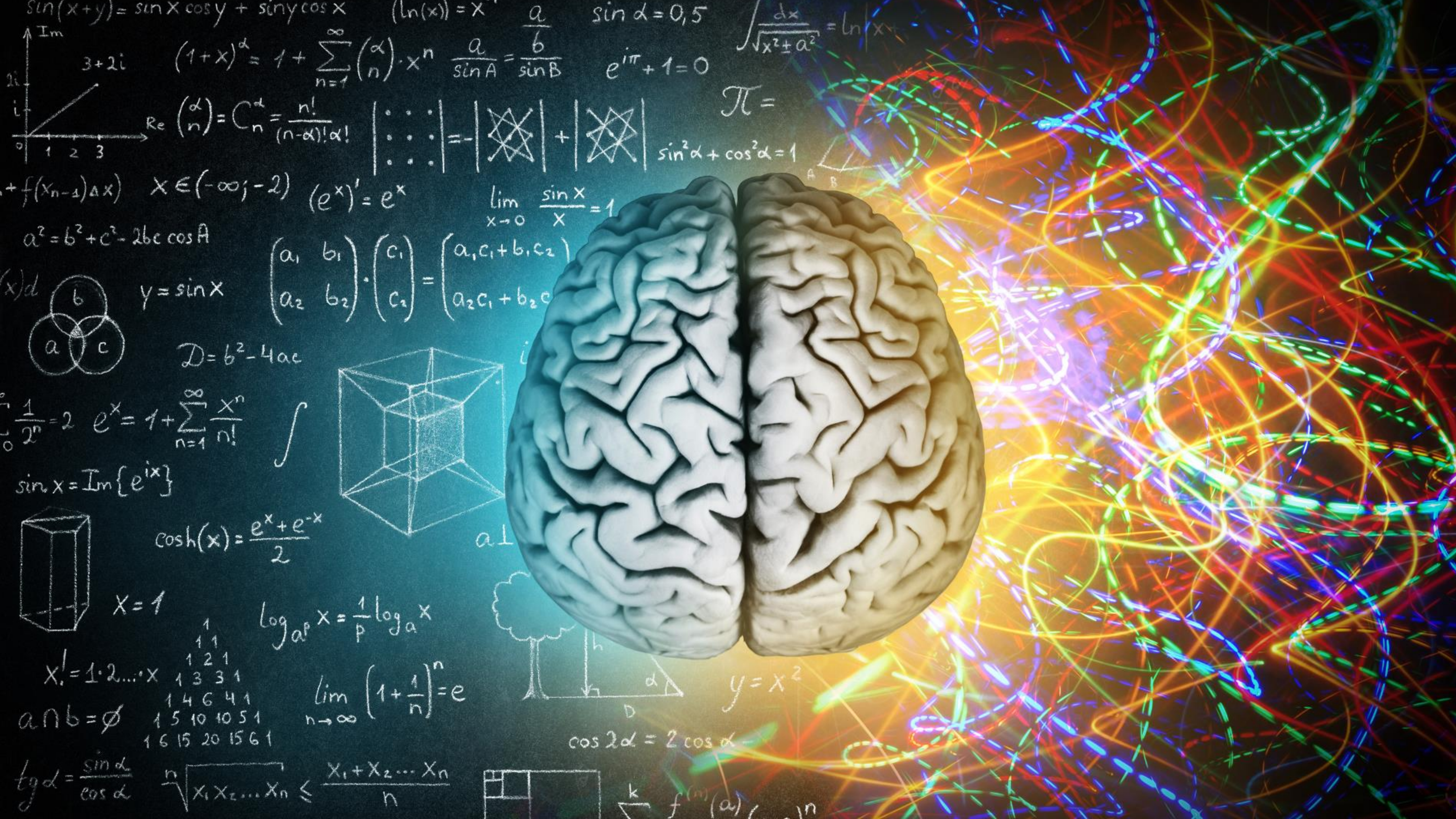


THRIVING THROUGH CONNECTION: *ACTIVATING THE MIND.*

Presented by Jason Jones, Ph.D.





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

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

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

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

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

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

$\sin x = \text{Im}\{e^{ix}\}$ $\cosh(x) = \frac{e^x + e^{-x}}{2}$ $X=1$

$\log_a^p x = \frac{1}{p} \log_a x$ $\lim_{n \rightarrow \infty} \left(1 + \frac{1}{n}\right)^n = e$

$X! = 1 \cdot 2 \cdot \dots \cdot X$ $a \cap b = \emptyset$ $\lim_{n \rightarrow \infty} \left(1 + \frac{1}{n}\right)^n = e$

$\text{tg } \alpha = \frac{\sin \alpha}{\cos \alpha}$ $\sqrt[n]{x_1 x_2 \dots x_n} \leq \frac{x_1 + x_2 + \dots + x_n}{n}$ $\cos 2\alpha = 2 \cos^2 \alpha - 1$ $y = x^2$



