

5 Секретов NeuroExecutive:

**как активизировать физиологию для
максимизации производительности и качества
жизни executive teams**

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An iceberg floating in a blue ocean under a blue sky. The visible tip is white and jagged, while the submerged part is much larger and blue. Two yellow boxes with arrows connect the tip to the submerged part. The top box contains the text 'Мысли , Знания' and the bottom box contains 'Физиология'.

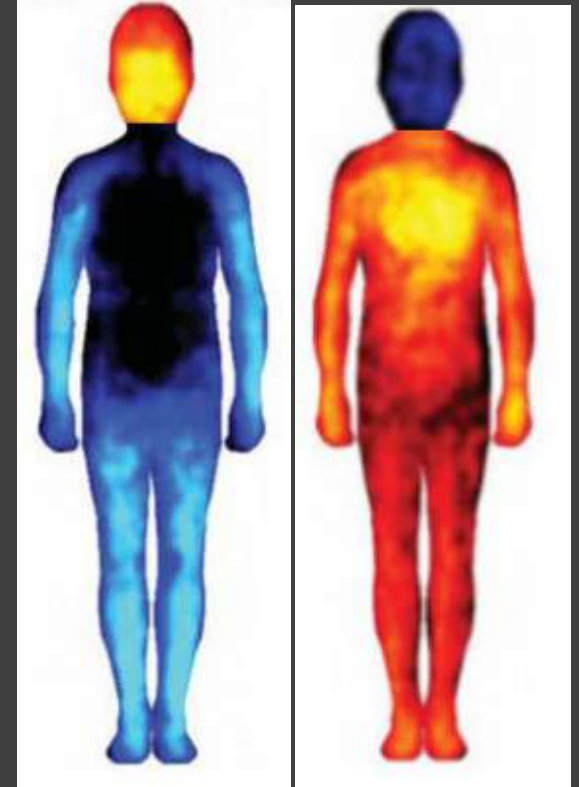
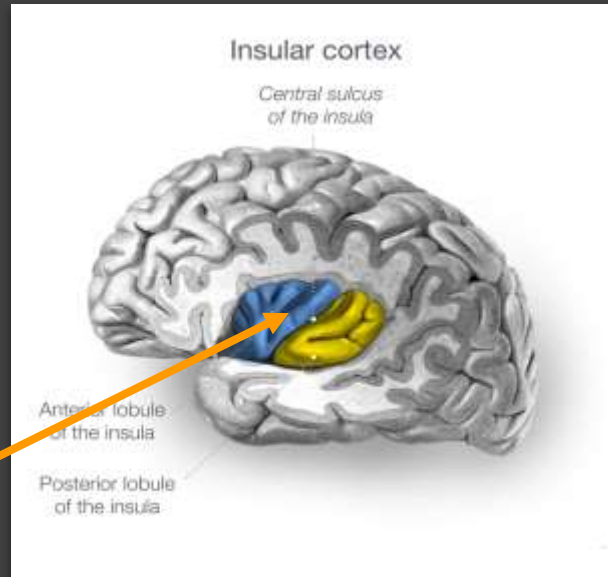
Мысли , Знания

