

# STEVE NEALE



“Europe’s Leading  
Expert in Personal  
and Professional  
Growth”

Business Psychologist, Physiologist, Executive Coach, Hypnotherapist,  
Psychodynamic Counsellor, EI Practitioner, Associate Professor, Teacher on 5  
EMBA Programmes, Member of the British Psychological Association,  
Associate Member of the British Medical Association, International Author,  
Creator of the Accredited Masters in High Performance Leadership, Creator of  
the 35 module online leadership programme the Limbic Performance System

[www.stevenealeinternational.com](http://www.stevenealeinternational.com)

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# Limbic Leadership Masterclass

Making the Link Between Neuroscience  
and Performance Using the Limbic Performance System

14 March 2017



[www.stevenealeinternational.com/passionforprojectsoffer](http://www.stevenealeinternational.com/passionforprojectsoffer)





# Outline of Session

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The problem with personal and professional development

What is the LPS?

Why do beliefs matter so much?

How can you develop your limbic brain for lasting change?

Limbic Applications on:  
Self Belief  
Energy Management  
Change

Exclusive Opportunity for You

# The Painful Pancake Recipe

Recipe for Disaster

(that 97% of people eat every day!)

## The recipe:

A job with no passion  
Pressure of finance  
Lack of sparkle in relationships  
Friends you no longer connect with  
Energy vampires are sucking you life blood  
Too busy working to change things  
Too busy working to make serious money  
Too busy working to make more time  
Stress affecting health and vitality  
Poor work-life balance  
Running out of time  
Think you are trapped  
Irritating work colleagues  
Ungrateful people  
Tired of meeting the expectations of others

## Then:

Mix this all together each day for about 40 years!  
(and don't forget to take a little cake home to your family each day!)





**What Ingredients Would  
You Put in Your “Ideal Life”  
Cake?**





A person is sitting on a rocky cliff, looking out over a vast sea of clouds. The sun is setting in the distance, creating a warm, golden glow. The clouds are thick and white, filling the lower half of the image. The sky is a mix of blue and orange, with some wispy clouds. The person is wearing a dark jacket and shorts, and is looking towards the right side of the frame.

...but **You can**  
start

again now and  
create a new ending

**You**  
**can't** go  
back and  
start  
at the  
beginning  
again...



# THE PROBLEMS WITH DEVELOPMENT

- The new habit challenge – the golf club effect
  - WHY?
    - “People won’t be who they are not”
      - Patience, time and practice
      - The Ebbinghaus Effect – 80%
        - Motivation – an inside job
        - Too much too soon



# THE SOLUTIONS

- Be realistic about +2 then -1
- Always be clear on the WHY?
  - Authentic leadership
- Small amounts of learning regularly (monthly)
- Repeat, review, re-learn, teach others, share

**CORE BEHAVIOURS**  
**Self**  
**Relationships**

- 12. Altruism
- 11. Authenticity
- 10. Adaptability
- 9. MotivAction
- 8. Energy Management

