



NeuroScience Tips: Video 1

Emotional Contagion

Key Takeaways

- Neuroscience: The most emotionally expressive person will transmit his or her mood to strangers in the room within 2 minutes.

Print out this **Support Guide** and using a pen or pencil, write out your answers, your comments and your notes. Remember, this is one way to “**Lock in Learning**”.

Questions to Ask Yourself + Actions to Take

1. Neuroscience teaches us that it only takes 2 minutes for the most emotionally expressive person to transmit his/her mood to the other people in that room? What energy (mood) do you normally bring to the room?

a. At work: _____

b. At home: _____

c. At play: _____



2. As an Introverted Entrepreneur, it is your job to affect your team, to be the positive energy in the room because positive energy increases performance. How can you modify your energy (mood) when you enter the room so that you are a positive and powerful influence?

a. At work: _____

b. At home: _____

c. At play: _____

3. What is your team's mood? Who do you have around you on a day-to-day basis?



4. What can you do to positively influence your team members?
