



## **Brain Science for OD Practitioners**

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Founder & President**

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Everyone has a brain: you have one, and your client does too. This may seem elementary, but many times we watch people struggle with ongoing issues without addressing this underlying, structural element of their problem.

When we look at organizational change, it begins, always, with people. When we look at the practitioner's use of self, this is also the province of individuals. Individuals hang out in bodies, which include the highly influential brain. In short, there is a physiological element in everything we are and everything we do. As an OD practitioner, you will greatly benefit by understanding the neural dynamics of the brain.

This engaging, interactive presentation introduces you to the exciting discoveries of modern neuroscience. We'll cover the basics and then explore issues specifically encountered in OD consulting. You will learn:

- How the brain changes through neuroplasticity
- How habits are held in the brain, and what you can do to minimize resistance to change
- How to identify and extinguish unwanted personal reactions that get in your way of being there for your client
- How to develop your own attentional control, so you are free to make choices in each moment
- How to work with emotional and cognitive contagion to accelerate the transformation of organizational culture.

### **Andrea Sullivan, M.A.**

Andrea Sullivan is an accomplished speaker, trainer, manager, and coach with over 25 years experience designing and facilitating workshops to produce personal and organizational growth. Andrea's extensive leadership experience was obtained through many years in management positions. Her lifelong work with people led her to create her own business, BrainStrength Systems, which brings the discoveries of leading-edge brain science to ordinary people for use in their work and in their lives.

Andrea holds a Master's degree in Organizational Psychology from Vermont College of Norwich University. Through her work, she has introduced brain-compatible leadership development into many organizations, including Fortune 500 companies such as Merck, Aetna, and Northrup Grumman Corporation. For the past 4 years, Andrea has also served as adjunct faculty for Temple University's professional development program. She is a member of the National Speakers Association.