- 16. Collaboration
- 15. Inspirability
- 14. Interpersonal Impact
- 13. Trust

**CONTINUOUS GROWTH**

- 17. Reflective Action

- 6. Self Awareness

- 7. Other Awareness

- 4. Self Belief

- 5. Valuing Others

- 1. Core Human Needs
- 2. Clarity of Purpose
- 3. Personal Values Alignment

**LIFE FOUNDATIONS**

**CORE THOUGHTS, BELIEFS & FEELINGS**

mostly **SEEN**  
mostly **UNSEEN**



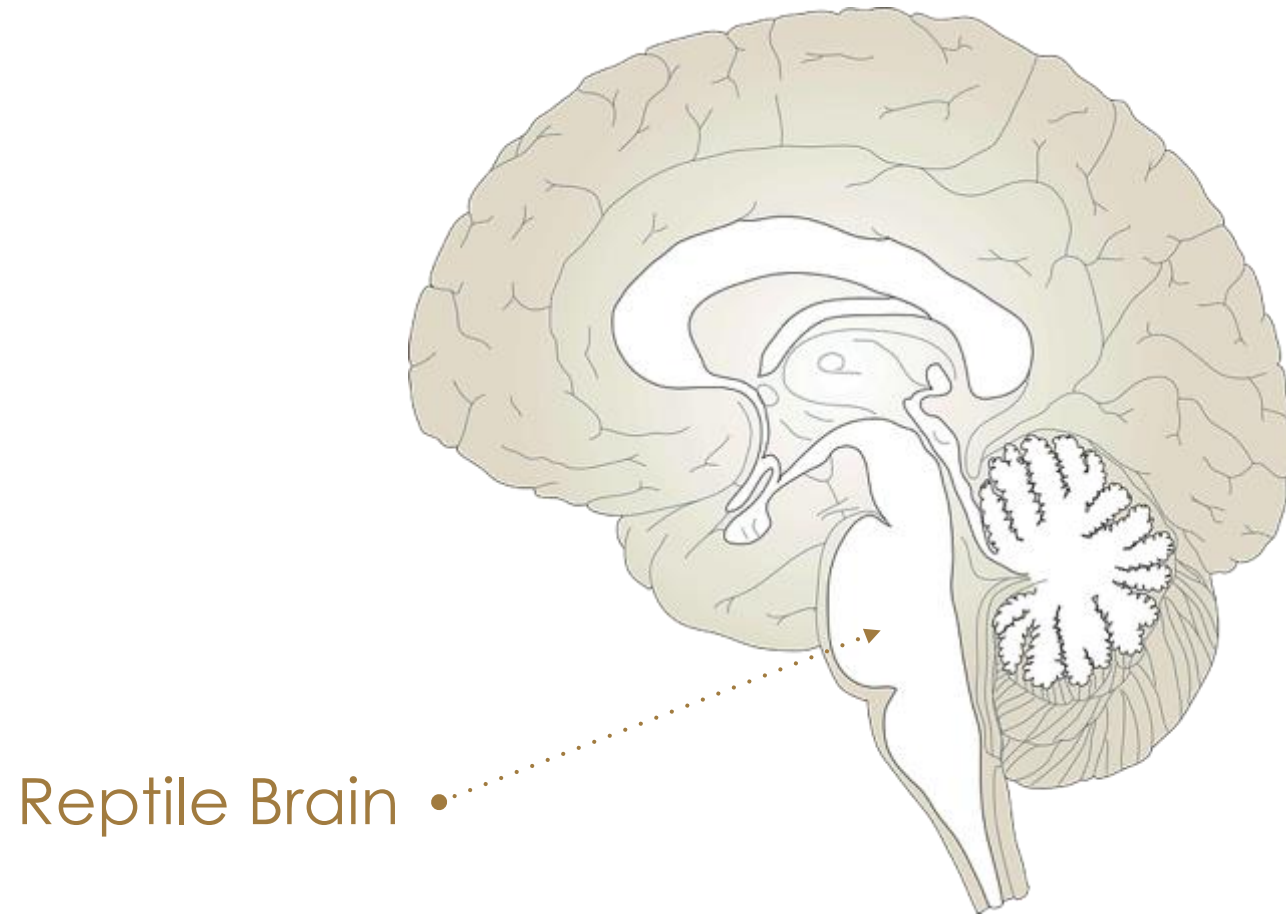
# What is the scientific base for the LPS?

