



neurochangesolutions

changing organizations from the inside out



Change Your Mind...Create New Results

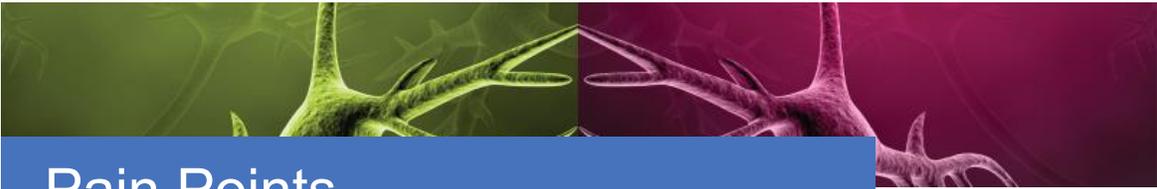
October 2017

by Certified NCS Consultant Alexander Senchenko



Current NCS Global Clients





Pain Points

Lack of employee engagement affects:

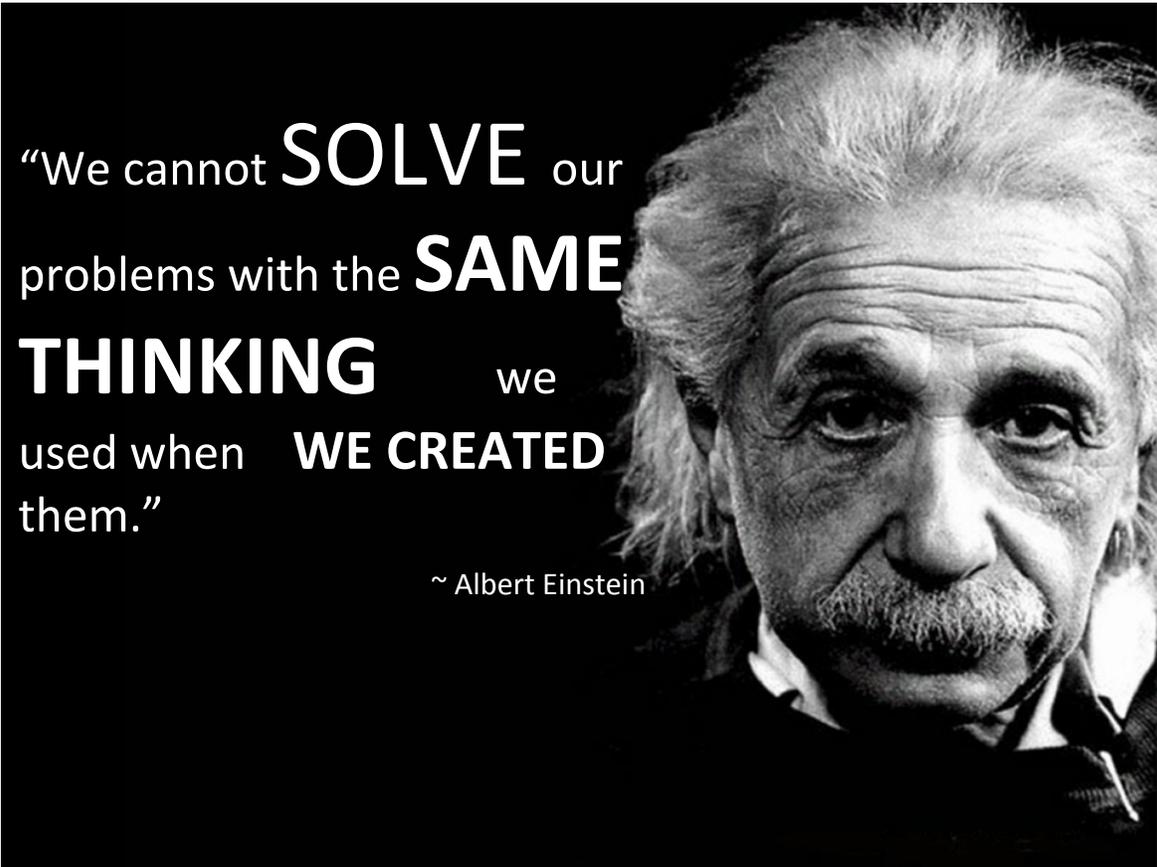
- Motivation
- Creativity
- Resilience
- Emotional intelligence
- Empowerment

Elevated stress level affects:

- Decision making
- Constructive thinking
- Preparedness for change
- Workspace climate
- Collaboration

Change resistance/fear/denial/apathy affect:

- Leadership development
- Culture shifts/change
- Strategic planning
- Mergers/acquisitions
- Downsizing
- Talent management



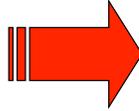
“We cannot **SOLVE** our problems with the **SAME THINKING** we used when **WE CREATED** them.”

