

CLASS 4

Emotion

**Consultation
MasterClass**

timely × *Dario*



What drives feelings is your raw emotions



It feels like you have taken
a stupid pill when you're
under pressure.

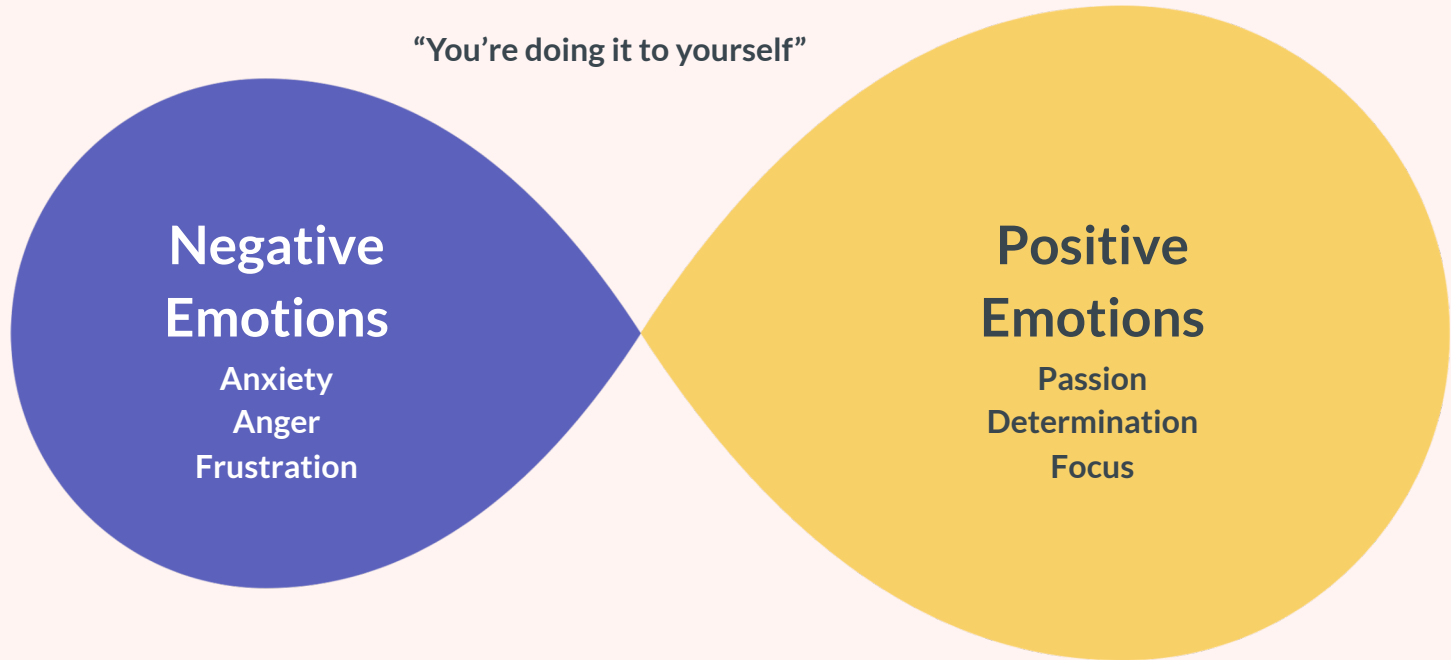
It's all about your smooth
rhythmic breathing,
same in and out.

Until you've got control of your
physiology, anyone can make
you look like an idiot.

