



LEVERAGING PSYCHOLOGICAL SCIENCE TO IMPROVE THE WORKPLACE

Brain-Based Coaching and Consulting: Leveraging the CONNECT Model | Catherine Hambley, PhD
| 4 CE's | Elm Fork II

Abstract: This workshop will introduce a brain-based model (CONNECT) that translates our understanding of the neuroscience research into practical skills, specifically around strategies to promote a "brain friendly" work environment, facilitate team development and practice using a brain-based coaching process. The CONNECT model provides strategies to leverage people's best thinking at work and to promote employee engagement. The workshop will be highly interactive with numerous opportunities for discussion and skills practice.



Catherine Hambley, PhD

In her work as a consulting psychologist and Principal of Brain-Based Strategies, Catherine translates relevant neuroscience into practical applications in the areas of leadership development, executive coaching, organizational culture, navigating change, strategic planning, and building successful, high performing teams. The primary mission of her consulting practice is to help create brain-friendly and brain-powered cultures that enable organizations to achieve success by maximizing the effectiveness and potential of its people. Neuroscience provides the foundation for tapping into people's best thinking, encouraging collaboration, and driving motivation and engagement.

As both an internal and external consultant, Catherine has served as a strategic business partner to leaders, executive teams and organizations that are looking to enhance their effectiveness and ensure the success of their people and their businesses. She has consulted across a broad set of industries and organizations, from Fortune 100 companies to start-ups, including finance, technology, health care, education, government agencies, agriculture and non-profit organizations. She is adjunct faculty for the International MBA program at Middlebury Institute of International Studies and is on the teaching staff at California State University, Monterey Bay's Extended Education Program (offering leadership development programs). Catherine is a regular contributor in the *Physician Practice Journal*, where she writes about practical strategies to enhance personal resiliency, leadership, communication, and relationship skills for physicians.

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