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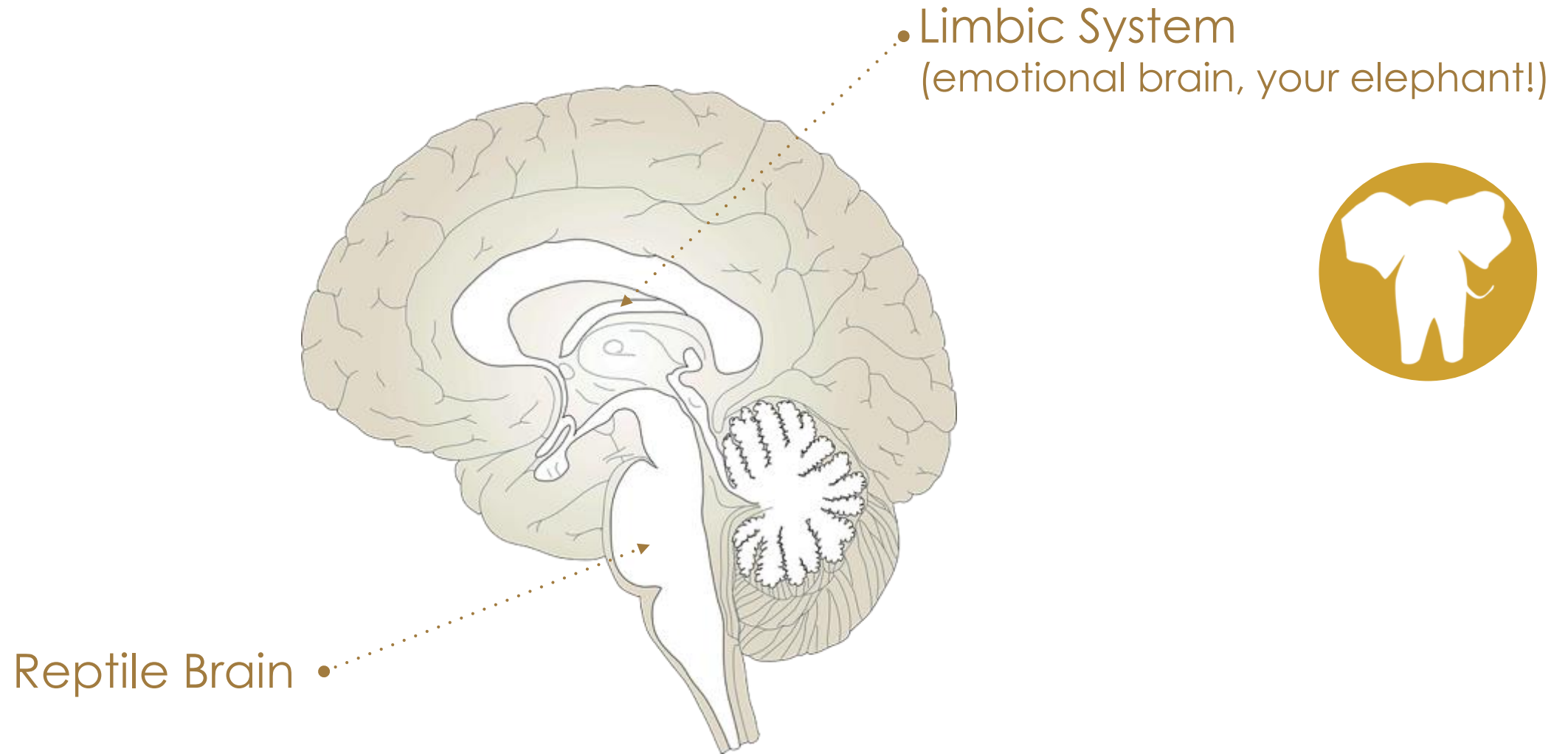
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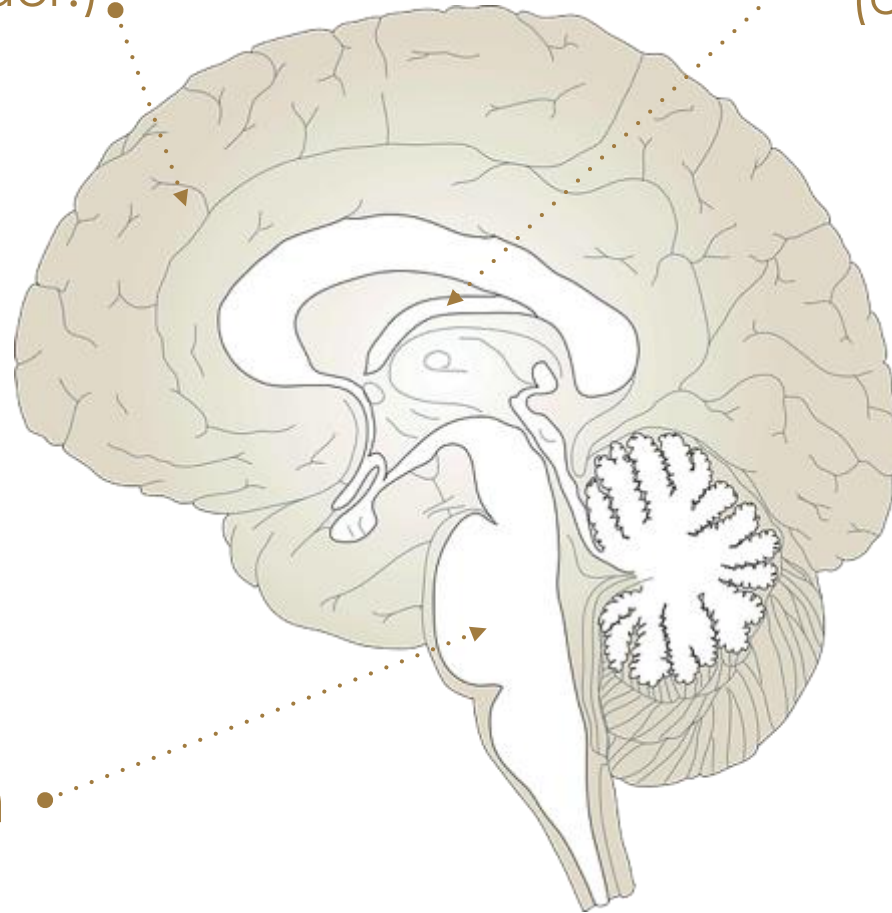
## Rational Brain

(logic, intelligence, your rider!)



## Limbic System

(emotional brain, your elephant!)