Физиология



Потеря Себя

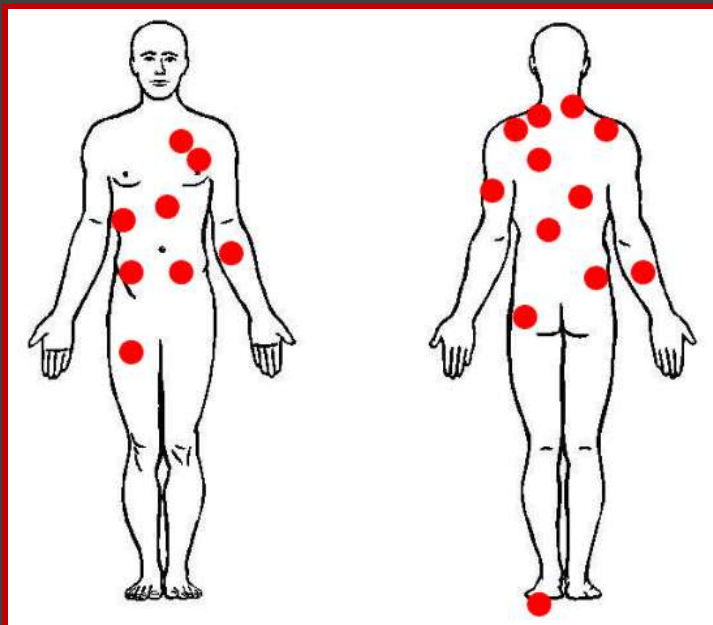
внутренние ощущения



-Craig, Arthur D., and A. D. Craig. "How do you feel--now? The anterior insula and human awareness." *Nature reviews neuroscience*, 10, no. 1 (2009).

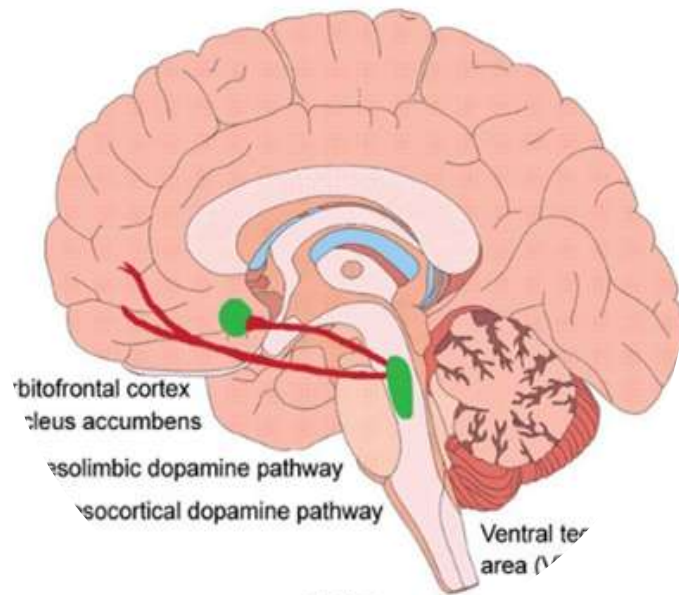
-Harshaw, Christopher. "Interoceptive dysfunction: Toward an integrated framework for understanding somatic and affective disturbance in depression." *Psychological bulletin*, 141, no. 2 (2015): 311.

