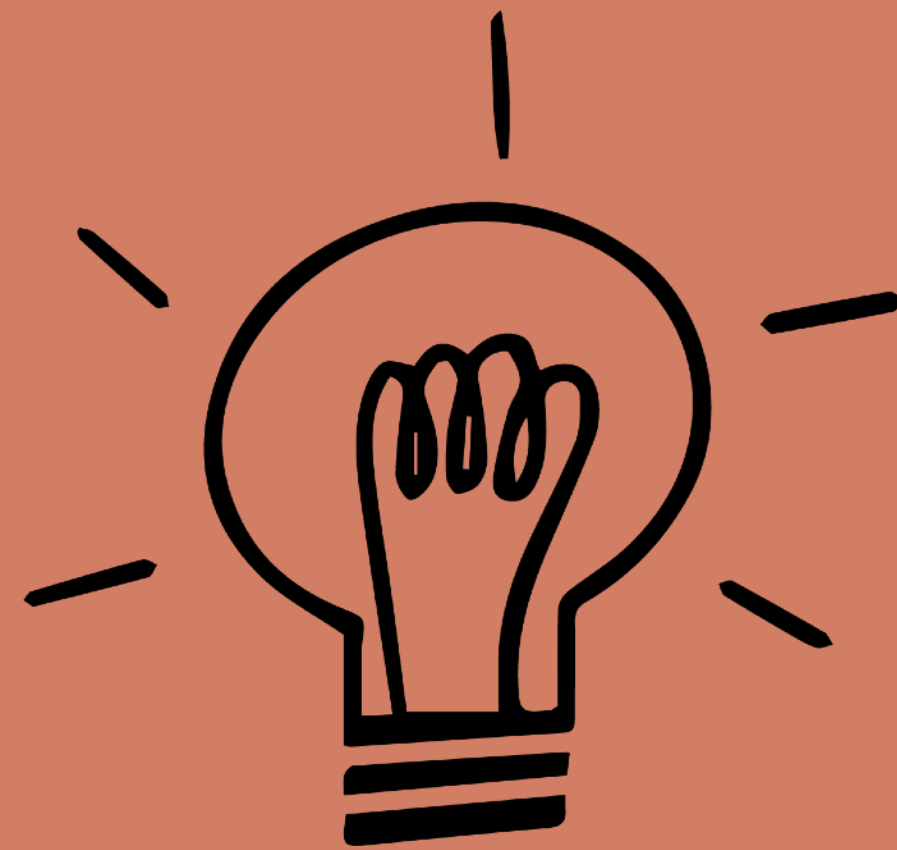




Neuro-Leadership Coaching

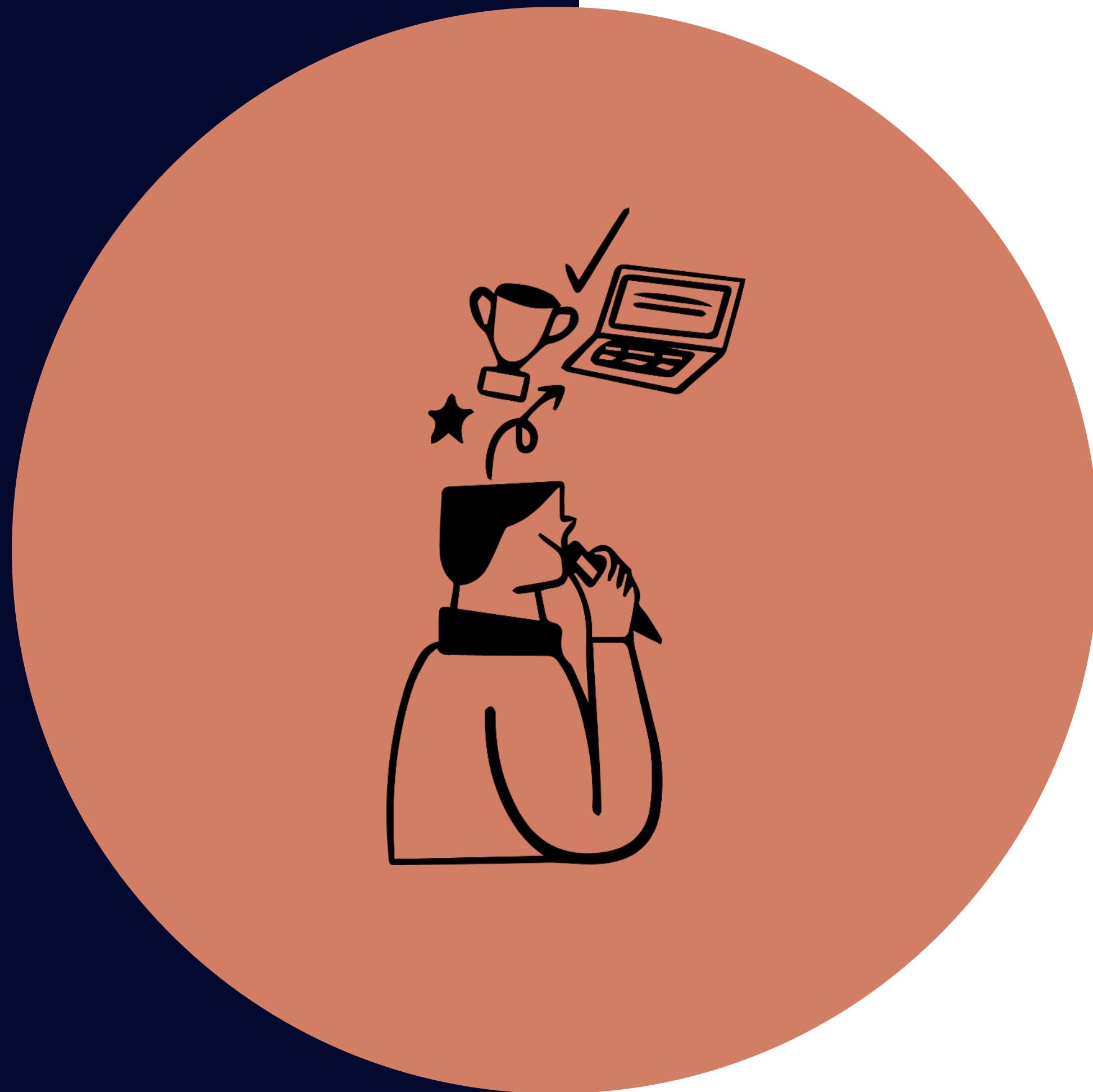
PRESENTED BY

Mark Milliere



My Mission

I help leaders **improve performance** and well-being for themselves, and their teams through **sustainable positive behavioural change**. I want to help people fulfill their potential.



How

Using the latest knowledge in neuroscience I educate clients about how their brain works and how it often works against them. Building on this awareness, I coach them to overcome their limitations and adopt new positive behaviours that empowers them and their team members.

What I Do (For Individuals & Teams)

1. I receive an understanding of issues & behaviours to be improved (Desired Outcome).
2. I explore with the individual/team to understand their limitations.
3. I work with the individual/team to weaken limiting behaviours and replace them with positive actions.
4. I strengthen the individual/team's positive mental fitness to consistently overcome challenges.



“*In a fiercely complex and challenging world, C-suite and other senior leaders — and those coaching them — need to understand how their inner life is influencing their actions in the outside world. That includes what they’re feeling, where they’re feeling triggered, and how early experiences in their lives influence the choices they’re making in the present. To develop leadership skills leaders need to think through more personal questions designed to better understand their motivations and impulses: Why are you the person and leader you are? Who are you capable of becoming? What’s standing in your way? This underlying premise is that you can’t transform a company without also transforming yourself.*”

Harvard Business Review

To Coach Leaders, Ask the Right Questions



Common Leader & Challenges

Sub-conscious limiting beliefs interfere with any attempts at progress or development in these areas.