YOUR FUTURE HEALTH, VITALITY, AND FULFILLMENT
WILL BE FOUND IN YOUR BRAIN OPTIMIZATION



SPORTS

HEALTH/MEDICINE

WORK

THERAPY

SALES

MARKETING

LEADERSHIP

3 NEUROSCIENCE PRINCIPLES TO KNOW



YOUR MIND CONTROLS OUR BRAIN

YOUR BRAIN IS WIRED TO CONNECT SOCIALLY

YOUR BRAIN CAN BE LIT UP TO THRIVE

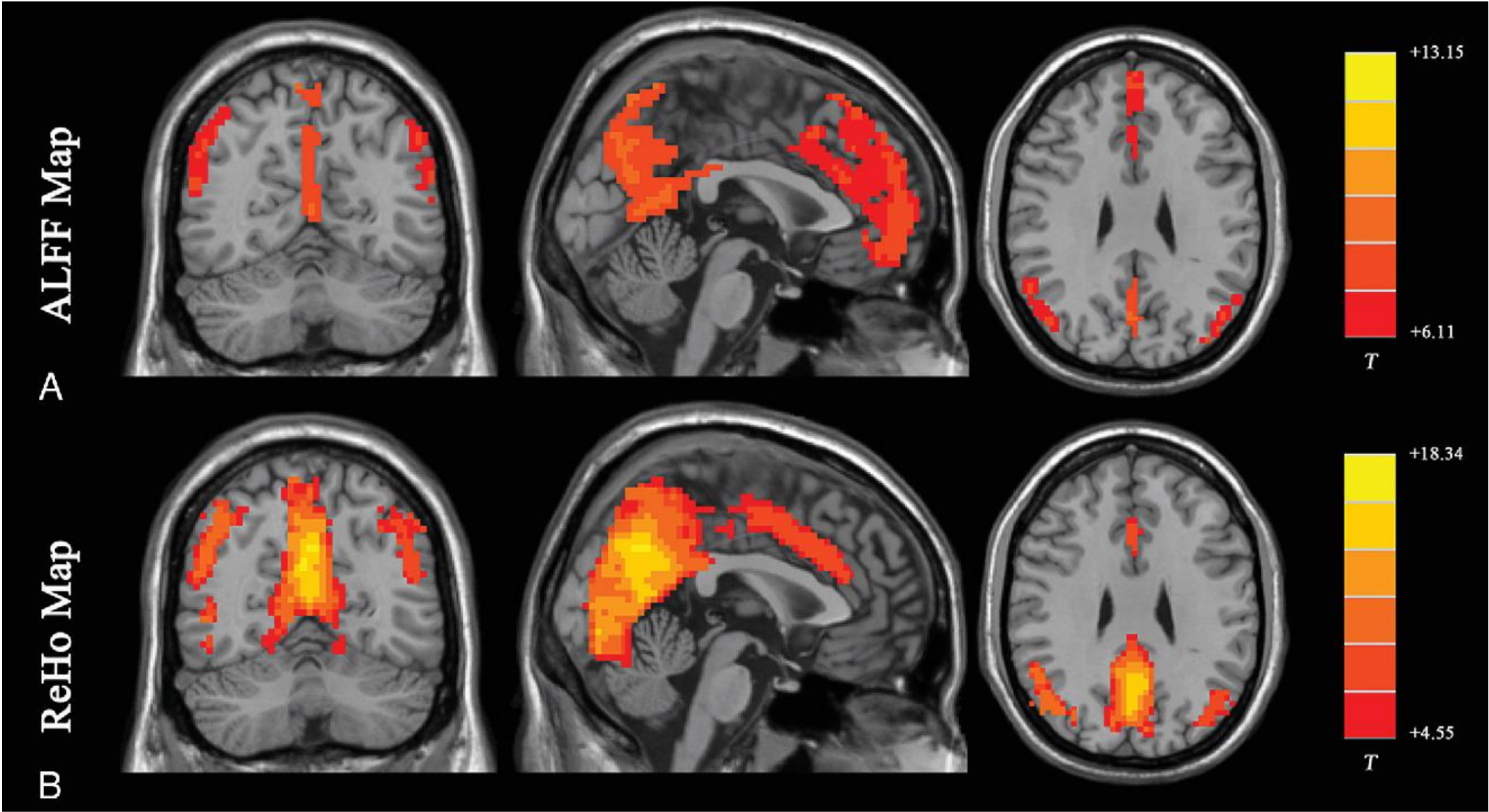
fMRI BRAIN SCAN STUDY

Richards Boyatzis
Case Western Reserve University

Positive Interactions
14 Regions Activated
0 Deactivated

Negative Interactions
6 Regions Activated
11 Deactivated

Richard E. Boyatzis , Angela M. Passarelli , Katherine Koenig, Mark Lowe, Blessy Mathew, James K.Stoller, Michae Phillip.
Examination of Neural Substrates Activated in Memories of experiences with Resonant and Dissonant leaders. The
Leadership Quarterly 23 (2012) 259–272



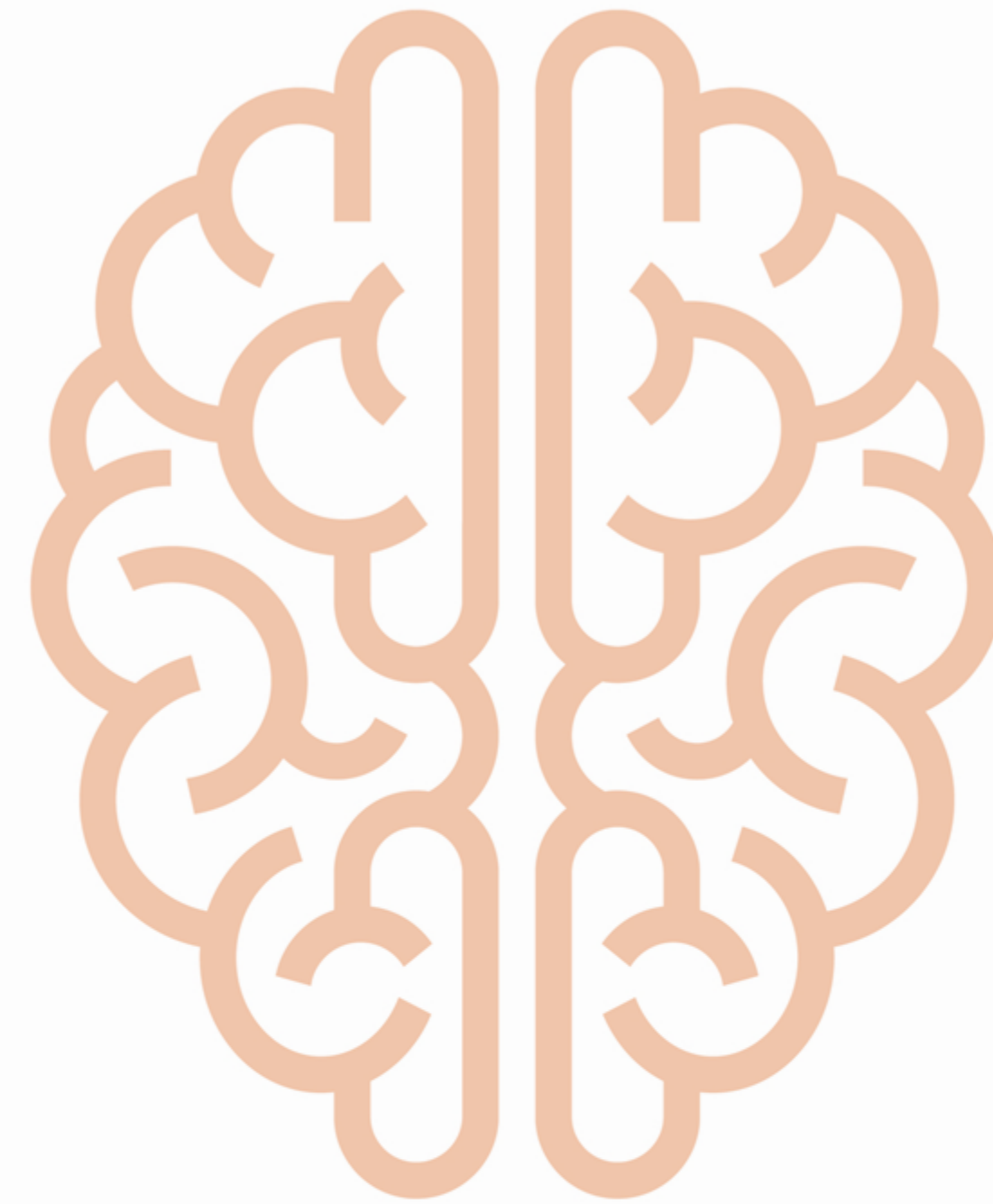
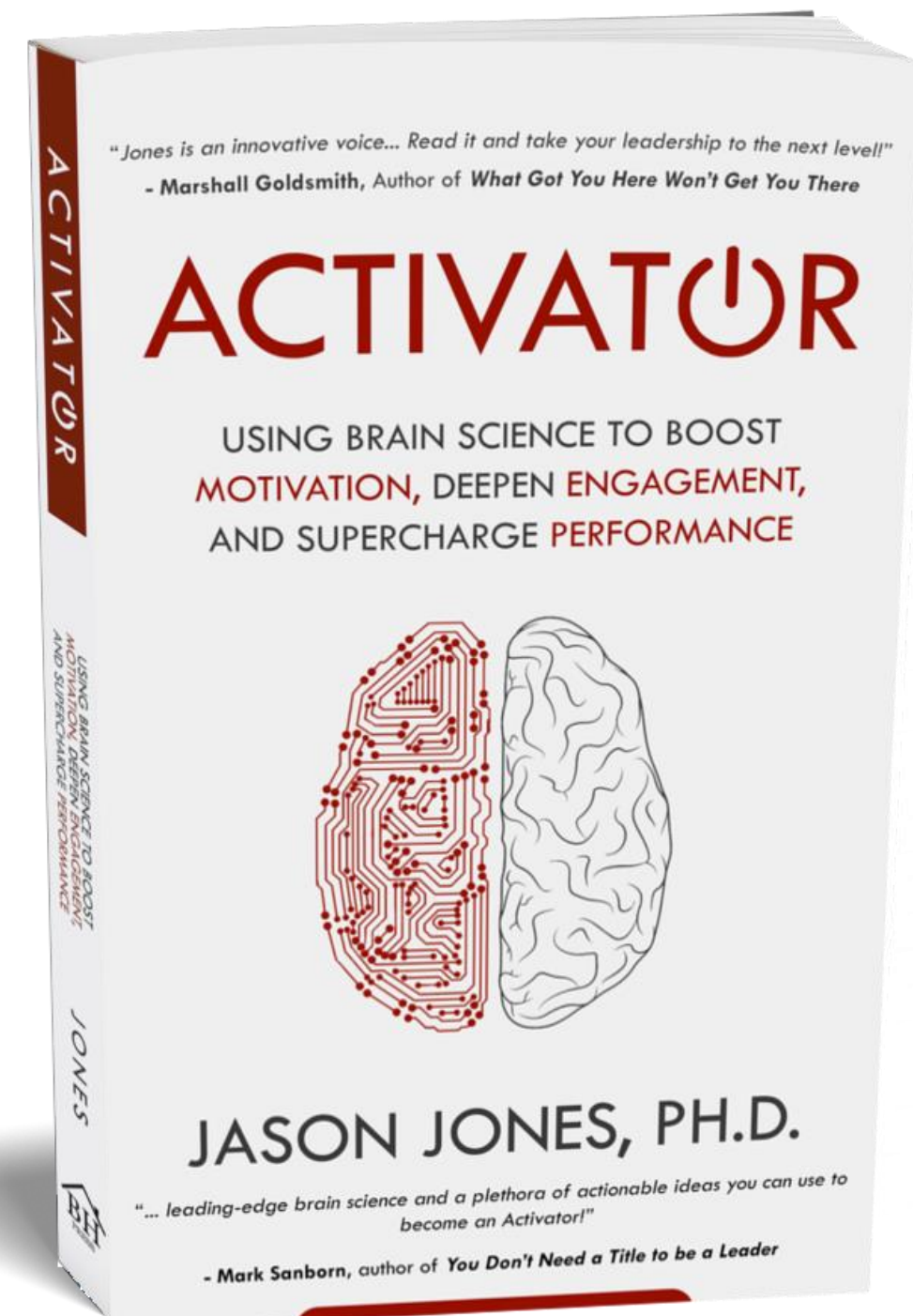
R.E.Boyatzis et al. The Leadership Quarterly 23 (2012) 259-272

