

# THE NEUROSCIENCE OF PERSONAL RESILIENCE

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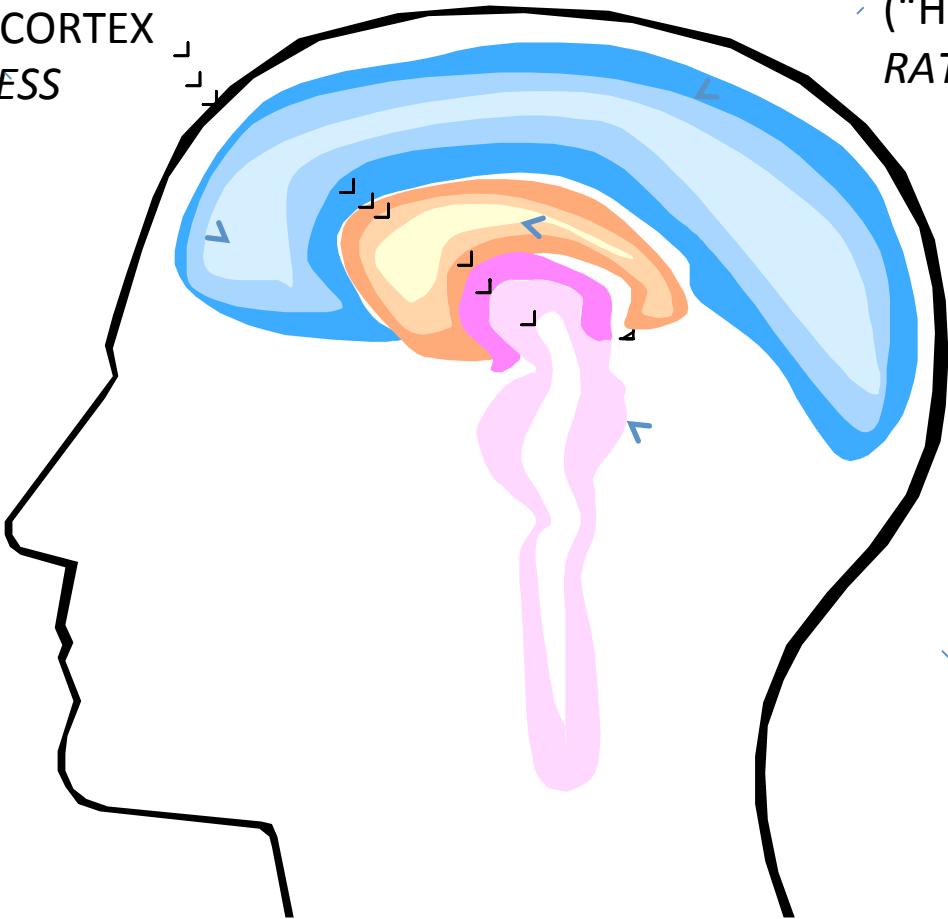
**ENERGY**

- **ARE YOU FEELING SAFE?**

WHEN IT COMES TO YOUR BEHAVIOUR, WHICH  
PART OF YOUR BRAIN ARE YOU USING MOST?

