



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

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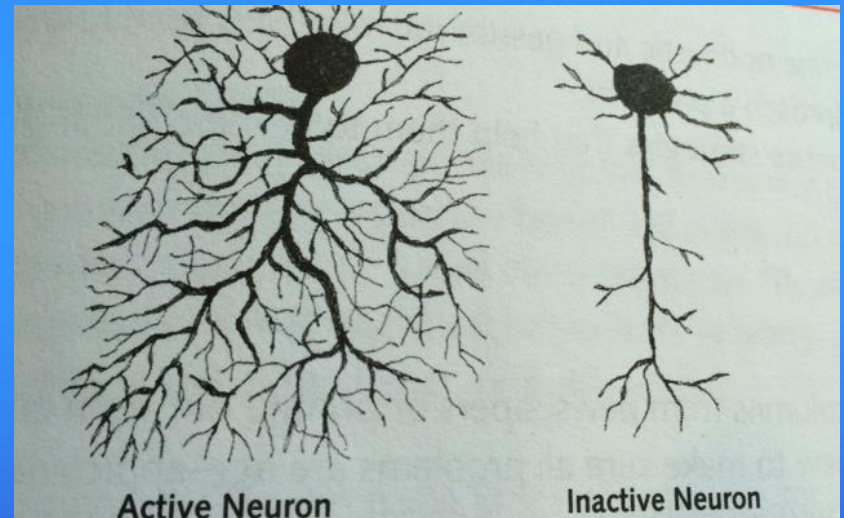
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Our Hidden Asset: Neuroplasticity

- Any new experience wires the brain: **Attention** is the mechanism
- Neurons that fire together wire together
- **Neurogenesis (the growth of new 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



Neurobiological Foundation of Social Resilience:

Focus is on re-wiring the mind-body balance to promote Pro-social behaviors and optimal functioning

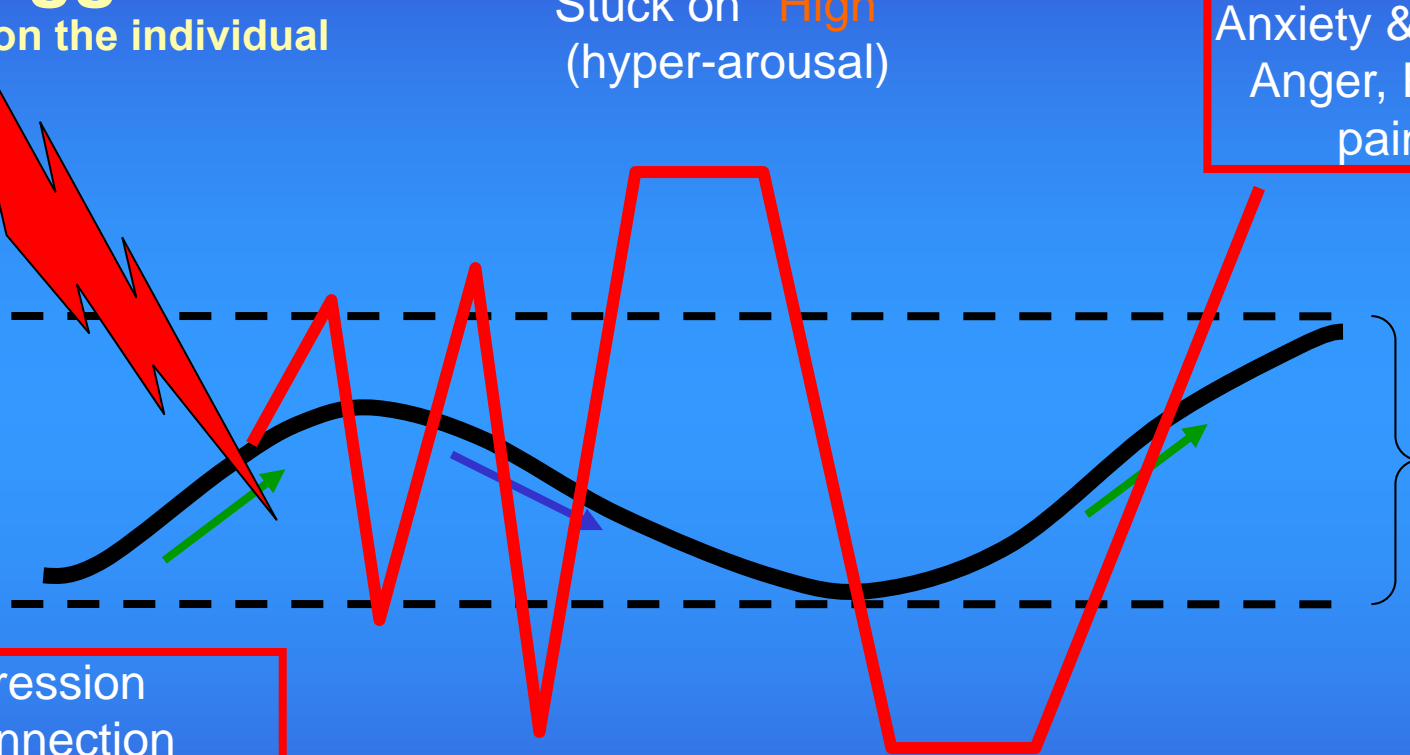
Stressful Event or

“Triggers”:
Impact on the individual

Bumped out of Resilient
Zone

Stuck on **“High”**
(hyper-arousal)

Hyperactivity
Hypervigilance
Mania
Anxiety & Panic
Anger, Rage
pain



Resilient Zone

Depression
Disconnection
Exhaustion/Fatigue
Numbness

Bumped out of Resilient
Zone

Stuck on **“Low”**
(hypo-arousal)

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

