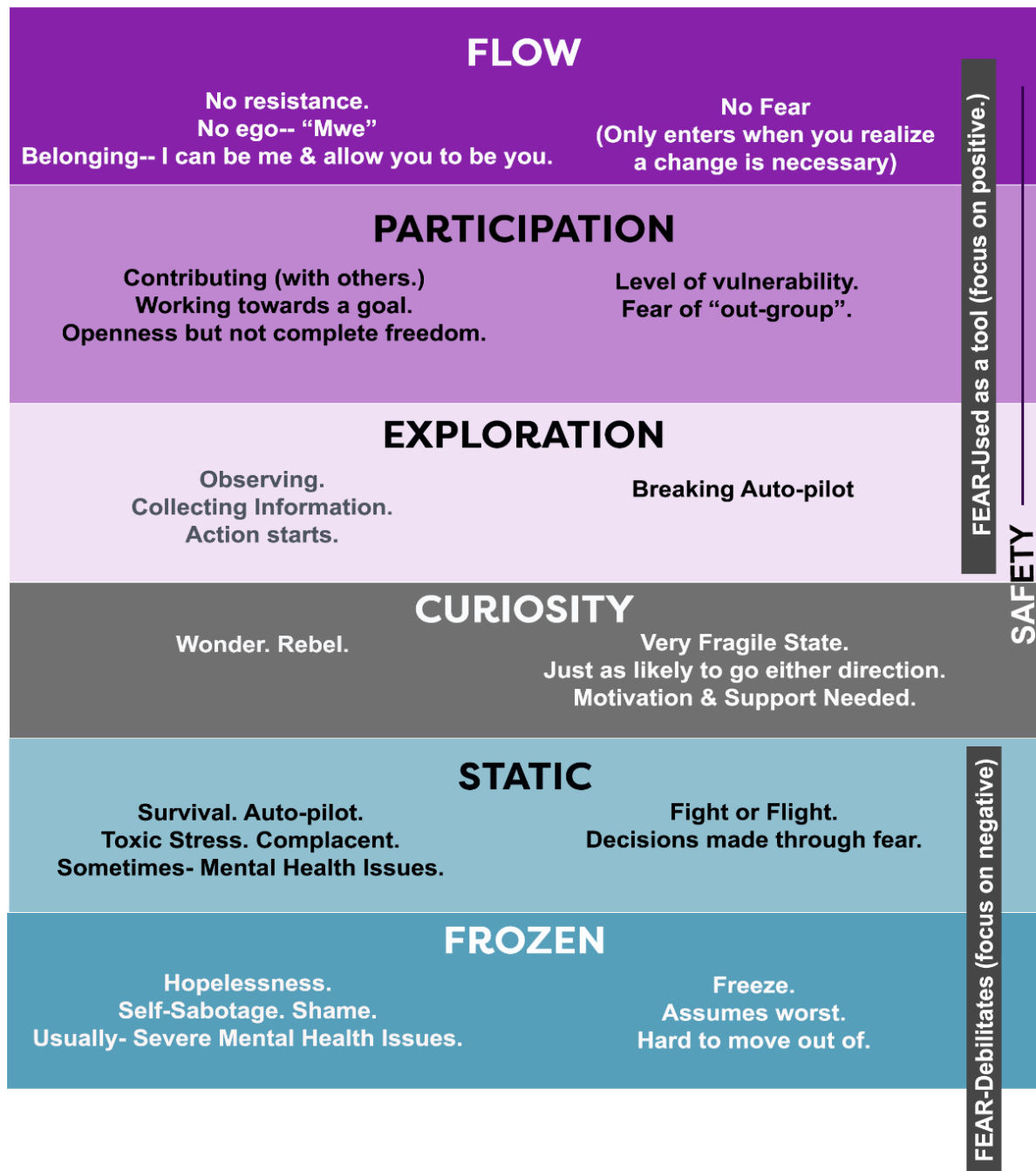


6 Levels of Engagement



Please remember: There is no "wrong" level. We are continually moving up, down or cycling back around in every area of our life (self, relationships, communities, God, universe.)

How does someone increase their level of engagement?

Let's first look at what keeps someone Static or Frozen... Fear and Auto-pilot.

FEAR

The Subconscious Brain is always asking--- Am I SAFE?!

SURVIVAL

Shelter, Food, Sleep,
Procreation, Life!

SOCIAL

Family, Friends,
Others

SELF-GROWTH/DREAMS

Executive Functioning
Rational, Insight,
Memory, Decision Making

Threat—The inability to predict the future & create the appropriate responses

Safety—The ability to predict the future & create the appropriate responses

- “Safety” doesn’t always mean that it’s “safe”/”best” it means that it’s **known**.
- A perceived threat will turn down any higher brain function.

Change can be seen as a threat!

Teacher may think—They don't care. They are self-sabotaging. They aren't motivated enough.

Reality—They meant it, but then their brain spotted a threat.

Negativity Bias

AUTO-PILOT

Brains are expensive to run. It is critical that they run efficiently so that we can operate well. Once neurons connect enough times (a thought or action) the brain decides it's important enough to create a “super highway” for it or a **Myelinated Pathway**.

Once we have created a myelinated pathway our conscious mind has to work to override it. Once you prove you will use it the brain will create a new myelinated pathway and remove the old one.

This isn't just for physical things. It's also for thoughts. How we view ourselves. How we view other people.

Identity!

It's important to understand how your brain works. Otherwise you will associate your identity and your abilities to your negativity bias or your looping brain function! We used to think that the brain you got was the brain you got. Now we know that our brains can change!

Tools for Change

Putting your brain in the best state to be in control.

- Realize when you are caught in a safety or auto-pilot loop
- Observe without judgement
- Know your “enemies” and their tactics
- Celebrate successes of all sizes
- Brain Breaks | Meditation | Breathing
- Words Matter
- Exercise
- Diet
- Sleeping
- Healthy Social Connection/Community

SAFETY

Once a person is at a place where they are able to grow in Engagement, the number one condition is Safety. Safety is also required for learning to occur (as well as just showing up!)

Creating safety in your environment though...

- **Be intentional about building trusted relationships** (co-regulate with boundaries) Steadiness builds trust. Model Self-Regulation.
- **Teacher Prosody and Presence**—Vegas Nerve
Tone of voice-- Instant danger triggers amygdala
- **Grow mindset and presence practices yourself!** (This isn't just a poster you put on your wall!)
- **Talk about neuroplasticity**—No longer believe that you are all you can be, you can change!
- **Create a welcoming classroom that has fun.**
- **Address fear of failure**
- **Help create new habits**
- **Self-Transcendent Purpose**-- A goal that is motivated by both an opportunity to benefit self & has an effect or connection to the world. Helps persistence, improves GPA, increases deeper learning.