265

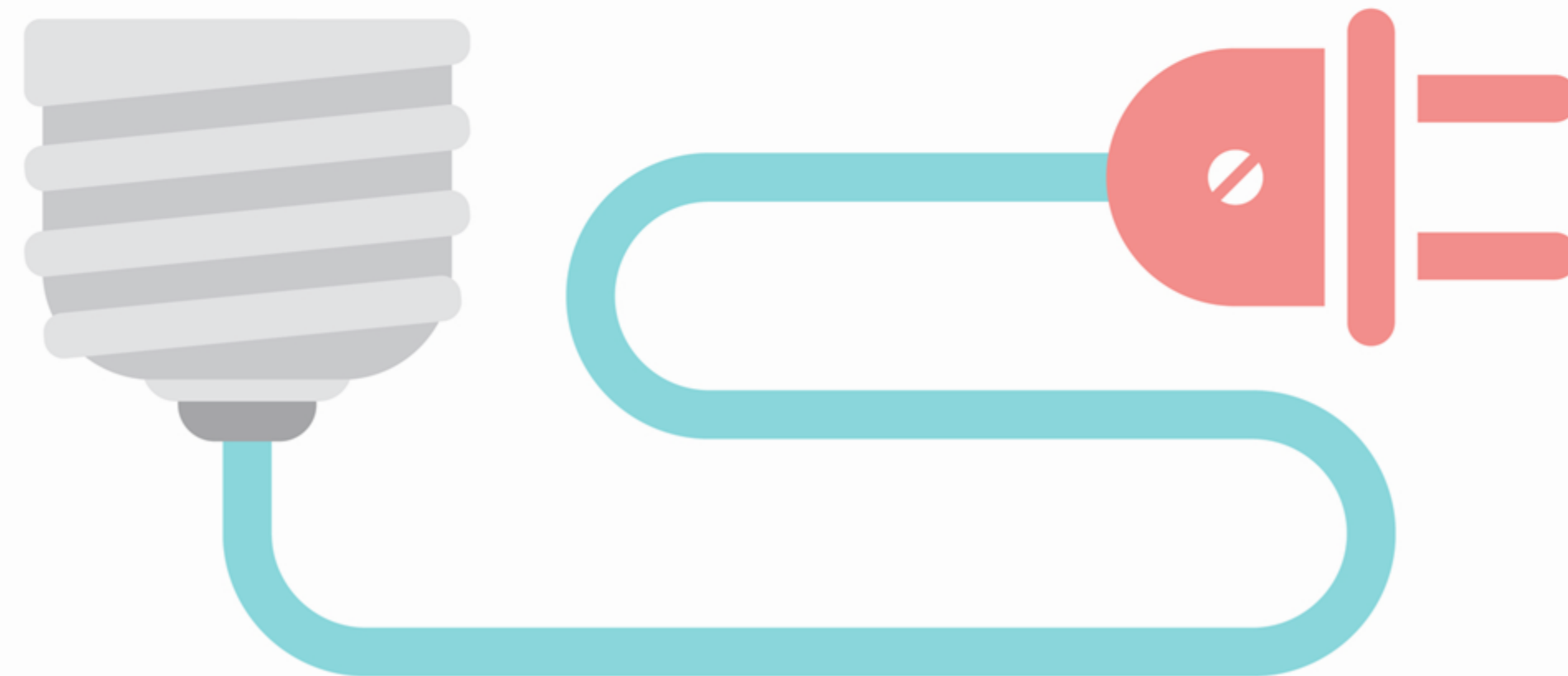
Table 2
Significant changes in brain region activation in response to memories of dissonant and resonant leaders (n = 8)

Brain area	Talairach coordinates	Brodmann's area	Effect observed
Dissonant leaders			
Right inferior frontal gyrus	28, 27, -8	47	Negatively activated
Right inferior frontal gyrus	40, -1, 18	43	Activated
Left inferior frontal gyrus	-56, 8, 21	44	Activated
Left posterior cingulate cortex	-3, -30, 43	31	Negatively activated
Right medial frontal gyrus	3, 52, -4	10	Negatively activated
Right posterior region of the inferior frontal gyrus	40, -20, 23	40	Activated
Left posterior region of the inferior frontal gyrus	-52, -29, 40	40	Activated
Right inferior frontal gyrus/insula	46, 2, 13		Activated
Left inferior frontal gyrus/insula	-42, 15, 5		Activated
Right anterior cingulate cortex	7, 37, -1	32	Negatively activated
Right thalamus	14, -16, 12		Activated
Resonant leaders			
Right inferior frontal gyrus	53, 11, 20	44	Activated
Left dorsal region of the anterior cingulate cortex	-8, 5, 40	24	Activated
Left dorsal region of the anterior cingulate cortex	-4, 10, 38	24	Activated
Right insula	47, 20, 1		Activated
Left insula	-47, 23, 2		Activated
Left insula	-39, -3, 15		Activated
Left middle frontal gyrus	-52, 16, 1	44	Activated
Right putamen	22, 8, 1		Activated
Right inferior parietal lobe	39, -40, 48	40	Activated
Right thalamus	10, -13, 12		Activated
Left thalamus	-10, -16, 6		Activated
Resonant-dissonant differences			
Left middle temporal gyrus	-57, -54, 4	21	Activated in resonant
Left insula	-33, -18, 12		Activated in resonant
Left superior temporal gyrus	-38, 15, -21	38	Activated in resonant
Left posterior cingulate cortex	-9, -54, 28	31	Negatively activated in dissonant
Right anterior cingulate cortex	12, 44, 6	32	Negatively activated in dissonant
Right anterior cingulate cortex	9, 33, 0	33	Negatively activated in dissonant
Left anterior cingulate cortex	-2, 47, 10	32	Negatively activated in dissonant
Right hippocampus	25, -20, -11		Negatively activated in dissonant
Right medial frontal gyrus	4, 52, -6	10	Negatively activated in dissonant

