

## An Introduction to Using the Language of the Three Brains

This tool creates awareness of the three brains with an individual or a group by using intentional language. When introducing yourself or beginning work with an individual or group, use language to connect with heart, gut, and head brains. This aligns all three and brings a sense of safety and connection to your interactions. When working with a group, ask each person to introduce themselves with a partner or in a small group (not in a large group), tapping into the language of the three brains.

| Brain Type                           | Language   |
|--------------------------------------|--|
| Gut (fear or safety)                 | "Hello. I am Frances. Welcome to our learning space. It is a safe space for being yourself and for learning, contributing, and challenging yourself to try new things."  |
| Heart (connection and relationships) | "This work is my passion. I'm grateful for the opportunity to connect with you during our time together."  |
| Head (logic and specificity)         | "In this seminar, you will have experiences that many people find transformative, both personally and professionally. You will leave with new attitudes, skills, and tools that will enhance your leadership effectiveness." |