## Reptile Brain



# What is the scientific base for the LPS?

10-100 neurones per second

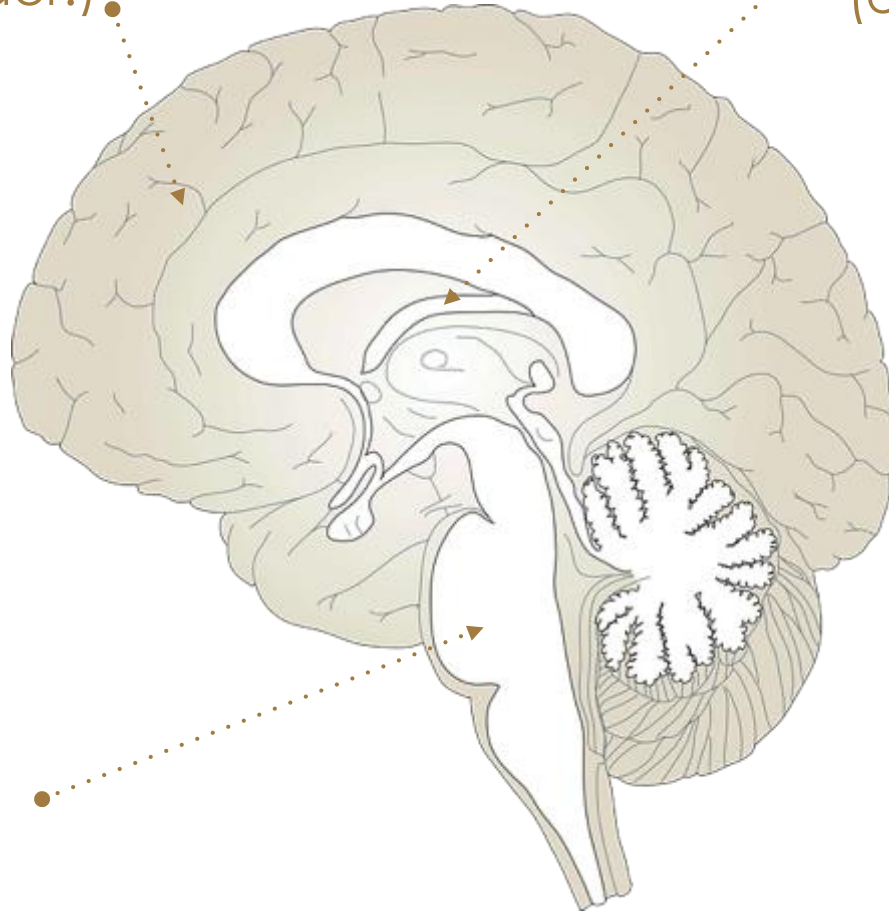
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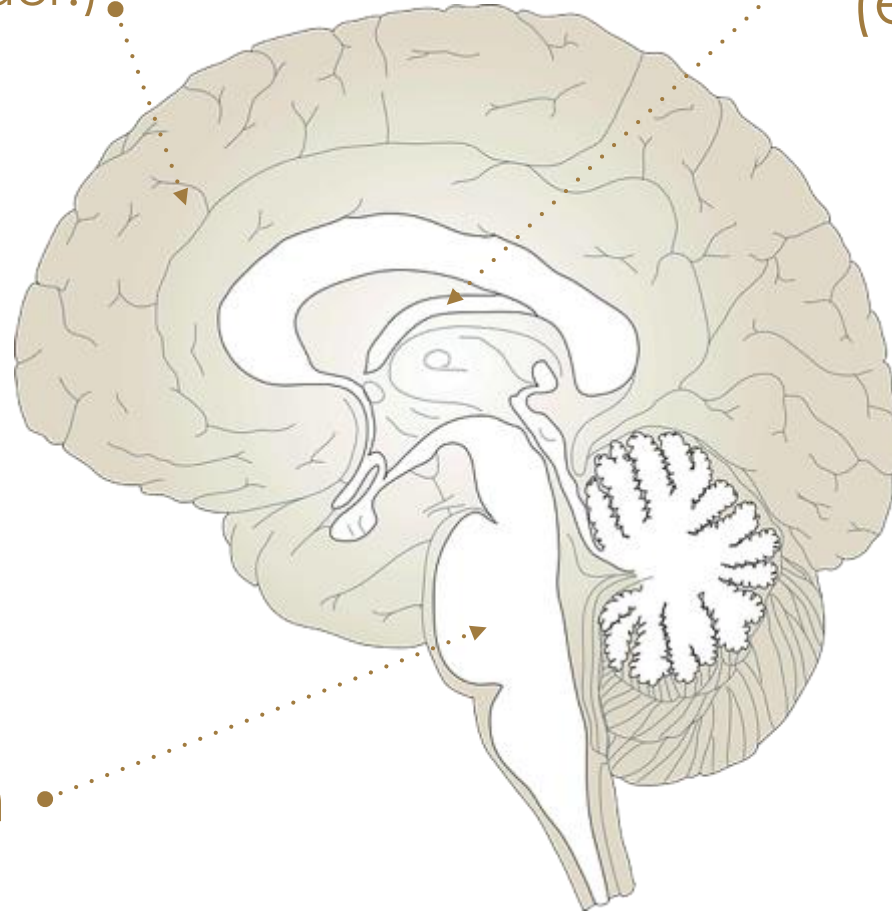
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6,000,000,000 neurones per second

• Limbic System

(emotional brain, your elephant)