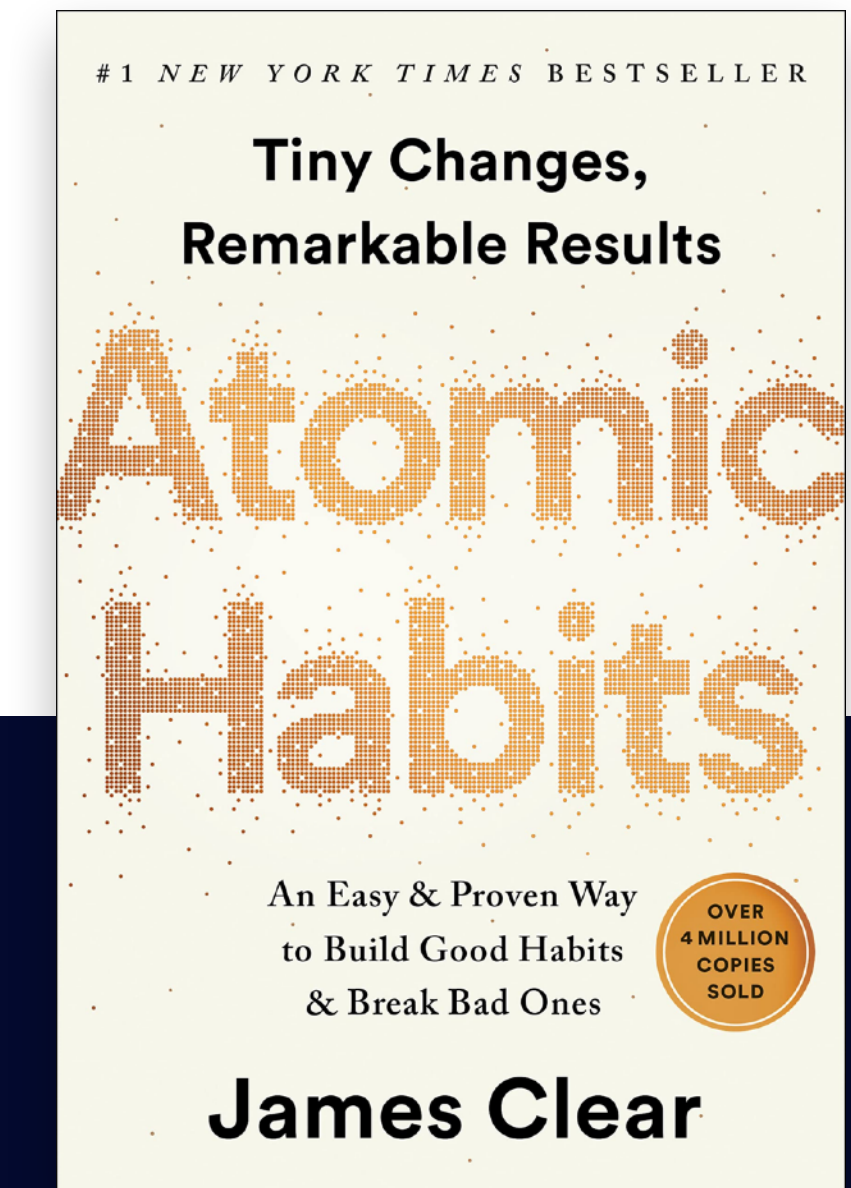
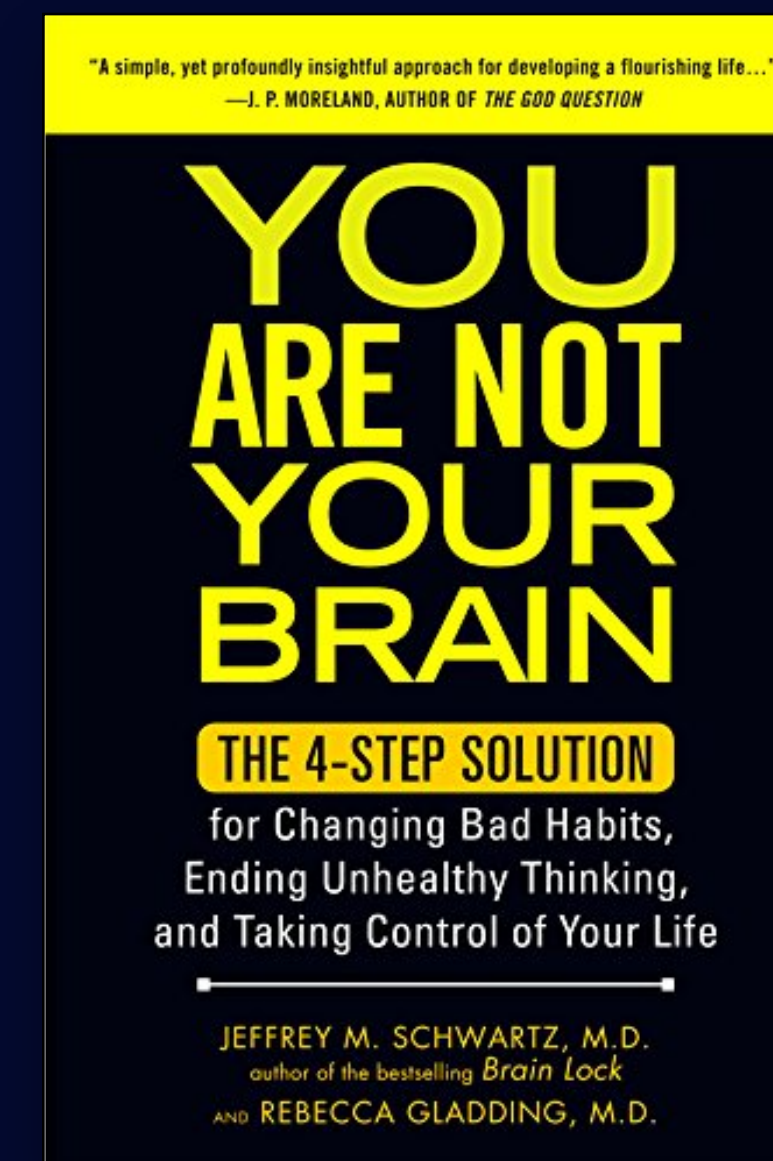
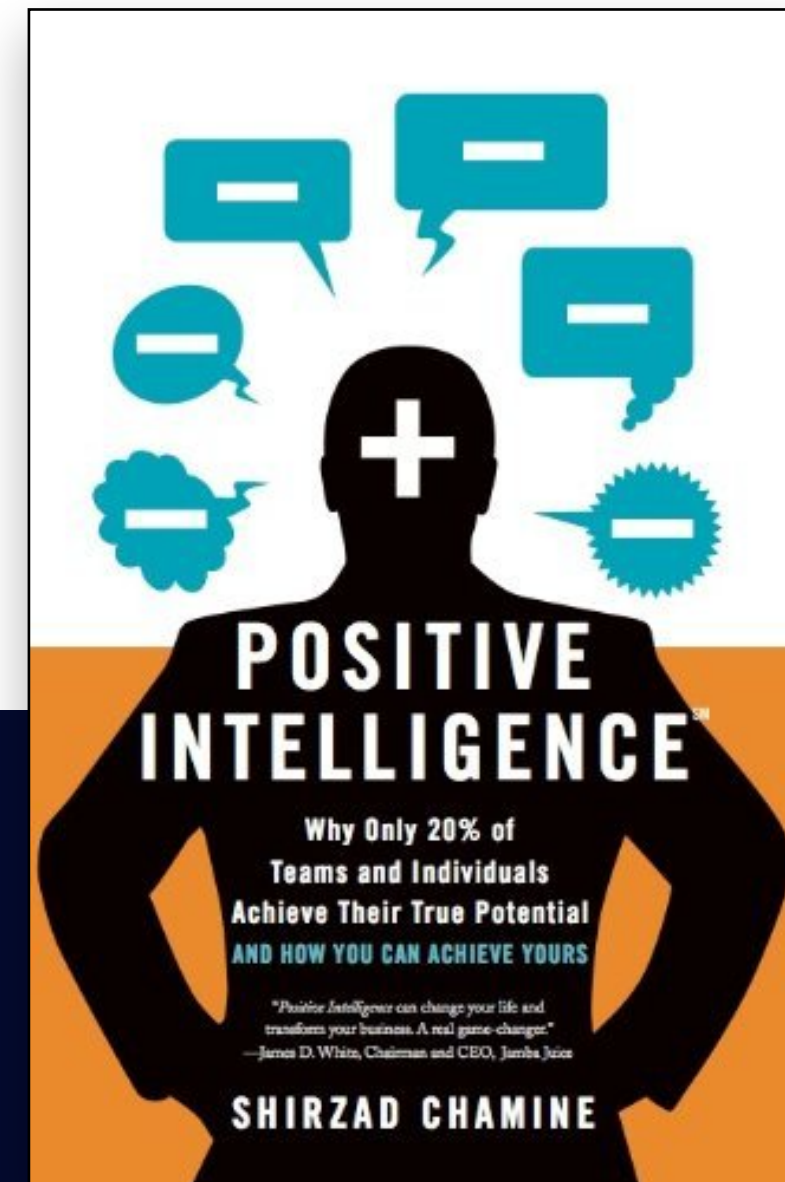
- Resilience
- Prioritization
- Self-Command
- Communicating Effectively
- Negative Judging of Self, Others & Situations
- Having Difficult Conversations
- Motivating Others
- Empathy
- Handling Stress