# BRAIN EVOLUTIONARY STAGES

PRE-FRONTAL CORTEX  
*SELF AWARENESS*



CORTEX  
("HUMAN")  
*RATIONAL*

LIMBIC  
(MAMMALIAN)  
*EMOTIONAL*

BASAL  
(REPTILIAN)  
*INSTINCTIVE*

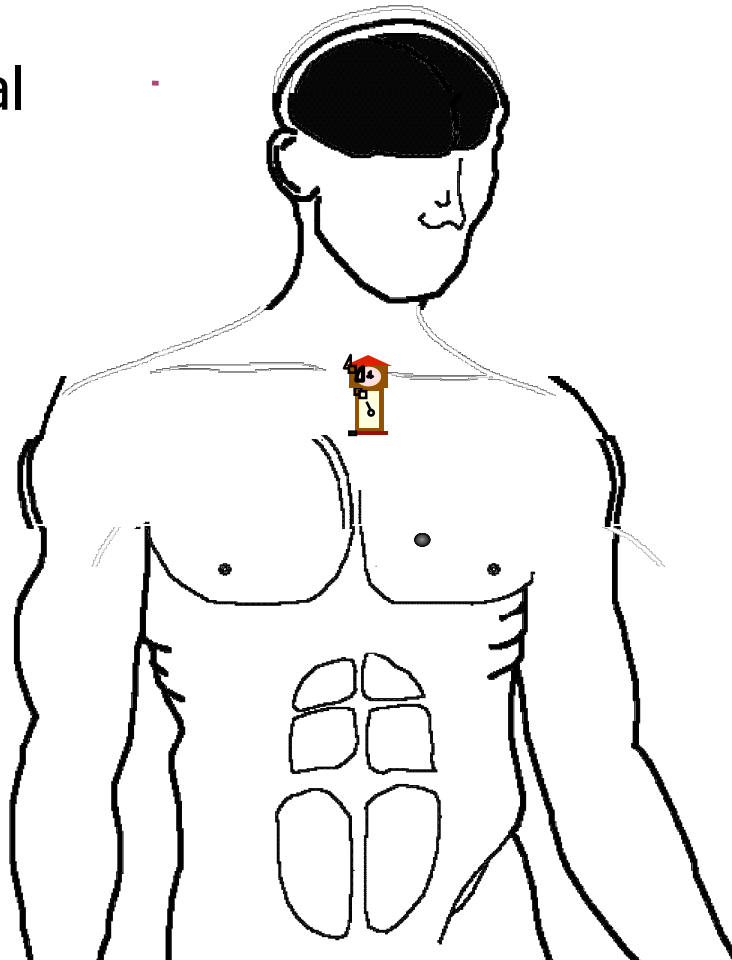


# BEHAVIOURAL AND PROCESSING STYLES

- **INSTINCTIVE (BASAL):** Knowing,, Hunch, Conviction, Certainty, Arrogance, Speed, No Fuss, Decisive, Territorial, Gut Feel
- **EMOTIONAL/ENERGETIC (LIMBIC):** Feelings, Sensory, Volatile, Expressive, Empathic, Creative, Subjective, Body and Heart.
- **RATIONAL (CORTEX):** Thinking, Rational, Structures, Logical, Evidence, Rules, Method, Organised, Objective, Process, Systems, Data, Cerebral.
- **REFLECTIVE (PRE-FRONTAL CORTEX):** Intuitive, Self- aware, Big Picture, Patterns, Observational, Insightful, Visionary, Indulgent,

# Physiological Resilience

Cranial  
Brain

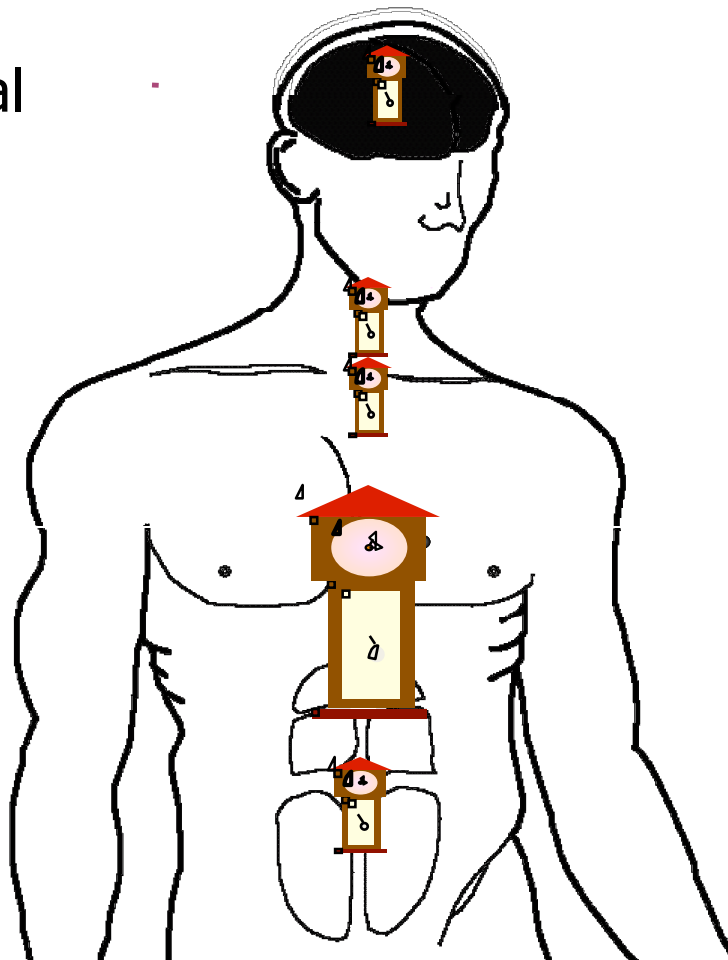


Cardiac  
Brain

Enteric  
Brain

# Physiological Entrainment

Cranial  
Brain



Cardiac  
Brain

Enteric  
Brain



# SOURCES OF RESILIENCE

- OUR ENVIRONMENT
- THE COMPANY WE KEEP
- MIND, BODY AND SOUL
- SLEEP
- BELIEF



# RESILIENCE INTERVENTIONS

- PHYSICAL EXERCISE
- EMOTIONAL WELLBEING
- THERAPY
- MINDFULNESS



# MY BOOK

- THE NEURO EDGE – Insights for Leaders and Practitioners
- Available on Amazon or here today!