Reptile Brain •



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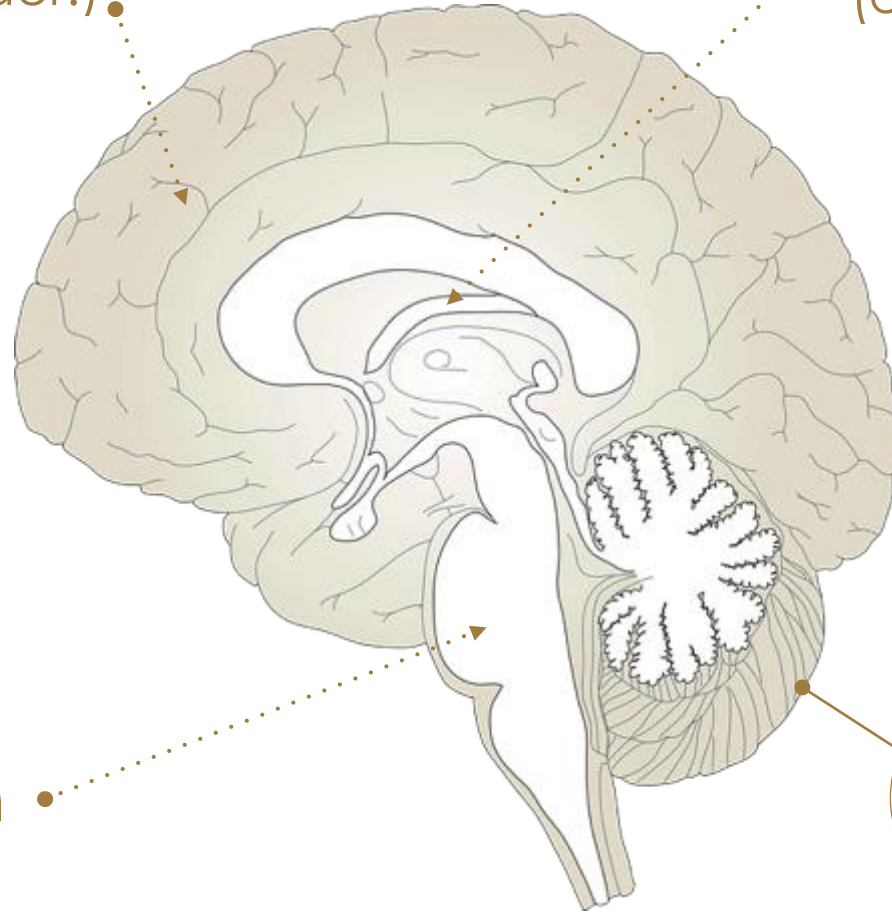
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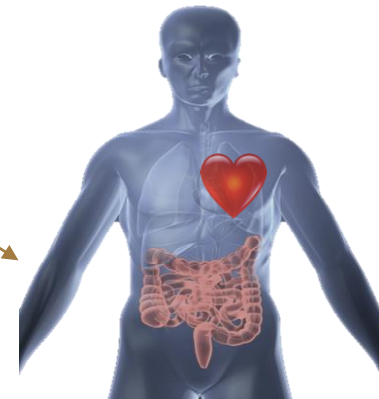
• Limbic System

(emotional brain, your elephant!)