THE NEW SCIENCE OF PERFORMANCE



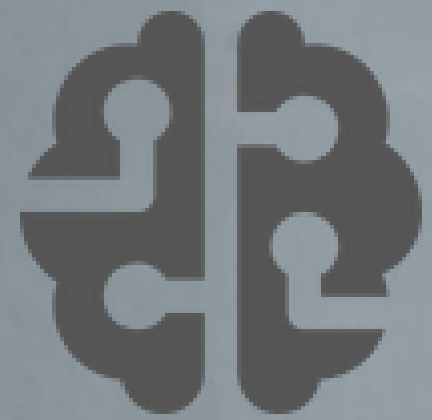
Brain **ACTIVATION** through
intentional **interactions**
and **experiences**.



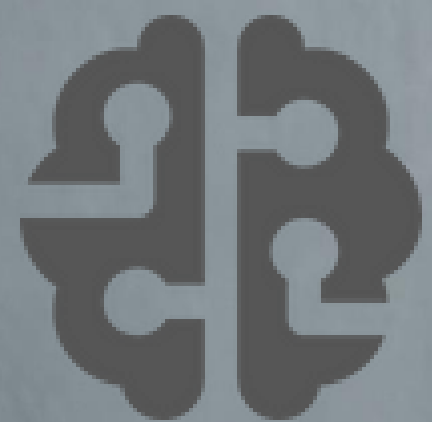
ELEVATE YOUR THINKING

THE POWER OF THINKING

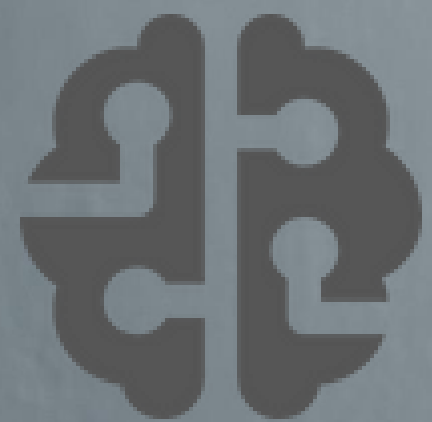
(METACOGNITION)



Your thinking creates proteins that form new neurons and connections.

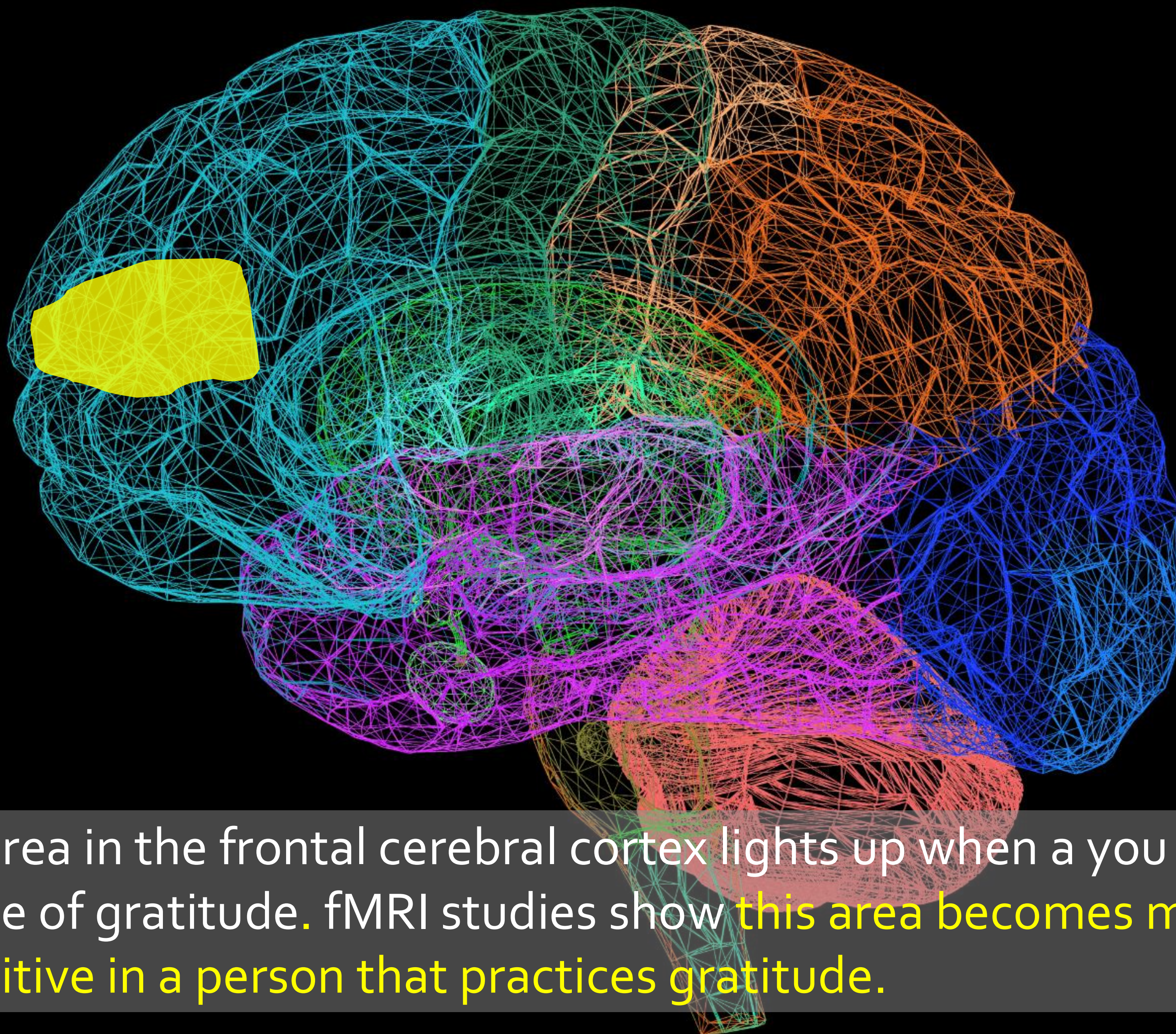


Your thinking stimulates chemical and hormone release.



Your thinking strengthens patterns and mindsets.





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

THE #1 PRIORITY OF YOUR BRAIN?

