Let’s play a game...
Take All the Time You Need in the Next 30 Seconds:

Pick a song that means something to you…

@JoeAgile
@JoleneJangles
Now, in groups of 3-4... Take 4 minutes. Each person share that song and what you remember about a time you associate with that song.

@JoeAgile
@JoleneJangles
The Learner’s Brain

A User Guide to the Most Complex Thing in the Universe

Jolene Jangles @JoleneJangles
Joe Ziadeh @JoeAgile
Neurophysiology
Neuroplasticity
Cognitive Bias
6 ways

Repetition
Figure 2.3  Structures of the Brain.
The forebrain, the midbrain, and the hindbrain contain structures that perform essential functions for survival and for high-level thinking and feeling.

At your tables brainstorm on things you can do to flush the brain.
Flush it

Repetition

6 ×

6 ways

@JoeAgile
@JoleneJangles
RAS

At each table:

Select 2 people – speaker / coach
Have a brief coaching conversation about something that matters to the speaker

@JoeAgile
@JoleneJangles
RAS

Everyone else, your job is to distract them.

RULES: No physical contact, no throwing things, no screaming their name, REASONABLE VOLUME

@JoeAgile @JoleneJangles
6 \times 6_{\text{ways}}

Repetition

Flush it

RAS

@JoeAgile
@JoleneJangles
Example cell from an awake, enriched fruit fly

- Increased branch length
- Increased branch complexity

Example cell from a sleeping fruit fly

- Reduced overall volume

https://betterhumans.coach.me/cognitive-bias-cheat-sheet-55a472476b18
Take all the time you need in the next 30 seconds:
To join us at the front of the room.

If you’re not interested in playing please join us and observe.

@JoeAgile
@JoleneJangles
Flush it

Repetition

Connection

Cognitive Bias

RAS

Codex

Experiential

@JoeAgile
@JoleneJangles
Thank You!

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Joe Ziadeh @JoeAgile
www.balancedagility.com