~ Albert Einstein



Paradigm Shift

- Ego-focussed
- Shareholders value
- Procedures & Rules
- Power & Control
- Hidden agenda's
- IQ



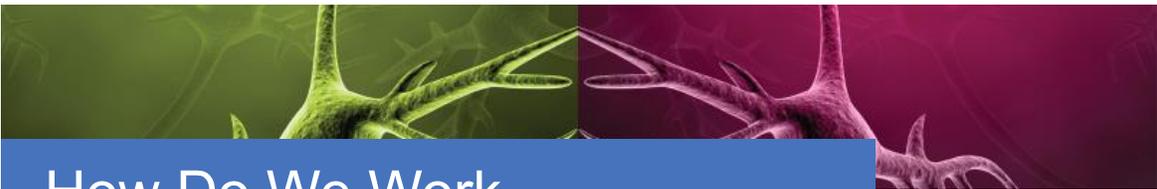
- Relation-focussed, Teamwork
- Stakeholders value
- Standards & Guidelines
- Authority & Autonomy
- Win-win, Care & Share
- EQ

Hard work

"No pain, no gain"

Smart work

Flow: joy, ease & grace

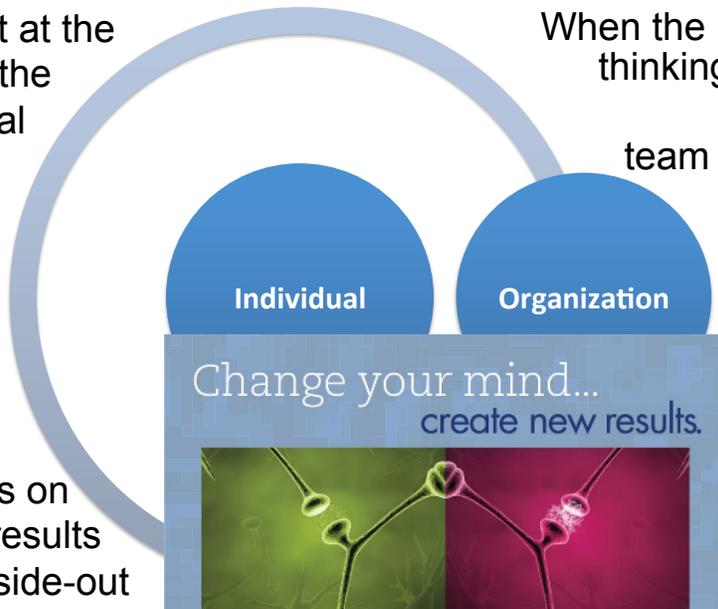



How Do We Work

We start at the level of the individual

When the individual thinking process

team improves



Our focus is on improving results from the inside-out

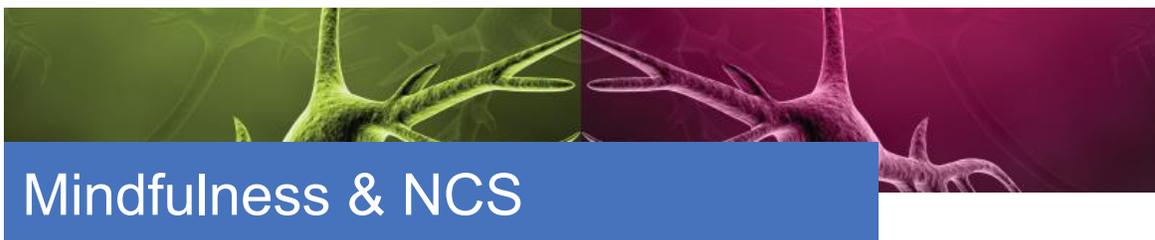




Mindfulness - maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment.