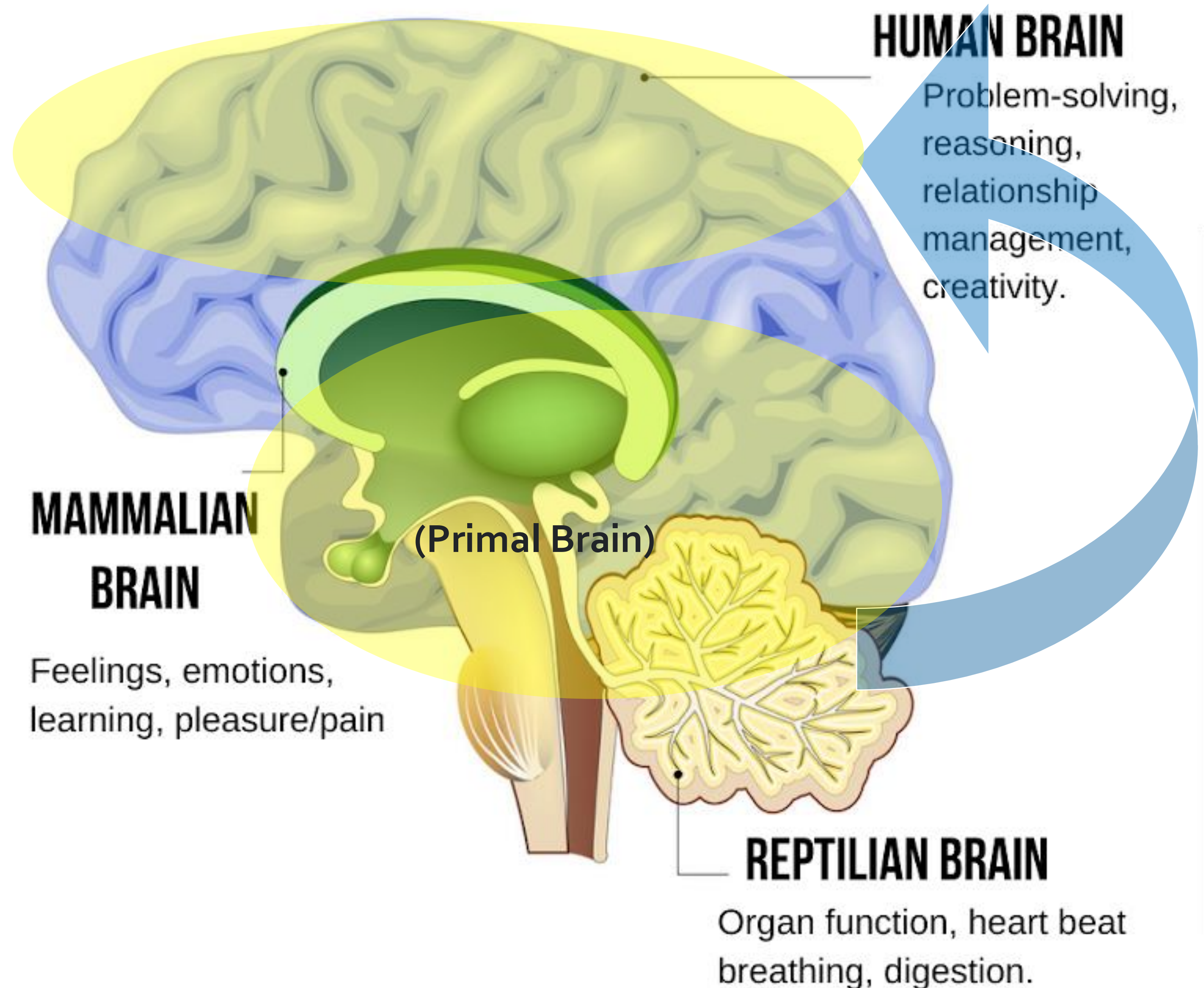


THE THREAT DEFAULT CREATES
NEGATIVE THINKING & AVOIDANCE

NEGATIVE BIAS

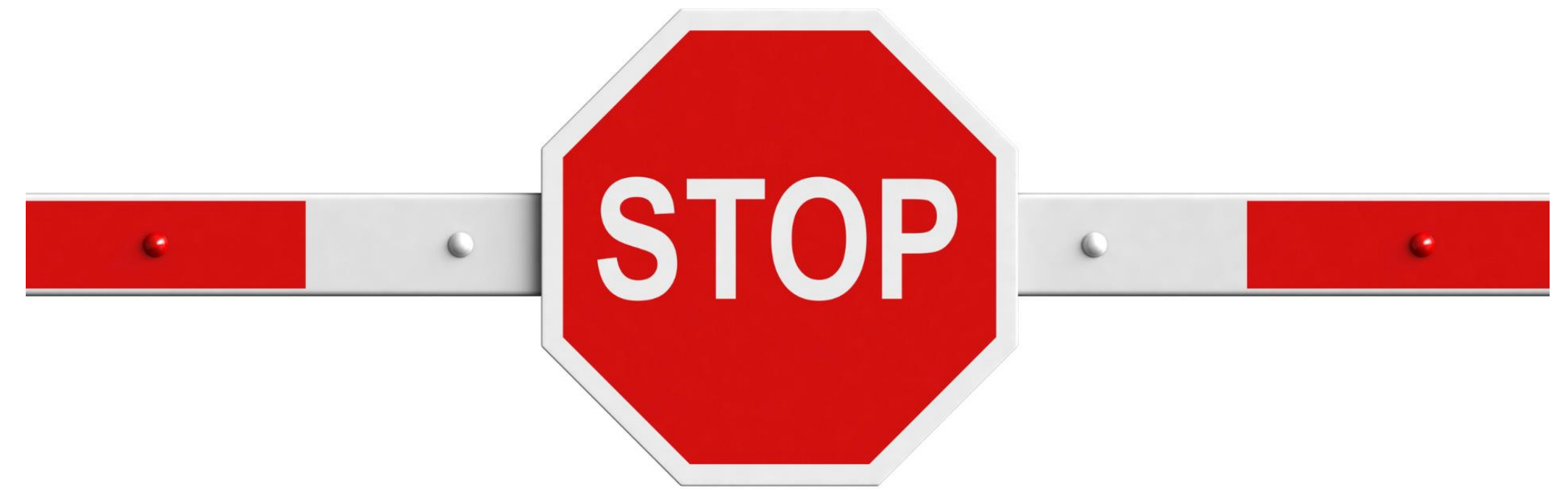
BUILDING AN ADAPTABLE BRAIN

We can become better thinkers and build an adaptable and resilient brain by learning how to manage our primal responses.



BUILDING THOUGHT CONTROL

The most powerful thing you can do to optimize your brainpower is to...



POWER PRINCIPLE:

Slow Down to Speed Up!

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 under his chin.

MASTER YOUR THINKING WITH THE 3R METHOD

REFLECT - Notice

REFRAME - Shift

REPLACE - Rewire

COGNITIVE FLUIDITY

The ability to think flexibly, adaptively, and creatively across different contexts. It involves the capacity to shift between different perspectives, integrate diverse ideas, and generate novel solutions to problems while mitigating bias.

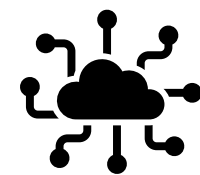
- ✓ Creative Problem-Solving. (Psychnet 2025)
- ✓ Divergent Idea Integration (Beaty et al., 2016)
- ✓ Complex Decision-Making (Beaty et al., 2016)
- ✓ Strategy Management and Execution (Benedek et al., 2012)
- ✓ Intuitive and Flexible Leadership Styles (Hejazi, 2024)
- ✓ Leading Organizational Change (Vurdelja, 2021)



MEASURING COGNITIVE FLUIDITY



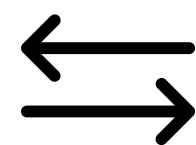
Cognitive Flexibility - Ability to switch between different thought processes, perspectives, and problem-solving strategies.



