

The Neuroscience of Expert PM Conversations

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Overview

1. **When I'm having a conversation my brain is often:**
2. **What are:**
 - a. Oxytocin producing behaviors?
 - b. Cortisol producing behaviors?

Activity - Levels of Conversation

Follow the instructions for the guided conversations below.

1. Ask & Tell...

- a. Sounds like:
- b. Feels Like:
- c. Strengths:
- d. Pitfalls:

What was easy about this conversation?

What was challenging about this conversation?

2. Advocate & Inquire...

- a. Sounds like:
- b. Feels Like:
- c. Strengths:
- d. Pitfalls:

What was easy about this conversation?

What was challenging about this conversation?

3. Share & Discover...

- a. Sounds like:
- b. Feels Like:
- c. Strengths:
- d. Pitfalls:

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What was easy about this conversation?

What was challenging about this conversation?

Neuroscience Strategies

- 1. Be Aware**

- 2. Validate Others**

- 3. Build Together**

Applying Your Knowledge

Think of a challenging situation:

- 1. Are the conversations that impact this situation with:**
 - a. Yourself?
 - b. Others?
 - c. Both?

- 2. What is a specific conversation you would like to go differently, and how?**

- 3. List three specific actions you will take in the next week to change your conversations**
 - 1.

 - 2.

 - 3.