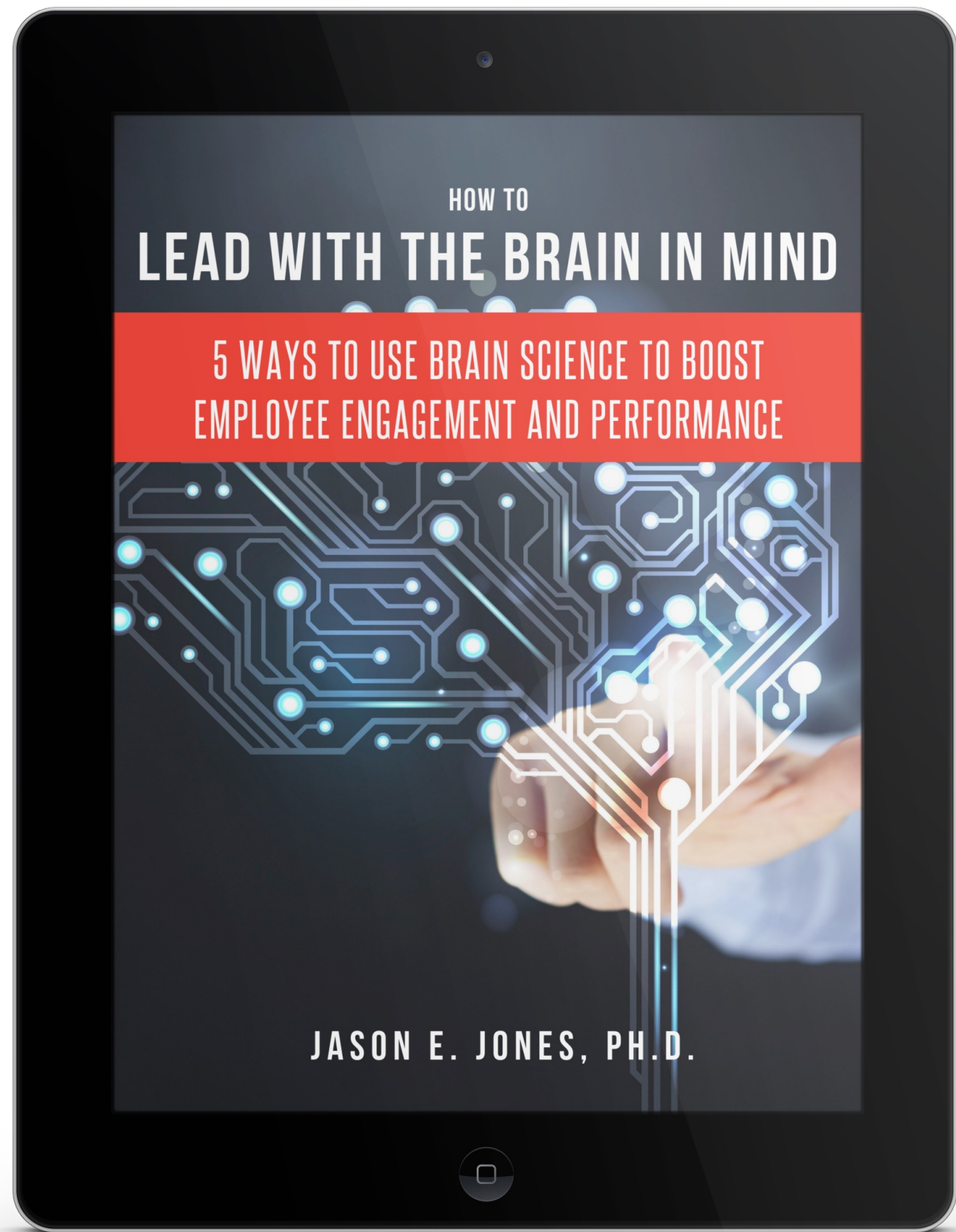


GOAL SCIENCE

If your goal or mission doesn't require **discomfort** or **sacrifice**, it's not big enough to trigger the greater potential of your brain.