Reptile Brain •

Heart  
Gut  
Body



# Your Leader is Limbic...

## Conscious Mind: 5%

1. Analyzes
2. Thinks & Plans
3. Short-term memory

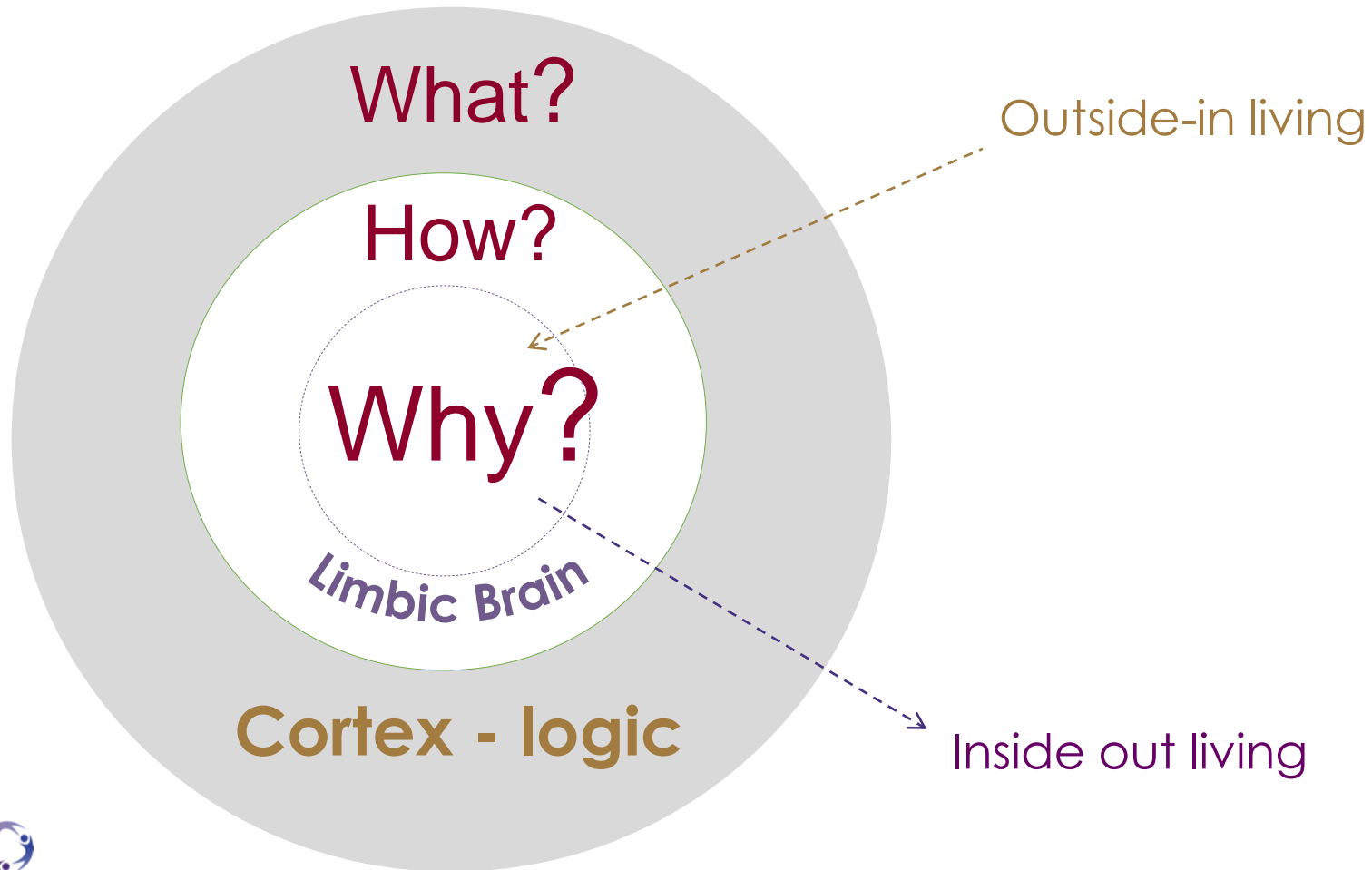
## Sub-Conscious Mind: 95%

1. Long-term memory
2. Beliefs and attitudes
3. Emotions & Feelings
4. Habits, relationship patterns, addictions
5. Involuntary bodily functions
6. Creativity
7. Development stages
8. Spiritual connections
9. Intuition



Reverse

# Your Life Order



You do not live in the world...

...the world lives in **you!**





# Beliefs act as filters



# Limbic SELF BELIEF





**Low Self Worth** is first about  
**BELIEFS...**

...which trigger **FEELINGS**

...which lead to exaggerated,  
**untrue** and **unfair THOUGHTS** about  
yourself...

...which impact on your **BEHAVIOURS** and  
the **quality** of **YOUR LIFE!**



# FIVE POWERFUL SENTENCES

- 
1. When I have a healthy respect for myself I....
  2. When I feel really good about who I am I...
  3. When I know and value my own worth I...
  4. When I feel attractive and at ease with my look and body I...
  5. When I don't worry about what others think of me I...

