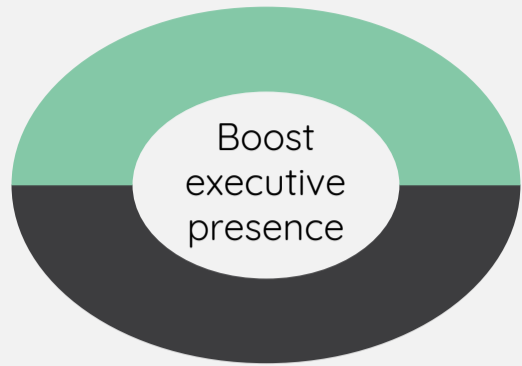
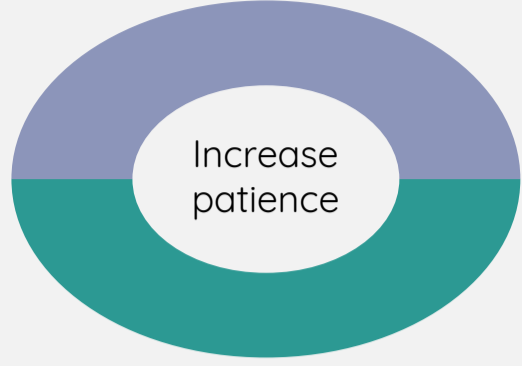
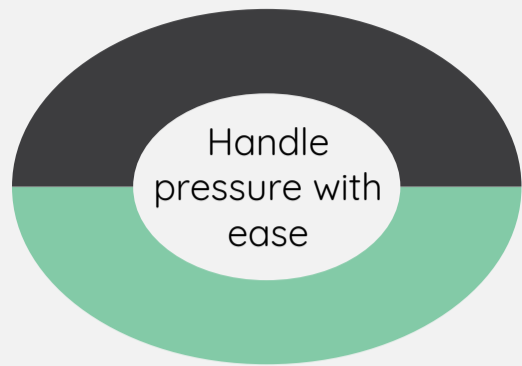


Myelination Practice

How To Forge A New Habit

Imagine you want to:



Myelination is a process that occurs when you forge a new habit. It's how your brain can do all of the above and more: it's how leaders rapidly shift behaviors, stay emotionally agile, maintain or increase presence, and help their teams to do the same.

Here's How It Works:

When you practice something deeply, neurons start firing together, wiring together and creating a pathway. Repeated firing with deep practice and either struggle or ecstasy signals that this neural pathway is important.



This important new pathway is then insulated like an electrical wire wrapped in a protective coating (myelin), **transforming the pathway from the equivalent of dial-up to broadband. This is myelination.**

To learn something new or set a new habit in place, repetition is required. When you practice something deeply, intentionally, and with some element of struggle, a neural pathway is formed.

Heavily myelinated neural pathways...

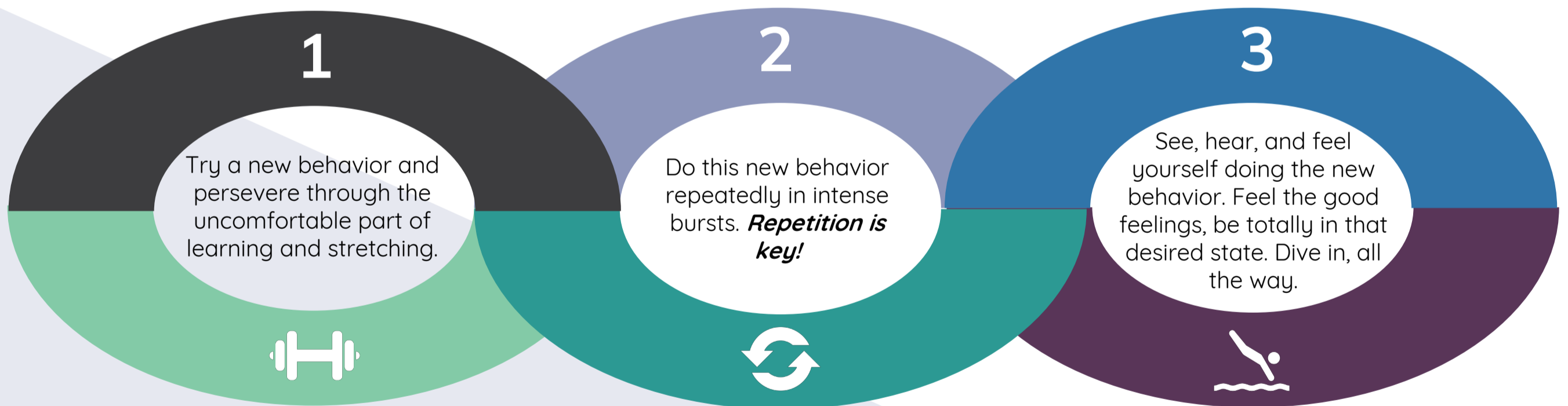


...are up to 300 times faster—they've been optimized for speed and efficiency.



...become the default behavior, as the brain will choose the most highly myelinated pathways (because clearly they are the most important).

Here's How To Do It:



Increasing myelination via intentional practice helps us become more **emotionally agile**. We use Myelination Practice with our executive coaching clients to:



Decrease Anxiety



Increase Ability to Manage Emotions in Challenging Situations



Increase Vision and Innovation

Myelination requires *quality* versus *quantity*. Perform this Myelination Practice five days in a row, five times per day, for a few minutes each time.

For even better results, do it for 10 days.

What new behaviors would you like?

We can help you create your practice! Contact us at www.WorkWithSTI.com.