Skill Power vs Will Power
Neuroscience-Based Skills for Amplifying Resilience
And Building Hope and Dignity

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Our Hidden Asset: Neuroplasticity

- Any new experience wires the brain: Attention is the mechanism

- Neurons that fire together wire together

- Neurogenesis (the growth of neurons) takes place via: ATTENTION

- Neurological pruning (the deletion of neurons that aren’t frequently used) also takes place in the brain via lack of attention.

- The adult brain is not "hard-wired" with fixed neuronal circuits.

“Where your attention goes, energy flows, and that’s what grows”  
Sports Physiologist
Natural Balance:

Individuals are wired with the potential for resilience
SRM's Rzone skills work to restore the natural resilience of the nervous system so we can function inside the Resilient Zone

Charge: sympathetic
Release: parasympathetic

Neurobiological Foundation of Social Resilience:
Focus is on re-wiring the mind-body balance to promote Pro-social behaviors and optimal functioning
Stressful Event or “Triggers”:
Impact on the individual

- Depression
- Disconnection
- Exhaustion/Fatigue
- Numbness

Bumped out of Resilient Zone

Hyperactivity
Hypervigilance
Mania
Anxiety & Panic
Anger, Rage

Bumped out of Resilient Zone

Stuck on “Low” (hypo-arousal)

Stuck on “High” (hyper-arousal)

Resilient Zone

TGW 2017
Rzone Skills Deepen the Resilient Zone

- Can be used independently, peer-to-peer, or clinically to:
  - Decrease reactivity
  - Reduce toxic stress chemicals
  - Generate healthier thoughts & feelings
  - Foster healthy relationships