Embrace the Struggle!

DEEPER DIVE RESOURCES



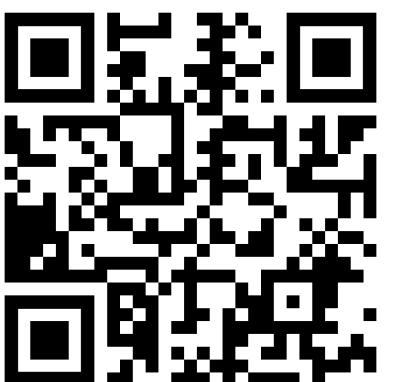
EVOLVE & THRIVE STRATEGIES

EVOLVE YOUR THINKING



#1 Embrace the Struggle

- ✓ Manage the Negative/Threat
- ✓ Integrate the 3R Method



EVOLVE YOUR THINKING

EVOLVE YOUR LANGUAGE

THE POWER OF YOUR
LANGUAGE

LANGUAGE IS A
SYSTEM OF
COMMUNICATION

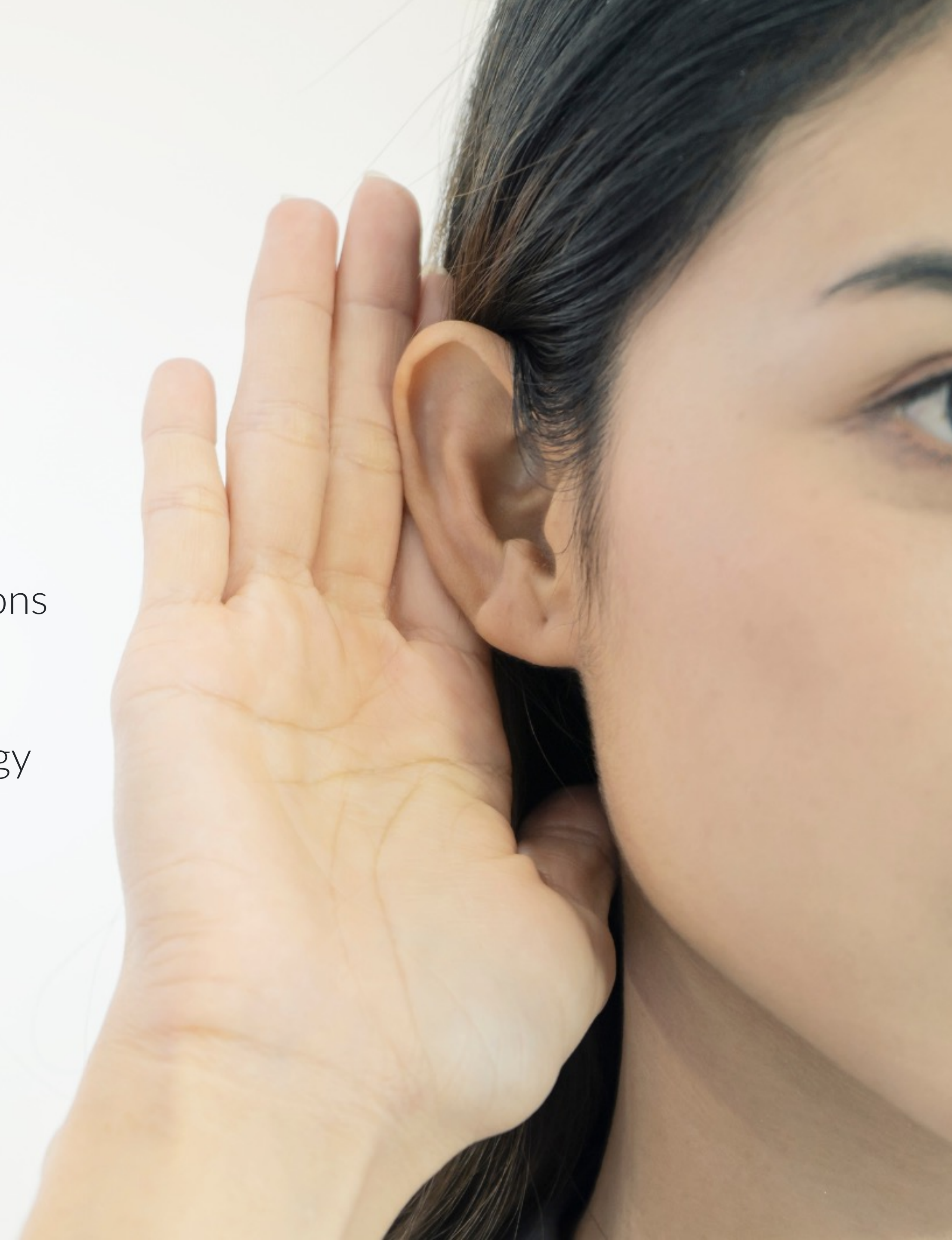


HOW WE PERCEIVE THE LANGUAGE OF OTHERS

HEAR – Words, Tone, Pitch

SEE – Body Language, Facial Expressions, Micro-Expressions

FEEL – Intention, Hormone and Chemical, Electrical Energy



QUESTION

Can one simple sound from your mouth that lasts only .03 second lead a person to feel devalued and dismissed?

Can one expression from your face that lasts only .03 second lead a person to feel devalued and dismissed?



An abstract digital graphic featuring two wireframe heads in profile, facing each other. The heads are composed of glowing blue and white lines. Between the heads is a wavy, glowing line that transitions from yellow to blue. The background is dark blue with horizontal bands of lighter blue and white. The text "THE SOCIAL BRAIN" is centered in white, bold, sans-serif font.

THE SOCIAL BRAIN

ACTIVATION WORDS

Cooperation

Collaborate

Excited

Launch

Endurance

Strength

Courage

Brave

Hero

Discover

Flexible

Enterprising

Dynamic

Impact

Insight

Progress

Achievement

Wordsmith for Positivity, Novelty, Uniqueness, Recall, Rhyming.

Bargh, Chen, and Burrows, Journal of Personality and Social Psychology, 1996.