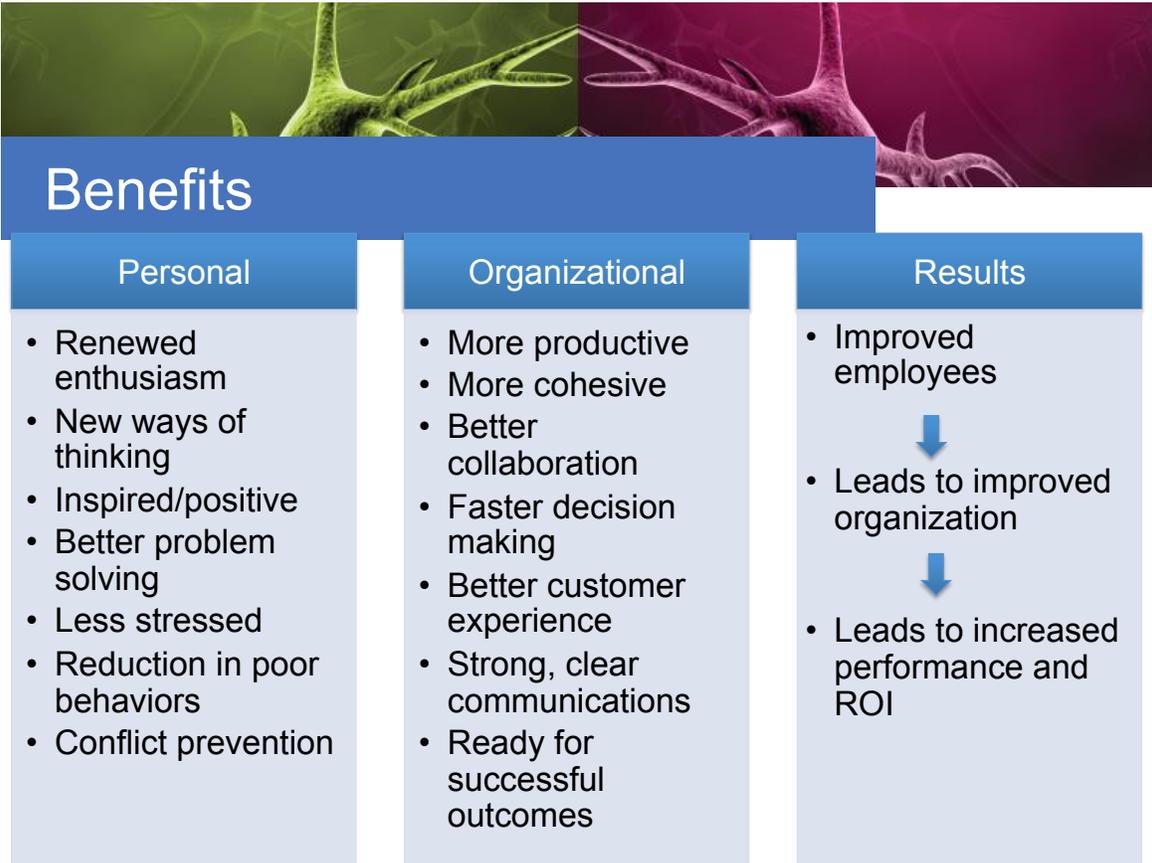
NCS (NeuroChangeSolutions) takes it one step further beyond mindfulness into creating a **new personality**, conditioning their body to a new mind.

We teach participants how to create new memories of the future (their brain is changing physiologically). The result is that the brain is no longer a *record of the past* (same habitual thoughts), but a **map to the desired future**.



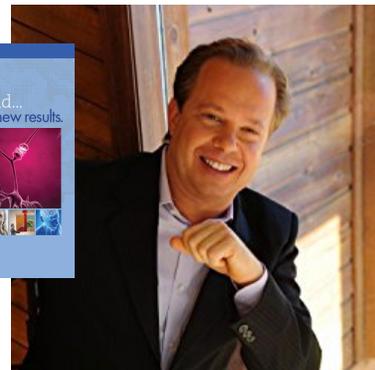
Mindfulness involves *acceptance*, meaning that we pay attention to our thoughts and feelings without *judging* them. When we practice mindfulness, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future.

NCS helps participants to notice patterns from the past and by using **2 models** and **4 tools** they'll understand what it is about their past thinking that needs to stop or change and how to create a future personality that forms their desired future. Unwiring old connections in the brain (pruning) and forming new ones (wiring), results in more **empowered ways** of thinking and creating new solutions to the existing problems.