Associative Thinking - Ability to connect seemingly unrelated ideas or concepts to generate insights and creativity.



Mental Adaptability - Ability to embrace uncertainty, adjust strategies, and remain open to learning.



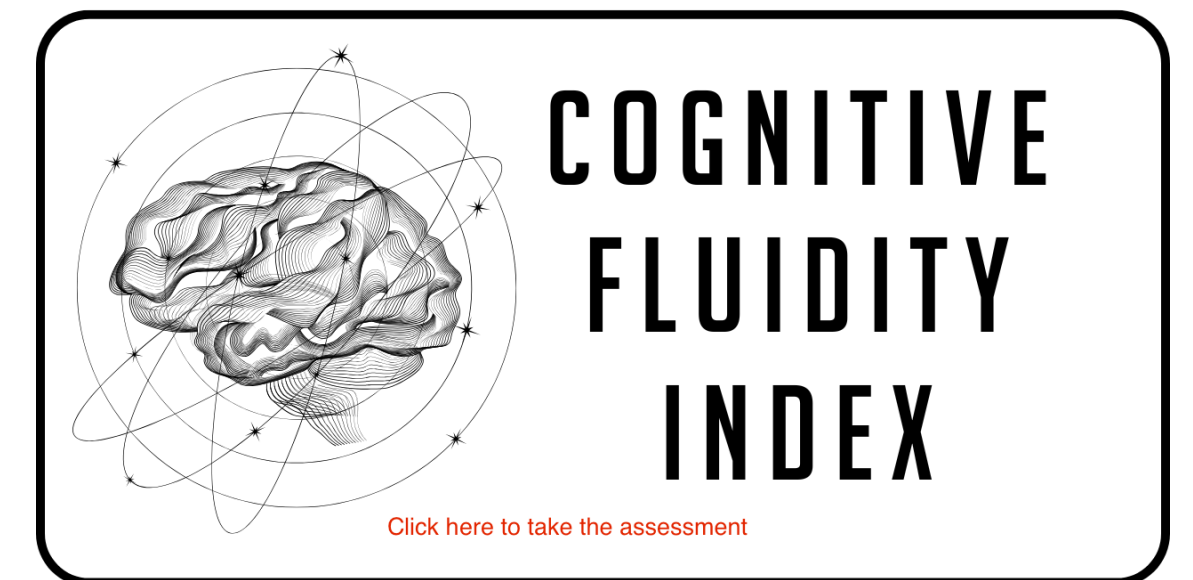
Divergent Thinking - Ability to generate multiple solutions and think outside conventional patterns.



Cognitive Load Management - Capacity to hold and manipulate multiple ideas in mind simultaneously.



Working Memory - Ability to temporarily hold, process, and manipulate information to complete cognitive tasks without becoming overwhelmed.



ELEVATE YOUR THINKING

ELEVATE YOUR LANGUAGE

LANGUAGE IS A SYSTEM OF COMMUNICATION



HEAR



SEE



FEEL & DETECT





THE SOCIAL BRAIN

INTENTION

Your daily thinking and behavior in the pursuit of a specific outcome.

(CONSCIOUS)

Your Influence on others through your internal desires.

(UNCONSCIOUS)



THE SOCIAL BRAIN **DETECTS INTENTION**

SET IT **DAILY** AND **BEFORE** KEY INTERACTIONS

QUESTION:

Can one simple sound from your mouth that lasts only a fraction of a second lead a person to feel devalued, demeaned, or dismissed?



PRIMING

THINKING, BEHAVIOR, & PERFORMANCE



ACTIVATION WORDS

Cooperation

Collaborate

Excited

Launch

Endurance

Strength

Courage

Brave

Hero

Discover

Flexible

Enterprising

Dynamic

Impact

Insight

Progress

Achievement

Wordsmith for Positivity and Novelty.

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.



Security

Trust

Clarity

Value

Reliable

Efficiency

Intelligence

Solution

Innovate

Insight

Confidence

Entrust

Dependable

Stable

Safe

Protect

Stable

Maximize

Powerful

Determined

Dynamic

Security

Trust

Reliability

Freedom

Diversify

Wealth

Leverage

Hedge

Stability

Growth

Foresight

Sophistication

Prosperity

Protection

Confidence

Entrust

Guide

Opportunity

ACTIVATION WORDS

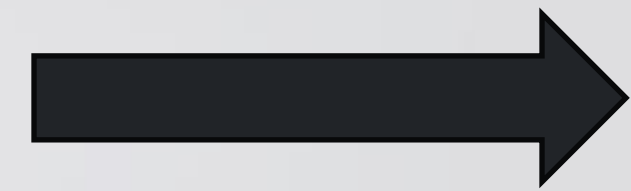
Cooperate	Awaken	Gracious	Accomplish
Collaborate	Invigorate	Courteous	Meaning
Teamwork	Launch	Disciplined	Fulfillment
Trust	Unleash	Courageous	Overcome
Idea	Ambition	Awesome	Prevail
Spark	Stamina	Triumphant	Enterprising
Insight	Vitality	Flexible	Attractive
Passion	Win	Adaptable	Vital
Achieve	Discover	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

STRATEGIC ACTIVATION

ROOT OF NEGATIVE
EMOTION/APPREHENSION/FEAR

SOLUTION

Uncertainty

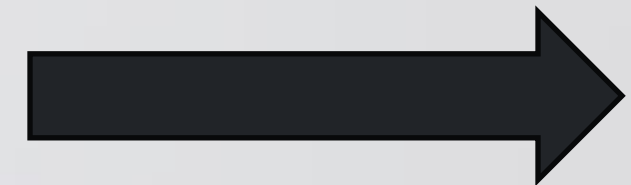


Clarity

Vision

Guide

Fear

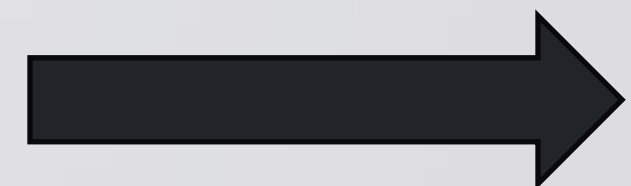


Brave

Empower

Victory

Stagnation



Flourish

Refresh

Freedom



BRAIN SYNCHRONIZATION

The alignment of neural activity between individuals during social interactions, collaboration, or coordinated activities. Wave synchronization occurs in specific frequency bands (e.g., gamma, alpha, delta, etc) and enhances social cohesion, empathy, and task performance.