Drouvelis, Metcalfe, and Powdthavee Theory and Decision, 2015.

Brooks, Alison, Academy of Management Proceedings, 2013.

Gable & Reis Advances in experimental Social Psychology, 2010.



DEACTIVATION WORDS

Should

But

Impossible

Stupid

Can't



WHAT WORDS CAN YOU USE?

Security

Solution

Safe

Trust

Innovate

Protect

Clarity

Insight

Stable

Value

Confidence

Maximize

Reliable

Entrust

Powerful

Efficiency

Dependable

Determined

Intelligence

Stable

Dynamic

Bonus Activation Words

Security

Foresight

Trust

Sophistication

Reliability

Prosperity

Freedom

Protection

Diversify

Confidence

Wealth

Entrust

Leverage

Guide

Hedge

Opportunity

Stability

Growth

ACTIVATION WORDS


Cooperate	Awaken	Gracious	Accomplish
Collaborate	Invigorate	Courteous	Meaning
Teamwork	Launch	Disciplined	Fulfillment
Trust	Unleash	Courageous	Overcome
Idea	Ambition	Awesome	Prevail
Spark	Stamina	Triumphant	Enterprising
Insight	Vitality	Flexible	Attractive
Passion	Win	Adaptable	Vital
Achieve	Discover	Determined	Dynamic
Share	Compassion	Grow	Fearless
Fun	Alert	Develop	Passionate
Enjoyment	Endurance	Freedom	Conquer
Power	Love	Zest	Flourish
Spirit	Victory	Enthusiastic	Prosper
Revive	Hero	Grateful	Benefit
Refresh	Legacy	Smart	Tough
Create	Respect	Positivity	Accomplish
Rally	Diligence	Impact	Success



SELF TALK



PRIME SAFETY, TRUST, AND PERFORMANCE

Three red darts with gold-colored barrels are embedded in the bullseye of a target. The target has concentric rings with numbers 1 through 10. The background is a light blue gradient.