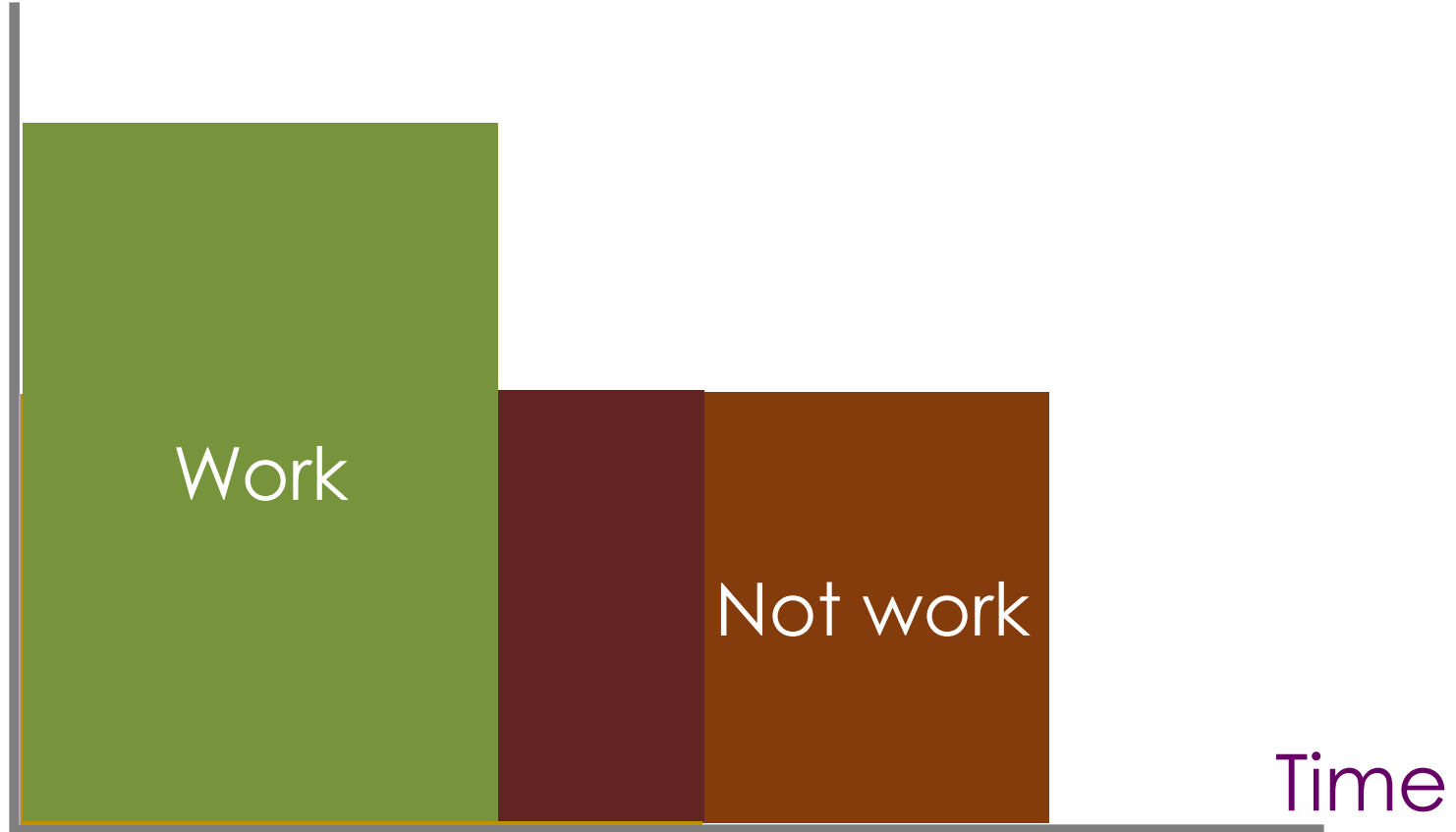




# Limbic Energy Management

# Time Trap

Performance



# Human Energy

## Physical

Health  
Nutrition  
Sports  
Stamina

## Mental

Attitude  
Positivity  
Thinking  
patterns  
Mindset

## Emotional

Awareness  
Emotions  
Feelings  
Mood

## Spiritual

Recharge  
Perspective  
Purpose  
Meaning





# Limbic Change



A close-up photograph of an elephant's head, showing its eye, ear, and a tusk. The elephant is holding a small piece of food in its trunk.

# YOUR ELEPHANT AND CHANGE

**3 SITUATIONS:**  
KNOW AND DISLIKE  
KNOW AND LIKE  
DON'T KNOW



# The interference barrier

Society

Fear

Doubt

Risk

Beliefs

CHANGE

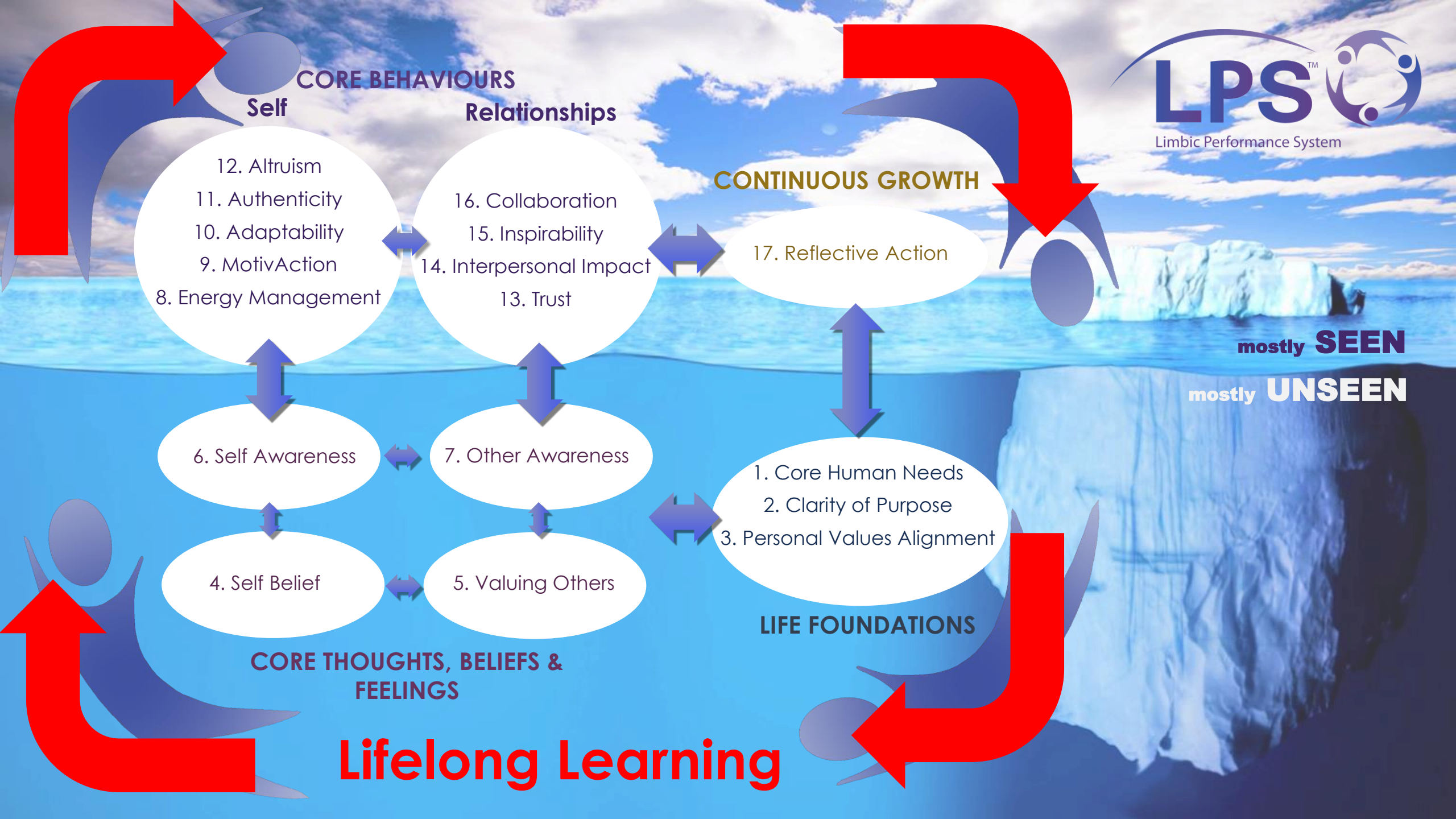
Success  
Your Way  
Happiness  
Fun  
Freedom