Emotions are so powerful

Anyone can heat your system up

“You’re doing it to yourself”



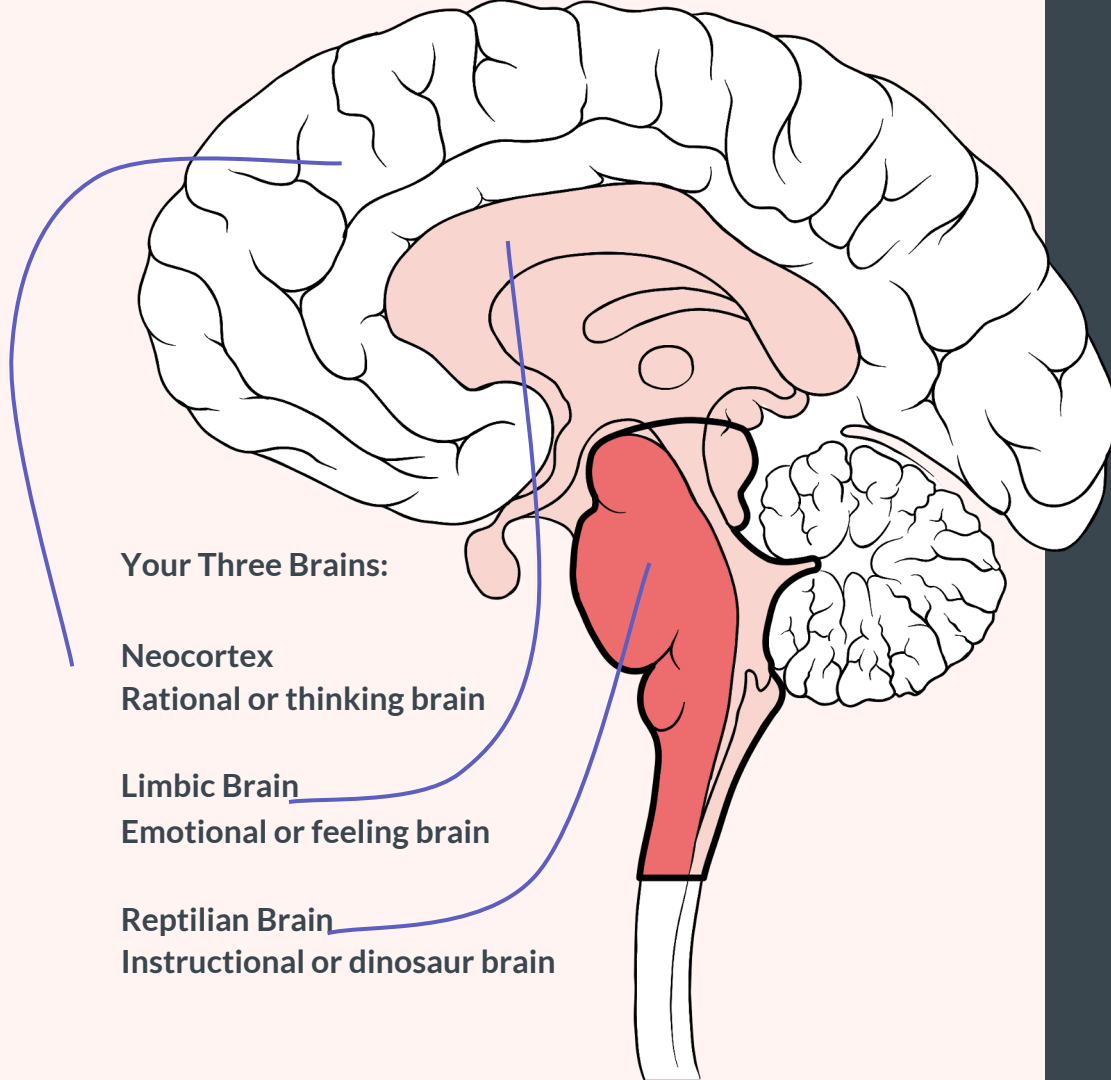
When you can intelligently direct your emotions, then you are on your way

Most people's emotions are based on what's going on outside of them

How you feel is not about other people -- IT'S ABOUT YOU



Breath rhythmically, evenly through the heart every day



Your Three Brains:

Neocortex
Rational or thinking brain

Limbic Brain
Emotional or feeling brain

Reptilian Brain
Instructional or dinosaur brain



**YOUR ACTIONS
ARE NOT YOUR OWN**

Deep in our brain, chemicals drive us



Feelings are chemically produced by four chemicals



If you hit the goal you will get rewarded

Dopamine is a neurotransmitter - a chemical messenger.