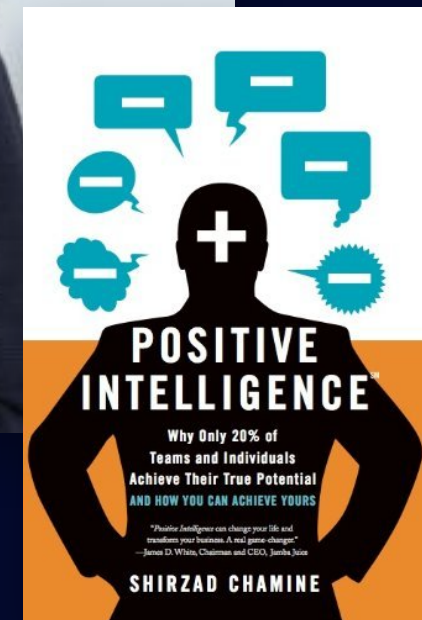
Leading Edge Leadership Development

Neuroscience Tells Us:

- Negative subconscious beliefs acquired in youth limit performance
- Intercepting negative emotions & shifting to positive actions is essential
- Limiting beliefs can be replaced with new empowering habits
- Lasting Positive Change = 20% Insight / 80% Mental Muscle

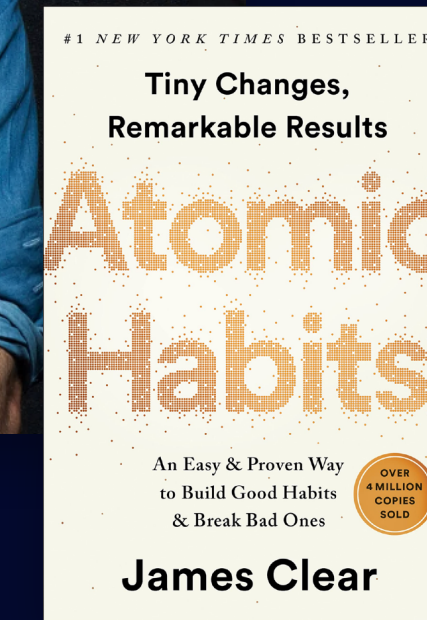
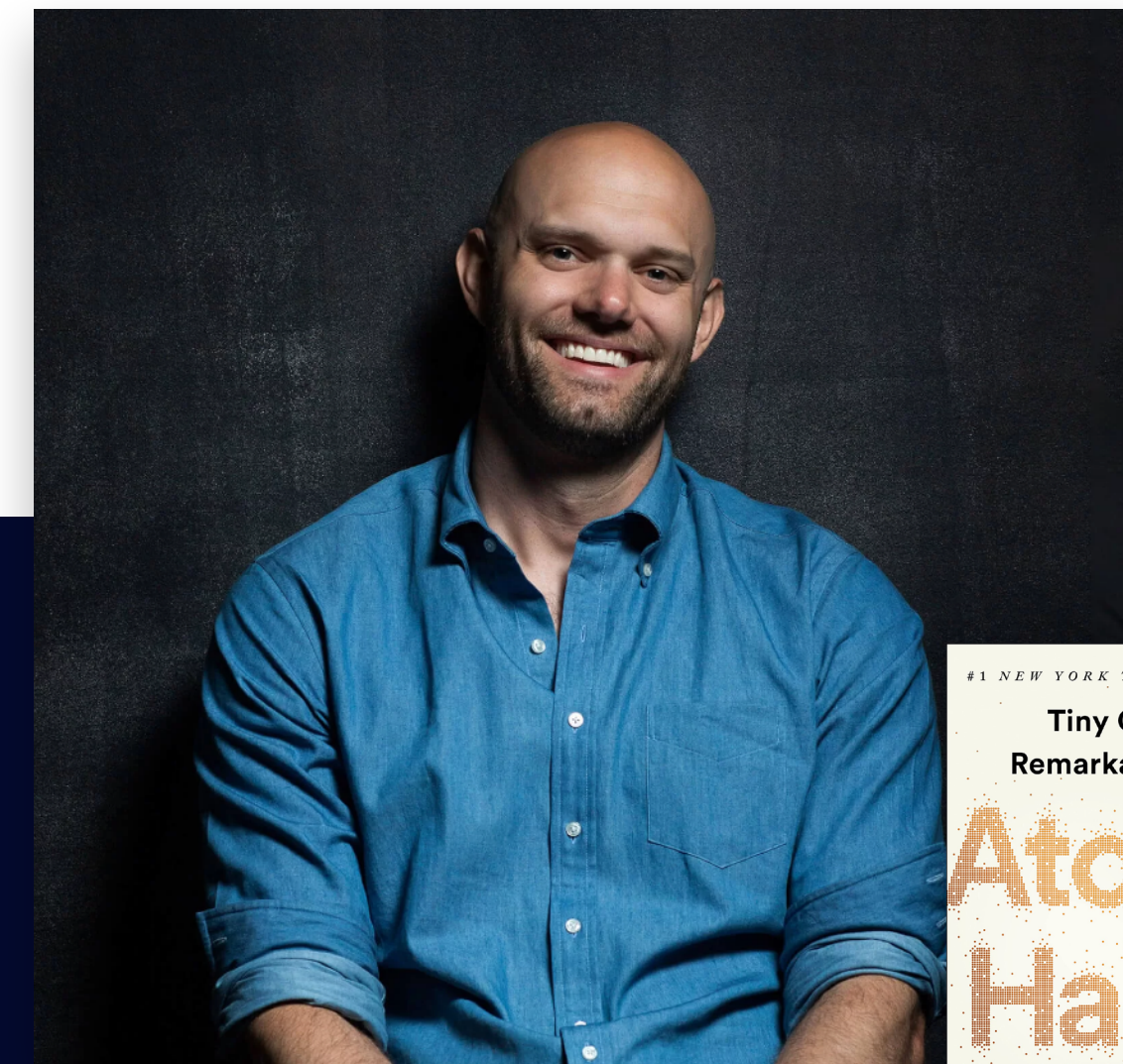


Better Habits Better Operating Systems



“Most attempts at positive change fail because we stop at insight (read a book, 2-day off sight) and don’t build positive habits.

— Shirzad Chamine



“We don’t rise to the level of our goals; we fall to level of our operating system.”

— James Clear

What Leaders Are Saying

“*Mark’s calm and inquisitive demeanour helped me to reflect on some difficult questions, evaluate where I needed to work and helped build a plan of action. The result, I’ve never felt more confident as a leader and my team has never felt more empowered.*”

Zach Wright

Group Account Director, Fuse Creative
(Now Executive Producer, Midnight Circus)

“*With Mark’s work and guidance, I have learned how to build my mental fitness, move beyond self-created limitations and to use a positive intelligence approach to make better decisions, no matter how difficult the situation or challenge. I highly recommend Mark as a coach for anyone striving to reach their full potential.*”

Cary Weingust

Senior Director
Partnerships & Business Development, Special Olympics Canada





Mark Milliere

Mark is a veteran C-suite executive who brings 20 plus years of experience in senior leadership roles to coaching and leadership development. Mark is passionate about partnering with executives, managers and teams to strategically and creatively develop the behavioural growth required to achieve their goals.

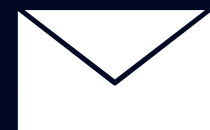
Mark is trained in both Neuro Leadership Development and Positive Intelligence and has a Certificate in Neuroscience for Business from MIT. He applies this leading-edge science-based knowledge of the brain to help clients create positive and lasting behavioral change.



**I want to help people
fulfill their potential.**



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