

Self-coaching with neuro-resources

# Using the (super) powers of the body



Everyone has them, but only a few use them: We are talking about neuro-resources. But with little tricks, our neurobiological network can be stimulated and can be a helpful support in coaching, but also in stressful everyday work.

**E** here is a wealth of innate, physical resources for positive experience. These possibilities do not need to be specifically learned, but with the appropriate know-how everyone can access them. With the help of the voluntary activation of these neurobiological networks, coach and coachee can intensify and improve their results. But the so-called neuro-resources can also be used for self-coaching. It often takes only a few minutes. This is what makes them so useful for face-to-face and online coaching as well as for self-coaching. Seven tools that can be used immediately in everyday life:

#### **Neuro-resource #1: Eye movements**

Eye movements are associated with many positive psychophysiological effects in healthy people. Lively eye movements mainly take place during sleep, when the events of the day are integrated into the inner world of experience. One

refers to this as "Rapid Eye Movement", abbreviated REM. Research shows: The more REM phases a person has at night, the better his or her resilience capacity. He or she can deal with stress more competently and recover from it more quickly. Sleep is therefore also a neuro-resource, but it takes longer than a few minutes.

But even when awake, eye movements can have a great effect: In psychology, they have caused a furor at least since the emergence of the therapy method EMDR - Eye Movement Desensitization and Reprocessing. In EMDR, the therapist moves his hand back and forth in front of the client's eyes while the client follows with his gaze. In this way, different areas of the brain are gently brought to "conjugate gaze guidance": the hemispheres of the brain must coordinate well in order to be able to organise gaze guidance without squinting or double images. The results of this targeted eye movement are astonishing: stressful feelings and perceptions dissolve, feelings settle down to an appropriate emotional balance with serenity, confidence, joy and even happiness.

#### **Preview**

**3 Our eyes:** How to ensure relaxation and openness with targeted eye exercises

**3 Our Vagus Nerve:** How Tapping Brightens Our Mood and Provides Recovery

**3 Moving and touching:** What a short walk or even gentle touching can achieve

**3 Daydreaming and singing:** Why singing off-key or simply letting your mind wander is good for you?



## More on the topic

### 3 Cora Besser-Siegmund, Lola Siegmund, Mario Landgraf, Harry Siegmund: Praxisbuch Online-Coaching - Verbindung herstellen mit Neuro- Ressourcen.

Junfermann 2021 (to be published 21.05.2021), 21,99 Euro.

In online coaching, too, it is important that the participants use their neurobiological and emotional abilities. The book provides basic knowledge about these neuro-resources and shows how they can also be linked with proven methods in online coaching: with mindfulness interventions, tapping techniques, hypnosis, stand-up work, timeline coaching, NLP and systemic approaches.

### 3 Cora Besser-Siegmund, Lola Siegmund: Work-Health Balance - Active Stress Reduction with the wingwave Method. Healthy despite a lot of work. Humboldt 2016, 19,99 Euro.

Anyone who has a strenuous working day quickly feels exhausted and lacking energy. With the exercises of the wingwave® method, which are suitable for everyday use, stress can be noticeably and sustainably reduced. The easy-to-understand self-coaching instructions show how energy and composure can be combined with daily work tasks.

### 3 Ralf Braun: Mindfulness as a Team Concept - Mindful Together.

[www.managerseminare.de/MS248AR14](http://www.managerseminare.de/MS248AR14)

Mindfulness in the workplace is in vogue: countless books, courses and apps provide tips and exercises for stressed office workers. Most of the time, however, the focus is only on the individual. The article shows how teams can also become mindful together - and thus decisively improve the working atmosphere and communication culture.

courage. Therefore, alert eye movements are significant for coaching topics such as potential development, performance enhancement and subjective quality of life and have been used successfully for many years with the so-called wingwave method.

Targeted eye movements can also have a positive effect in everyday work.

According to research, awake eye movements activate the prefrontal cortex - eye movements thus get the cerebrum going. If you let your eyes wander away from the computer and far into the periphery from time to time, you can open your senses to new things. For this reason, especially in online coaching, clients should be encouraged to let their eyes wander far beyond the screen and into the room. In this way, the gaze does not always remain in the centre of the coaching process of the visual field.

Eye movements can also support the continuous information processing with which the brain constantly processes daily experiences and emotions. This is especially

This is helpful when this normally well-functioning system is impaired by stimulus overload or permanent stress, which can happen during demanding tasks or performance phases, but also during leisure and consumption stress. Intentional eye movements can give information processing a gentle nudge from the outside to get over a possible stagnation and return to the usual processing flow.