Dopamine is one of the “feel good” chemicals and interacts with the pleasure and reward centre of our brain. Dopamine plays a vital role in how happy we feel. In addition to our mood, dopamine also affects movement, memory, and focus.

You also get Dopamine when you eat, that's why we enjoy eating.

With all rewards there is more Dopamine... it's your motivation.

Some tips to boost your Dopamine: exercise regularly, enjoy your music, set goals, enjoy the challenge.



DOPAMINE

The leadership chemical

Serotonin is a chemical that has a wide variety of functions in the human body. It's sometimes called the happy chemical, because it contributes to wellbeing and happiness.

It's linked to a better mood and overall satisfaction

Serotonin actually offers up quite a few additional benefits for your health. Besides helping regulate mood, serotonin is also needed for motor skills and cognitive functioning.

So it's pretty important!

Some tips to boost your Serotonin: bright light - sunlight, supplements, remembering happy events.



SERATONIN

It's not bad manners -- it's low oxytocin

Oxytocin is a hormone that also acts as a neurotransmitter in the brain. It's associated with good feelings and emotions.

A colour is not working and everyone came together to fix it. It's not fun, but it was the coming together that made it work and special. That feeling is Oxytocin.

Oxytocin gives us empathy. If you lack Oxytocin the more you become un-empathetic and selfish

The more Oxytocin we have in our system the more generous we become.

Some tips to boost your Oxytocin: give money away, being trusted, laughter, take a walk, call someone, listening to soothing music.



OXYTOCIN

The stress hormone

Cortisol is a hormone, which is mainly released at times of stress and has many important functions in your body.

Is the feeling of stress and anxiety as it initiates fight and flight mode.

The feeling of tension when you're not sure what is going to happen. That's why we have anxiety and stress.

Cortisol is an oxytocin inhibitor. It does not want us to be empathetic when we see danger, it wants us to stay alive. Makes us unbelievably selfish and paranoid, stressed, tense.

High Cortisol levels contribute to brain fog, anxiety, depression, mood swings.

Some tips to reduce Cortisol: exercise, meditation, dance, play with animals, watch comedy, laugh and limit alcohol/caffeine.



CORTISOL

If you can control your emotions

You can change your life

**It's empathy!
When you put
yourself in
place of me**

Your intention drives your attention:

“Bring your empathy”

“Listen and really get people”

“Solve a meaningful problem”

“Co-exist with your team”

“How can I have better empathy?”



SELF LOVE

I'm either good at it, or I'm not:

"When I'm frustrated, I give up"

"I don't like to be challenged"

"When I fail, I'm no good"

"Tell me I'm great"

"If you succeed, I feel threatened"

"I make excuses for my results"



FIXED MINDSET

I can learn anything I want to:

“When I’m frustrated, I keep going”

“I want to challenge myself”

“When I fail, I learn”

“Tell me and I will try harder”

“If you succeed, I’m inspired”

“My effort and attitude is everything”



GROWTH MINDSET

When you meet someone and you are nervous
that means they are the ALPHA.

When you meet someone and you can sense
they are nervous then you are the ALPHA.

- They wear nice clothes to show success.
- ALPHA thinks who can I dominate .
- It's all about demonstration.

BETA: 'be in service'

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- Who is stronger than me?
- Who is dominant over me?
- Who can I dominate?

We are always doing this, that's why we get
insecurities.



WE ARE
ALWAYS
ASSESSING
EACH OTHER

CLASS 5

7 Steps

**Consultation
Masterclass**
Dario Cotroneo

WEDNESDAY 28TH OCTOBER
8AM GMT. 7PM AEST. 9PM NZT