THE LANGUAGE OF HIGH PERFORMANCE

POSITIVITY

CONFIDENCE

PASSION

EVOLVE & THRIVE STRATEGIES

EVOLVE YOUR THINKING



#1 Embrace the Struggle

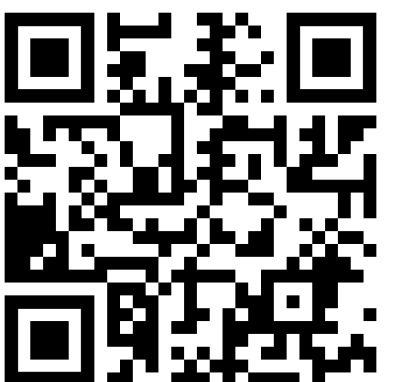
- ✓ Manage the Negative/Threat
- ✓ Integrate the 3R Method

EVOLVE YOUR LANGUAGE



#2 Master Performance Language

- ✓ Use the PCP Formula for Communication
- ✓ Integrate Activation Words



EVOLVE & THRIVE

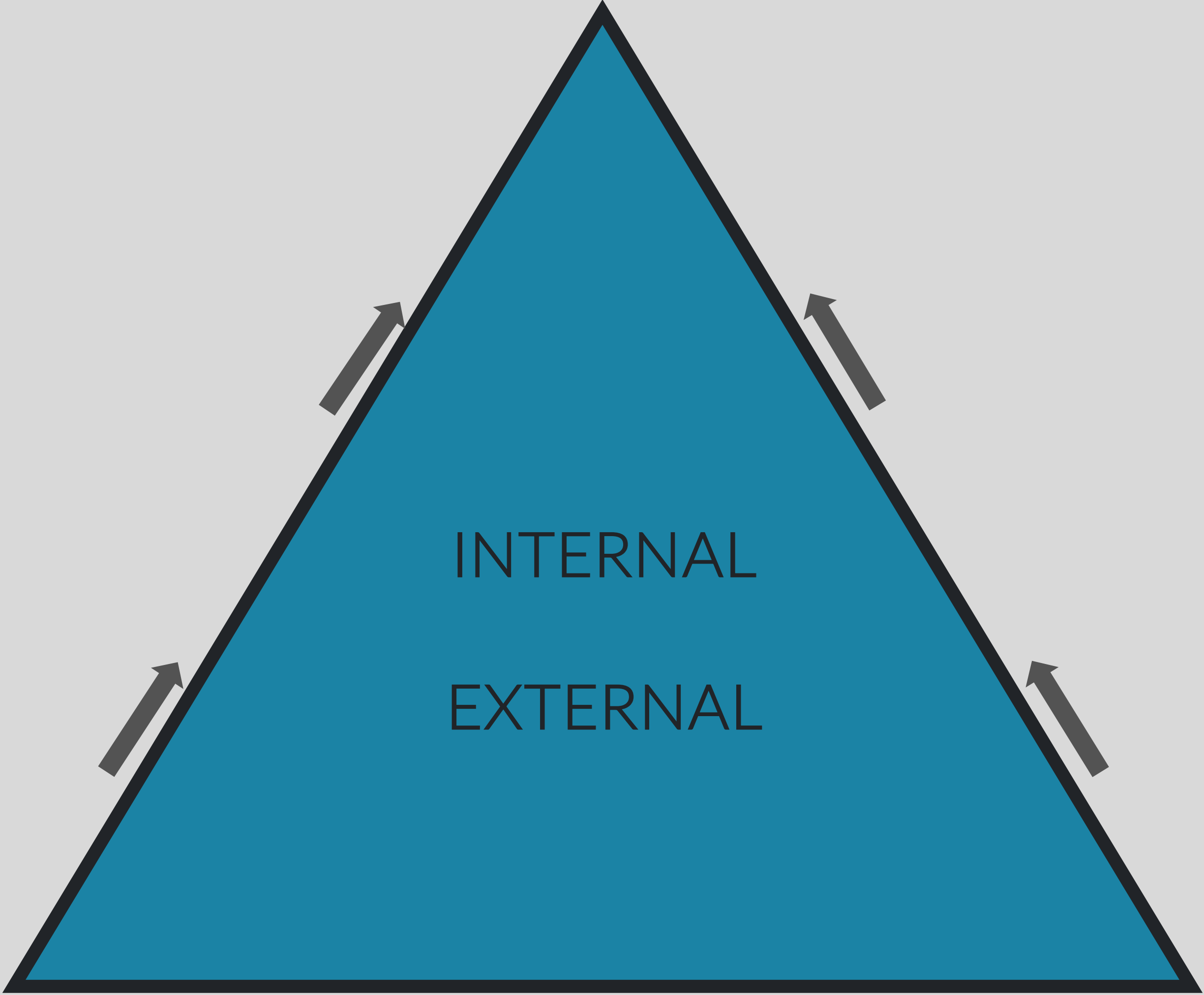
CHOOSE TO THRIVE

CHOOSE TO THRIVE

THRIVE

ALIGN FOR SUCCESS

THRIVE



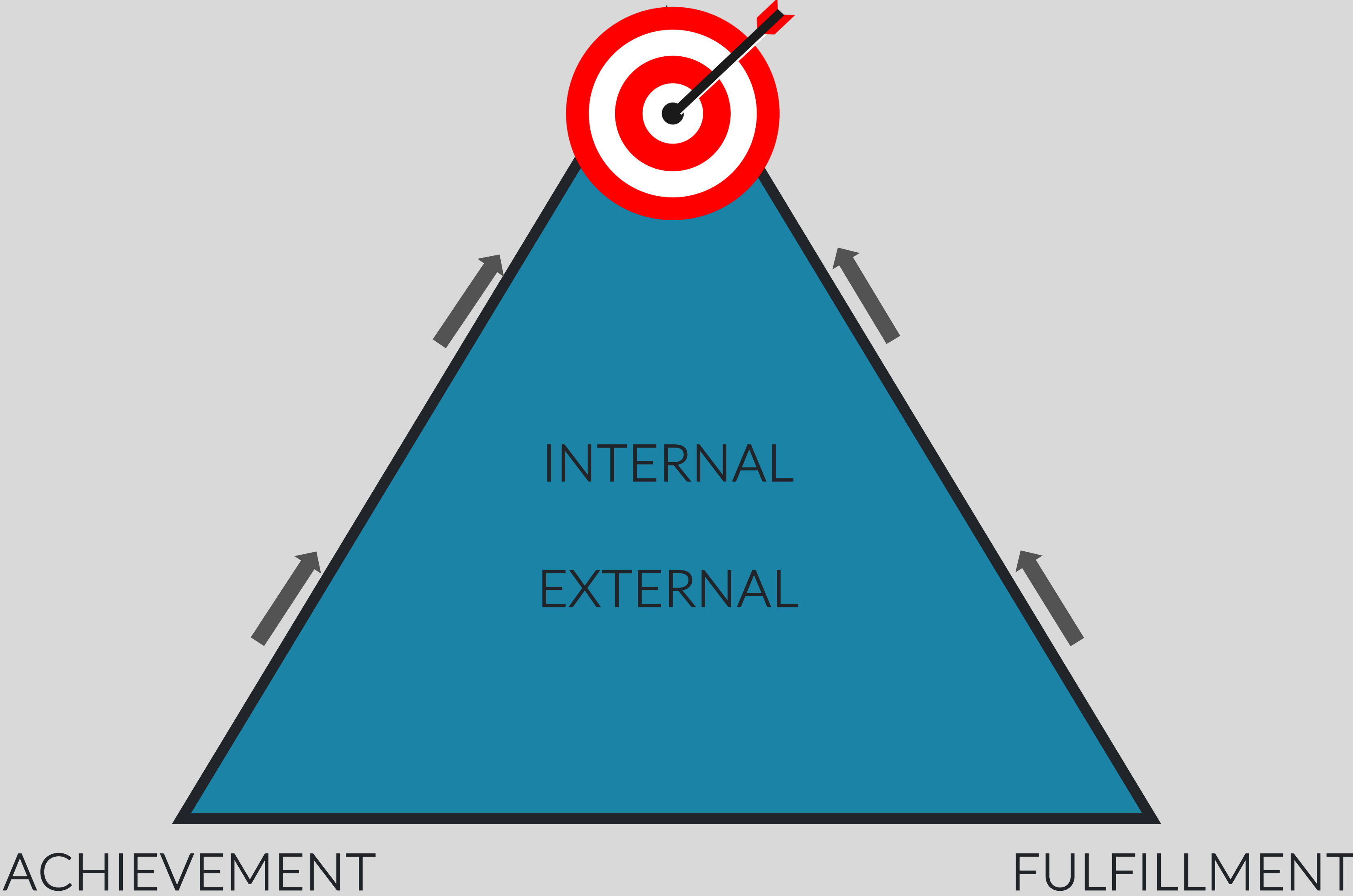