# WHAT ARE YOU AFRAID OF?

Lack of **adaptability** often comes  
from...

*fear*





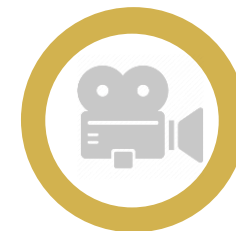




**Implementation App**



**LPS Films & Actions**



**Customised Blended  
Solutions for Organisations**



# Your “Test Drive” Link

[www.stevenealeinternational.com/passionforprojectsoffer](http://www.stevenealeinternational.com/passionforprojectsoffer)



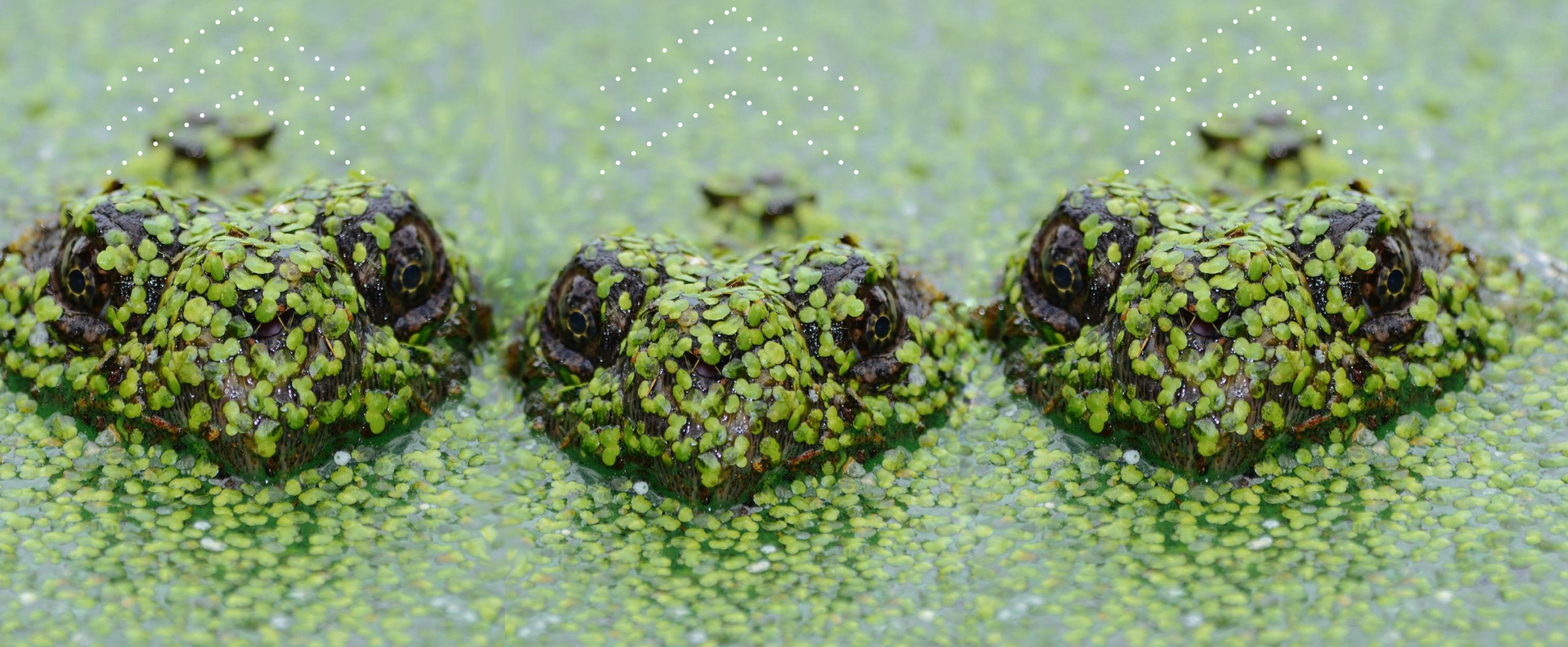




TIME

ENERGY

FOCUS





# See you at the Test Drive!



To claim unlimited access to the LPS  
for 14 days for just \$25 go to:

[www.stevenealeinternational.com/passionforprojectsoffer](http://www.stevenealeinternational.com/passionforprojectsoffer)

Offer runs to 20 March 2017

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