Why CYM...CNR Is Unique

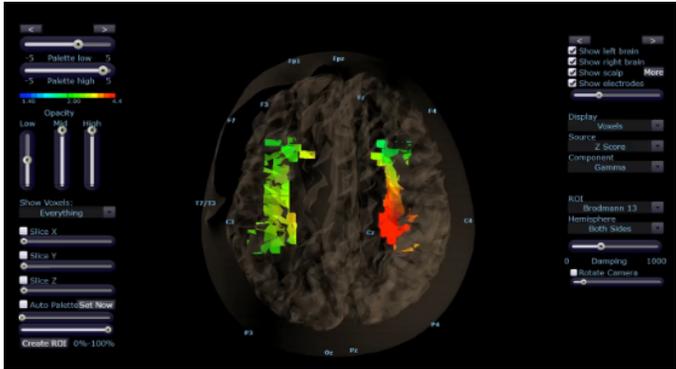
- Change model based on the work of Dr. Joe Dispenza
 - Researcher
 - Neuroscientist
 - Global lecturer
 - NYT best-selling author
- Offers 2 models for change
- Offers 4 tools to change





Creating Sustainable Change

By observing activation of the *Right Insula* and the *Anterior Cingulate Gyrus*, we have measured how the brain changes from being a record of the past to a map to the future by creating long-term memories → **sustainable changes!**



Images are courtesy of Dr. Joe Dispenza & Normen Schack + Brain Mapping Team, Cancun, Advanced Workshop, July, 2017



Program Overview

- 8-12 hour training program
- Delivery can be customized
 - 1 day
 - 2 half-days
- Program highlights:
 - How do we reach new results?
 - Living in Stress vs Living in Creative mode
 - Our 3 Brains
 - Understanding Brain Waves & how to access the right brain waves for creativity, innovation & new results
 - Biological Model of Change





Delivery Format

- Hi-definition, exciting neuroscience-based explanations by Dr Joe Dispenza
- Videos explaining key concepts
- Interactive exercises and activities
- Personal and group reflection when practicing tools



Materials

- Full 90-page color workbook
- Audio files with mental rehearsals
- 30-days to Genius Journal





Examples Sales Training Results

- **Aveda** sales teams in The Netherlands reported an **increase in sales of 10%** within 2 months after the training (Dec 2016 – Feb 2017). This included 6 NCS one to one coaching sessions for each participant.

The team mentioned that they started thinking in new ways, as well as changing beliefs.

April - Jun 2017 further coaching and tracking of results resulted in another 10% further increase in sales. Aveda teams found new ways of handling stress levels. They all experienced mental fitness, more focus and sustainable change in their thinking, behaving and feelings. They are more compassionate and caring towards each other. They found creative ideas to increase sales and are exploring the new ways.

- **Severn Trent Water** - After NCS, this company reported new deals signed for the next 5 years with key clients (A £70 million new deal over 5 years and a £2 million/year deal with Sainsbury's). The detailed specifics of this process are private to the client.



Official Testimonials



“ I am thoroughly satisfied with the outcome of the workshop to help my team create our new future. In a 60 day post workshop: 100% of my team confirmed they have been able to apply what they learned. I know that this workshop and the impact it had on the team has been a factor in getting our team on track and focused to deliver against our vision and strategy”

- Marie Quinton (Cisco EMEAR Sales Enablement Team, Manager, Operations)



“This training taught us what change is and how to use the power of our brain to create and sustain it. The simple, down-to-earth approaches enabled our leadership team to shift our mindset to enable a greater level of creativity and innovation to face the challenges awaiting us... We developed communication and relationship skills to apply to the unique opportunities we faced. We dared to be different. Our people feel different which has greatly contributed to our unprecedented success...We created better, more thoughtful leaders.”

- Peter Edge, President & CEO, RCA Records / Sony Music Entertainment



“Today’s successful businesses need to understand the dynamics of the individuals it employs and how they shape the organization and culture – not necessarily the other way around. NCS work quickly dives in to help people understand their current behavior and then craft a plan to alter it, leading to more balanced and productive lives.”

- Brian Crouser, CSS, Managing Director, National Cat Mgmt Center of Excellence

E. & J. Gallo Winery



Official Testimonials



"I have introduced CYM..CNR to our organization under the umbrella of change. Research shows that approximately 70% of change effort does not work in terms of achieving all of its stated objectives. Most leaders will say that their desired change is taking longer than expected and that there is resistance from their employees. As organizations are building a more agile, robust, flexible, resourceful, resilient and adaptable workforce, CYM..CNR provides the tools to help employees meet this challenge. Programs such as CYM..CNR will better equip employees to predict how they might react and have insights to manage situations they may encounter."

-John Sands, Organization Development Manager – SA Power Networks



"The CYM..CNR course really prompted thought change in our global HR&C team. The program made us aware of how we limit ourselves as individuals and teams, and why our organization's cultural patterns are so strongly ingrained. As we all change and grow within our company, the CYM..CNR applications provide us with the understanding of how each and every employee at all levels within the organization can change unproductive habits by modifying their thinking and then align that thinking with more effective actions. We can, therefore, make our teams and the organization more aware, flexible, productive, and ultimately, stronger"

~Joanna Maurelli, Talent Development Manager