Дискомфортное Я





Сон

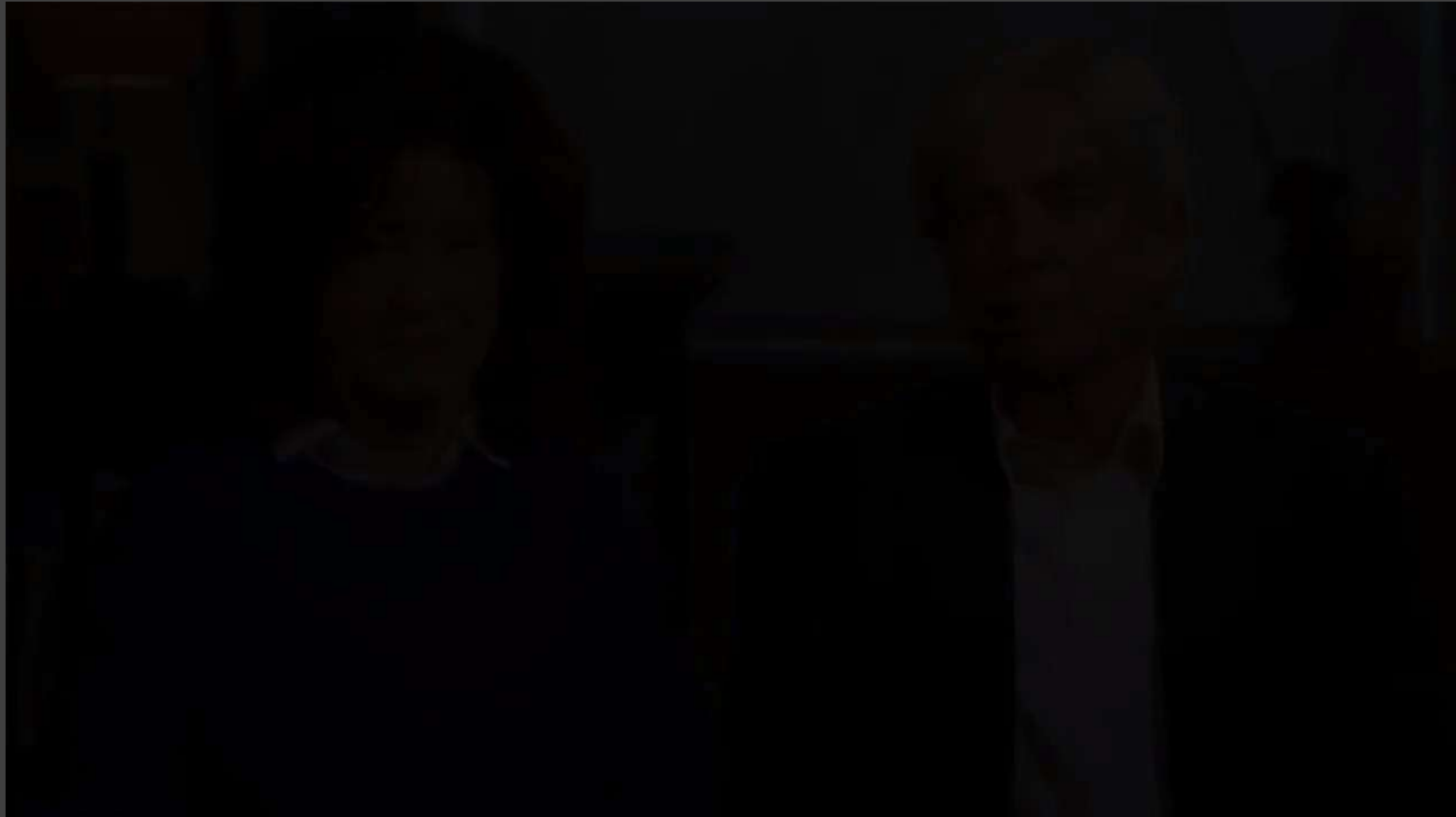


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Тепло, забота и любовь уменьшают боль и стресс!





**Interoceptive system:
Ощущаем и
Чувствуем**

**Causal
Модель**

**Безопасное Тело:
Приятные внутренние
ощущения**

**Активизация
системы
стремления**

Привязанность

**Качественный
Сон**

I experience positive emotions:
Joy, love, excitement, happiness, contentment

Experiencing & Expressing Emotions:
- to establish authentic contact with others
- without harming others

Good Salary, No Bonuses

Clear Goal

Engagement

Effectiveness

Immediate Feedback

Flow

Mastery

Just Right Challenge

Growth Mindset

Grit

Purpose

Attention/Focus

I feel interested and engaged

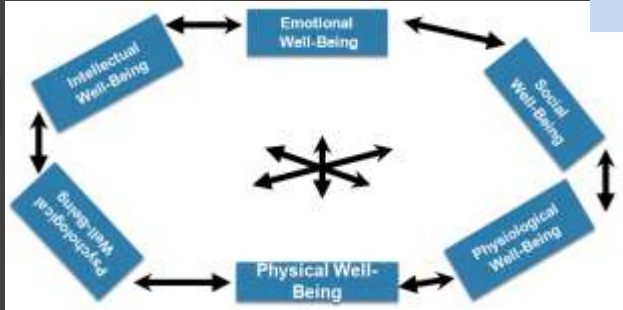
Curiosity

Creative Problem Solving

Autonomy

Differentiating between reality and imagination, generalization, prediction

Logic & Reasoning



Attention/Focus

Non-Trivial Goal

Interest & Satisfaction

Cause & Effect

Social Coherence & Meaning

Social Integration

Circadian System

Social Acceptance

Social Actualization

Immune System

Endocrine System

Posture

Muscle Tightness

Environmental Mastery

Personal Growth

Social Contribution

Sleep

Nervous System

Proper Nutrition

Cardiovascular Exercise

Autonomy

Self Acceptance and Integrated Ego

Positive Relationships

Breathing

Multi-directional Movement

Muscle Weakness

Life Purpose and Meaning