ACHIEVEMENT

FULFILLMENT



ALIGN FOR SUCCESS

THRIVE





WHEN WE BRING OUR BEST WE CAN
RISE TOGETHER

Great teams are made up of people who understand that our strength is not found in our individual performance, it's found in our collective efforts.

BETTER TOGETHER!



PROs vs. AMATEURS

PROs

Team/Organizational Goals
Win/Win Mindset
Responsibility Oriented
Solutions Focused
Openness & Abundance Mindset
Leverage Diversity as a Strength

AMATEURS

Personal/Individual Goals
Win/Lose Mindset
Blames Others
Personal Comfort
Protectionism & Scarcity
Self-Focused

EVOLVE & THRIVE STRATEGIES

EVOLVE YOUR THINKING



#1 Change Your Thinking Default

- ✓ Reject the Negative/Threat
- ✓ Integrate the 3R Method

EVOLVE YOUR LANGUAGE



#2 Master Performance Language

- ✓ Use the PCP Formula for Communication
- ✓ Integrate Activation Words

CHOOSE TO THRIVE



#3 Align for Success

- ✓ Pursue Achievement & Fulfillment
- ✓ Show Up Like a Pro





You aren't defined by what you do.

You're defined by how you do it.

EVOLVE & THRIVE

THANK YOU!



Let's Connect!!



