10 Things Great Leaders Do & Neuroscience and Effective Leadership
Scientists have learned more about the brain in the last 20 years than in the previous five centuries.
Facts about the brain:

- Your brain thrives with exercise and sleep.
- Your brain’s strongest stimulant is emotion.
- Your brain is affected by stress.
- Your brain over relies on vision.
- Your brain develops based on curiosity.
exercise & cognition: older cohorts

- Executive Function
- Controlled Cognition
- Visuo-spatial
- Reaction Speed

Effect size (larger is better)
How much movement is needed?

- Two 30 minute brisk walks per week will start to increase brain function.
- Ideally, 150 minutes per week.
- Lap the Cap
Your brain thrives on good sleep.

- You sleep roughly 1/3 of your life
- Sleep loss = mind loss
  - (memory, mood, logical thinking, dexterity all decrease)
Emotions get our attention.

Emotions are like neon signs telling your brain, “remember this!”
Exercise
“Effective Multitasking” is an Oxymoron

“Switch-tasking”
- Takes longer to complete both tasks AND you have holes in your learning because you cannot focus on two things at once.
Stress

- Not all stress is equal
  - Chronic Stress is bad
  - Acute Stress can be helpful

- Stress responses evolved to solve issues in seconds
  - Today, we have stress for hours, days, weeks not built to sustain that

And you thought there was stress in your life!
Your brain relies heavily on vision.
Vision

- We have five senses, but our brains rely on our vision for 60% of the information.
A picture really is worth a 1000 words.
Curiosity and exploration

- Brains were built to explore
- Babies — touch, watch, listen
- Curiosity = advancement
10 Things Great Legislative Leaders Do
Essential # 1

- SEE THE FUTURE

“To grasp and hold a vision, that is the very essence of successful leadership—not only on the movie set where I learned it, but everywhere.”
Essential # 1a
Nil Desperandum
Essential #2

- **ACTUALLY LISTEN**

  #1 — "Of all the skills of leadership, listening is the most valuable—and one of the least understood. Most captains of industry listen only sometimes, and they remain ordinary leaders. But a few, the great ones, never stop listening."

  #2 — "To listen well is as powerful a means of communication and influence as to talk well."
Essential # 3

☐ COMMUNICATE...COMMUNICATE...COMMUNICATE

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”
Essential # 4

☐ PICK THE RIGHT TEAM

“The best leader is the one who has sense enough to pick good men to do what he wants done, and the self-restraint to keep from meddling with them while they do it.”
Essential # 5

- BOUNCE BACK AND DON’T FEAR FAILURE

“I have failed over and over and over again in my life. And that is why I succeed.”
Essential #6

☐ SEEK SOLUTIONS

“Never lose sight of the need to reach out and talk to other people who don't share your view. Listen to them and see if you can find a way to compromise.”
Essential # 7

- REMAIN CALM

#1—“When angry, count to ten before you speak. If very angry, count to 100.”
#2—“Nothing gives one so much advantage over another as to remain always cool and unruffled.”
#3--“The ballplayer who loses his head, who can't keep his cool, is worse than no ballplayer at all.”
"The supreme quality for leadership is unquestionably integrity. Without it, no real success is possible, no matter whether it is on a section gang, a football field, in an army, or in an office."
Essential # 9

☐ ARE HUNGRY TO LEARN NEW THINGS AND TRY STUFF

#1—“I credit (my mother) with this lifelong intellectual curiosity I have, and love of reading and learning.”

#2—“I am learning all the time. The tombstone will be my diploma.”

#3—”Once you stop learning, you start dying.”
Essential # 10

- HAVE A SENSE OF HUMOR

“Good planning is important. I've also regarded a sense of humor as one of the most important things on a big expedition. When you're in a difficult or dangerous situation, or when you're depressed about the chances of success, someone who can make you laugh eases the tension.”
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