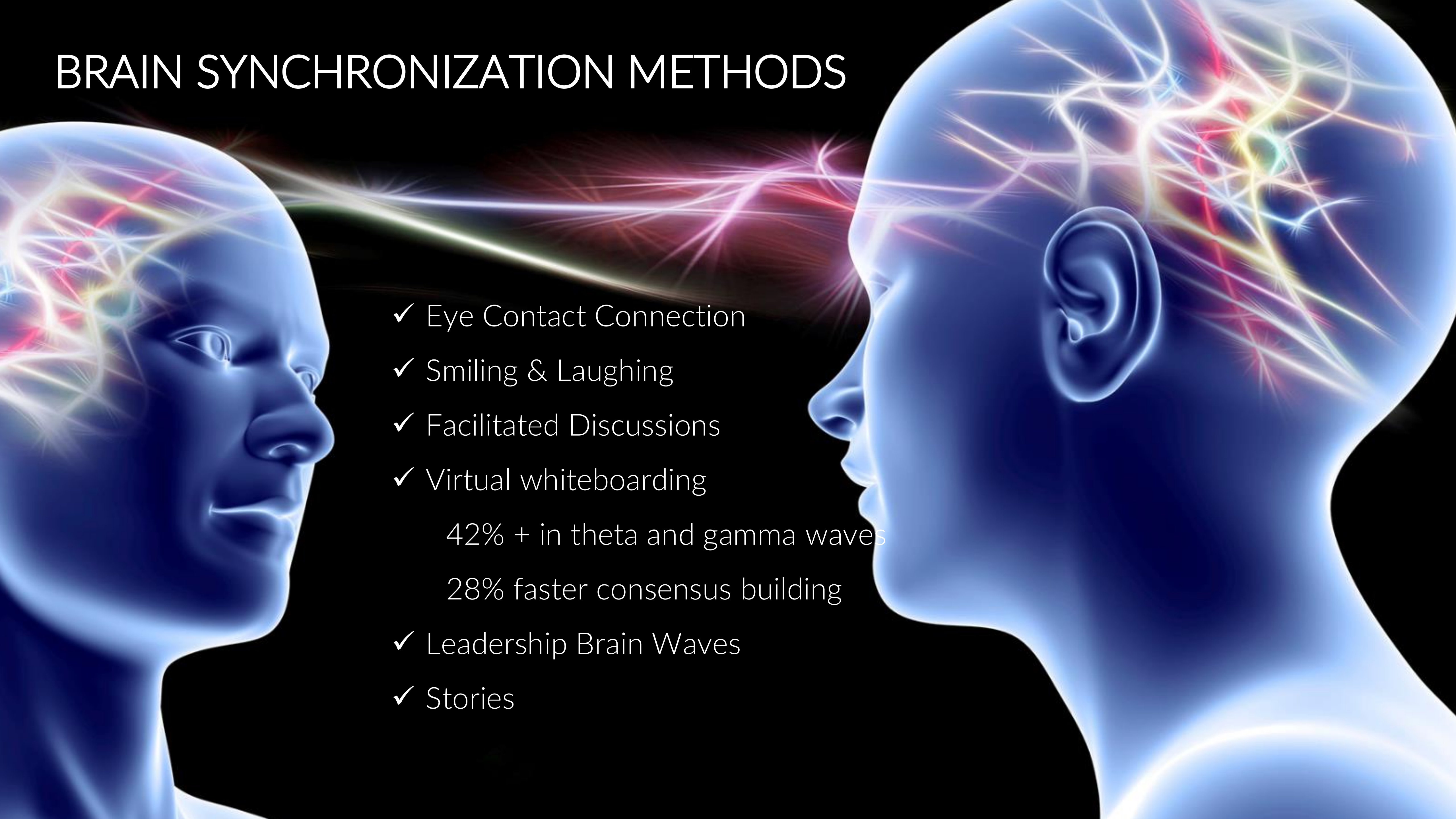
BENEFITS:

- Neural synchrony predicts team effectiveness (1326 teams).
- Neural synchrony between leaders and teams reduces misunderstandings and accelerates.
- MIT research found synced teams outperform others in complex tasks due to enhanced mutual understanding.

*Guido Orgs, Staci Vicary, Matthias Sperling, Daniel C. Richardson, and Adrian L. Williams.
Scientific Reports, volume 14, article number 22079, on September 27, 2024.*



BRAIN SYNCHRONIZATION METHODS

- 
- ✓ Eye Contact Connection
 - ✓ Smiling & Laughing
 - ✓ Facilitated Discussions
 - ✓ Virtual whiteboarding

42% + in theta and gamma waves

28% faster consensus building

- ✓ Leadership Brain Waves
- ✓ Stories

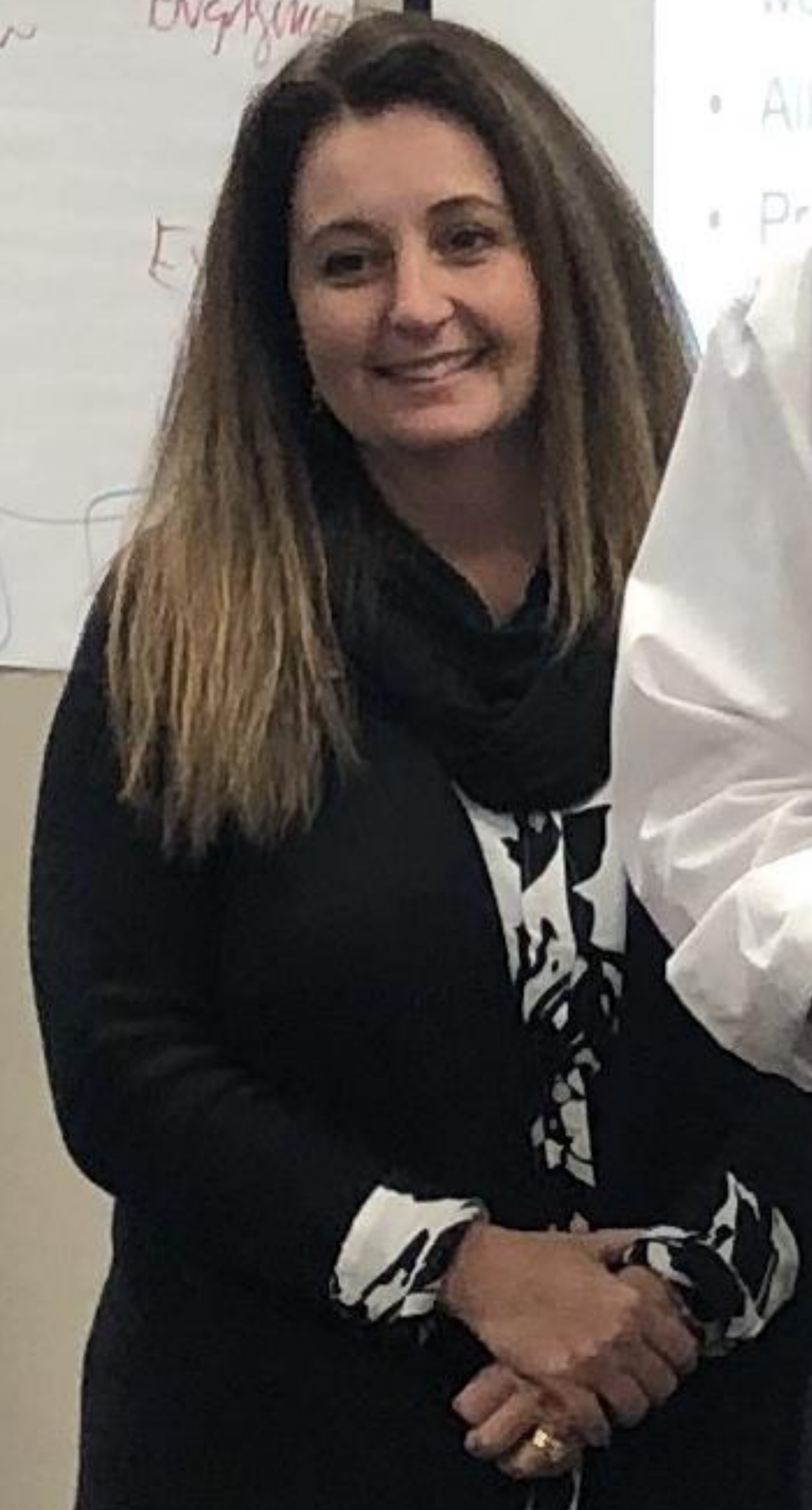


WILLING WANTING
MOTIVATION ENGAGEMENT
INT. EX.
16 Factors
Intrinsic Values

autonomy of thought and action

BEST PRACTICES

- Allow employees to set some of their own work goals
- Allow employees to contribute to their team goals
- Pr



ELEVATE YOUR THINKING

ELEVATE YOUR LANGUAGE

ACTIVATE YOUR PEOPLE!