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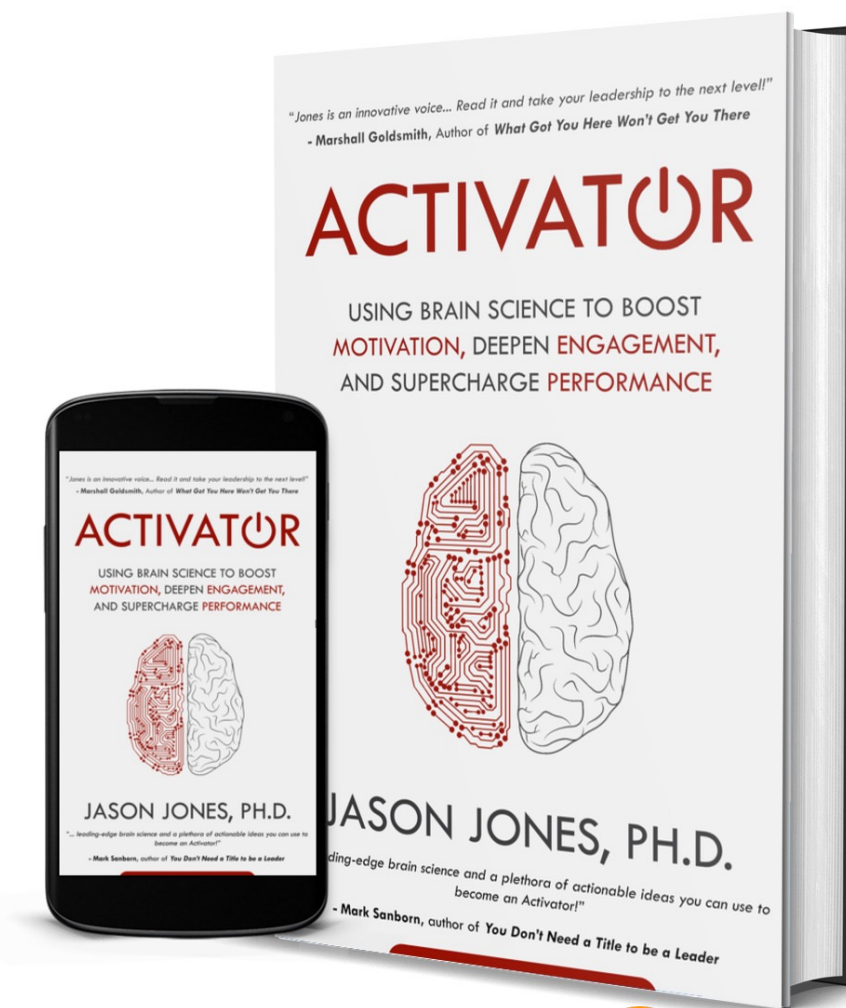
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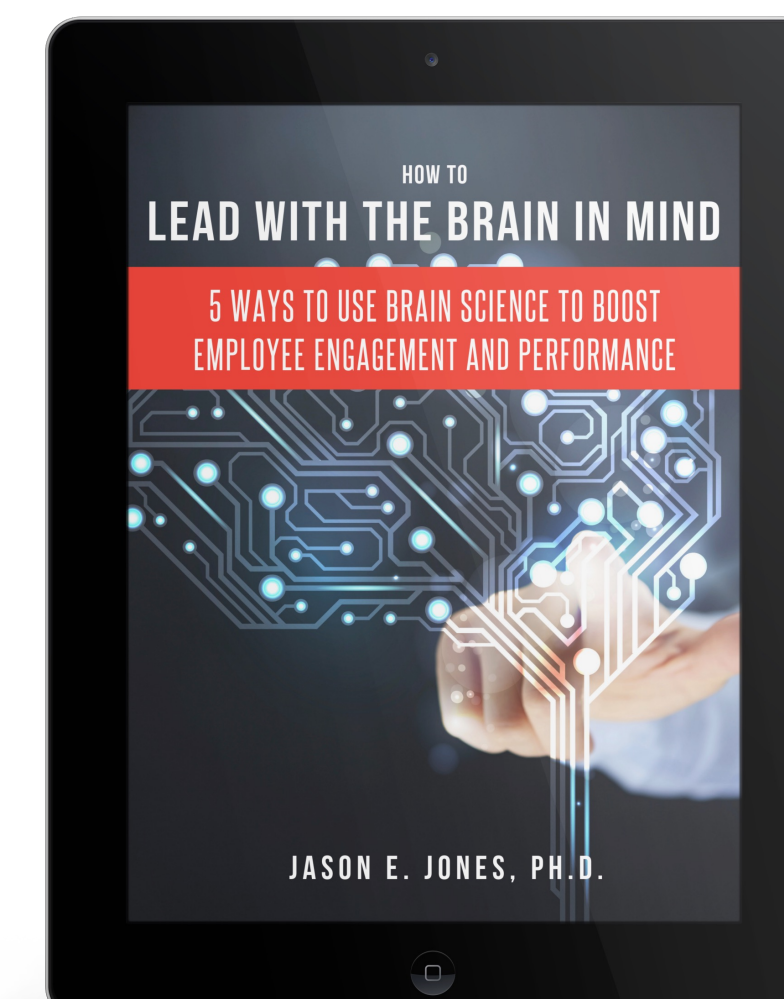


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BARNES & NOBLE

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