THANK YOU!



Let's Connect!!



DrJasonJones.com



DrJ@DrJasonJones.com



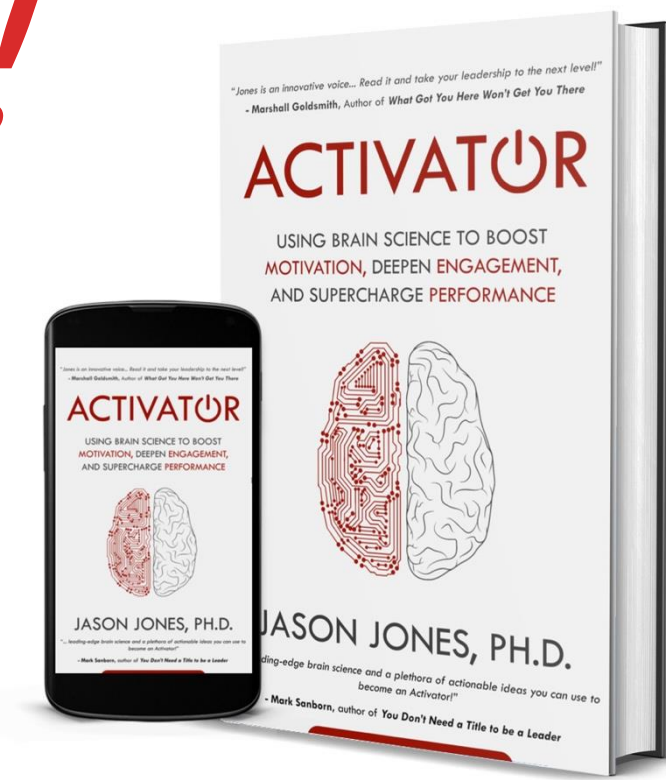
IG: DrJJones



[LinkedIn.com/in/DrJasonJones1](https://www.linkedin.com/in/DrJasonJones1)

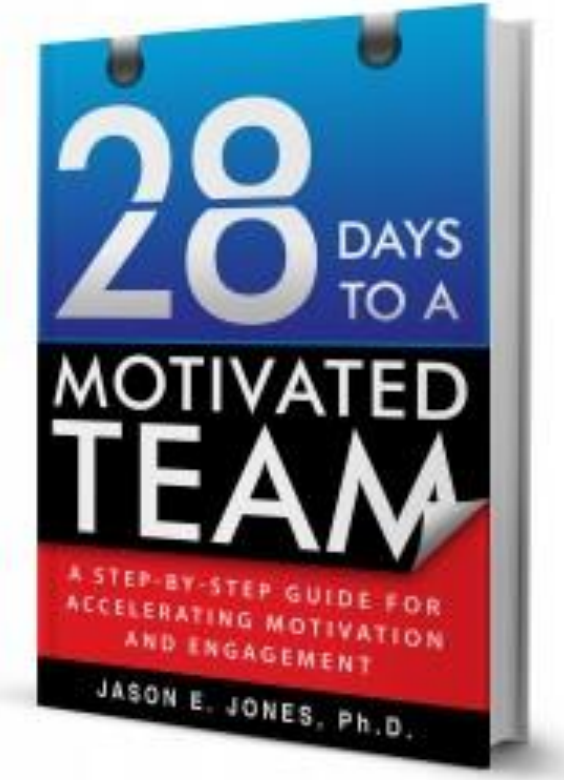


[Youtube.com/@DrJasonJones1](https://www.youtube.com/@DrJasonJones1)

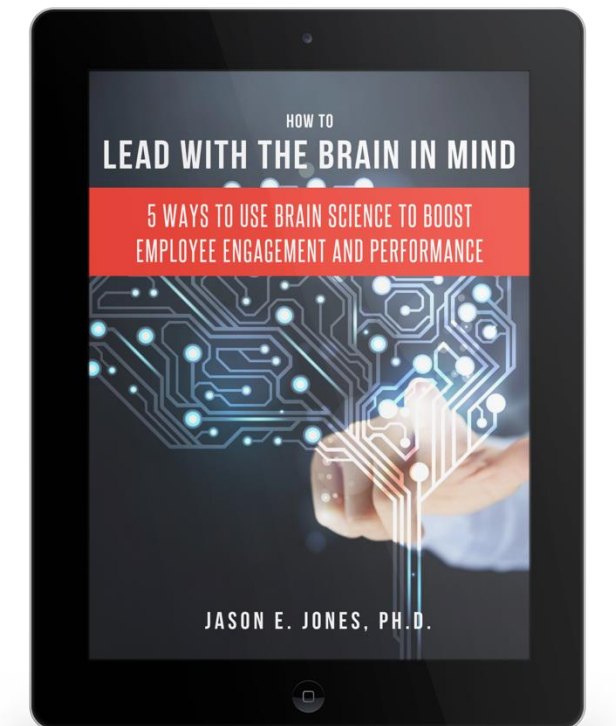
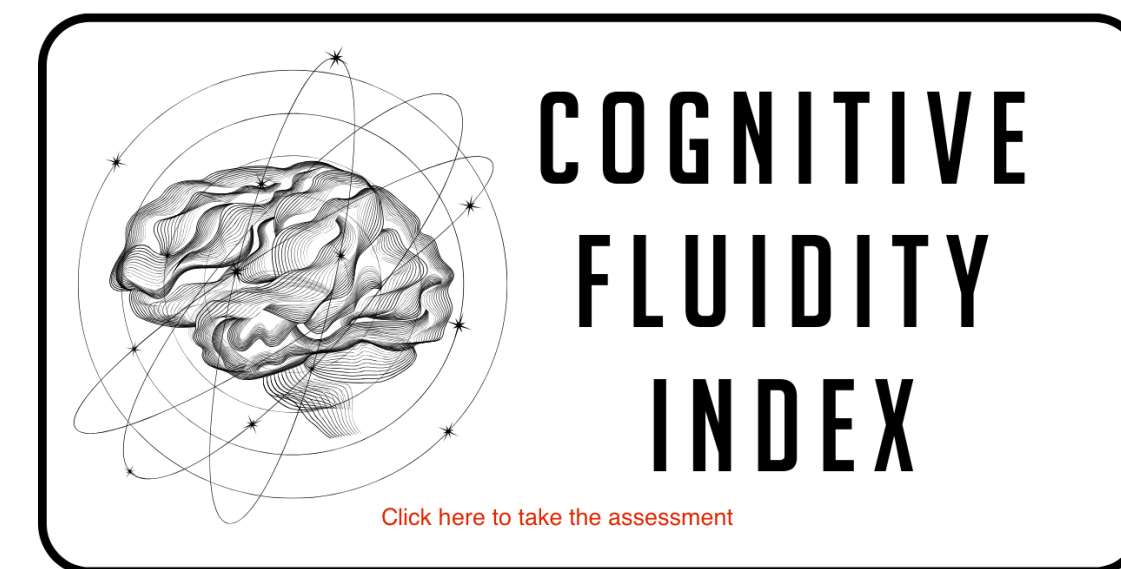


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