Slow eye movements, so-called SPEMs - Smooth Pursuit Eye Movements - also help to focus on goals and learn new things. For example, instead of trying to memorise faces with a fixed gaze, it makes sense to move the eyes slowly. This makes learning easier.

### 3 Self-coaching tips with the help of eye movements:

When you think, feel or imagine something positive, consciously move your eyes slowly across your field of vision: left, right, up and down. In this way you intensify the focus on positive experiences and motivating goals.

Do the same when you are looking for new ideas. The best thing to do is to combine this "creativity mode" with being outdoors and thus with exposure to daylight. Daylight stimulates the brain's production of dopamine, the "curiosity hormone".

If you want to detach yourself from a thought, move your gaze back and forth as quickly as possible ten times. We all make these eye movements unconsciously in order to remove the fixation of the eyes on an optical target, and you can also end an inner fixation of thoughts in this way. This is why this movement is also called a "mind opener". Often, during this short eye exercise, you very quickly notice the need for a short deep "Breather". This is a parasympathetic recovery effect - a positive side effect of the eye movements.

### Neuro-resource #2: Vagus stimulation

Eye movements also activate the vagus nerve. This is considered the lead nerve in the parasympathetic system, our neurobiological recovery mode for body and mind. The "roving nerve" runs from the head through our entire body and has a balancing, health-promoting influence on various bodily functions. It is the optimal neuro-resource,



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Tutorial



# Using Neuro-Resources for Self-Coaching

Every human being has innate physical resources for positive experience. They do not have to be learned, all that is needed is the know-how about these neurobiological networks in order to be able to use their positive effects for oneself. Seven neuro-resources that can be easily activated and used in everyday life.

## 1. Eye movements

Eye movements are associated with many positive psychophysiological effects. Among other things, this happens during sleep, but eye movements can also have positive effects on the state of mind during the day. This is because awake eye movements activate the prefrontal cortex, which means that the brain is stimulated. Thus, with a wide-ranging gaze, stuck thoughts can be released and the mind can be opened to new ideas. Eye movements also support learning processes and help to focus on goals. concentrate. Therefore, when thinking, for example, it makes sense to move the eyes slowly and not to lapse into a fixed gaze.

## 2. Vagus stimulation

The vagus nerve runs through the whole body. Behind the sternum, it has a widely branched area that is particularly well suited for vagus stimulation. Light tapping on the chest leads to a noticeably deep breath after about 30 seconds. This means that switches on the recovery system. This results in a resilience effect within seconds, and the mood also brightens clearly and continuously through this appeal to the vagus nerve.

## 3. Activation of the superior colliculus

Colliculus Superior is an area in the midbrain. This coordinates the ability to react to incoming stimuli and is involved in cognitive decision-making processes. With eye movements, space-occupying gestures of arms and hands or through a specially composed music in which the

rhythm back and forth between the ears, the superior colliculus can be specifically activated.

## 4. Motor skills

Light exercise - such as walking - enhances thinking skills and can help people come up with new ideas. If you combine walking with happy motor activity - like a little hop - research shows that this also increases the Perception for positive things.

## 5. Sense of touch

Self-touching, such as lightly tapping the face, hands or chest, immediately leads to a reduction in stress. The more calm someone is, the less self-touching occurs. Conversely, this means: Tapping techniques, even for only a short time used can quickly calm things down.

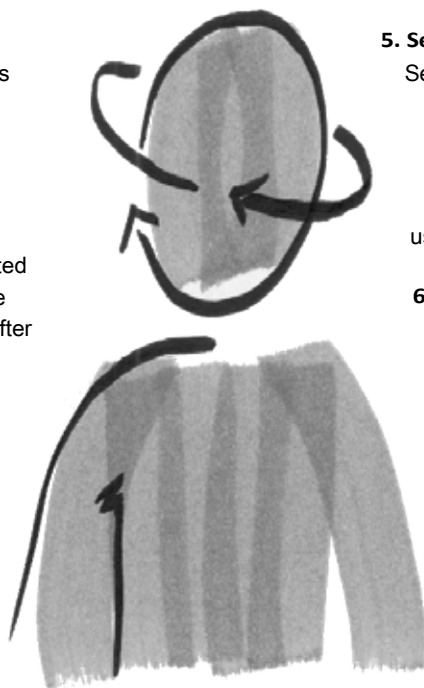
## 6. Daydreaming

Daydreaming is restful and supports a person's creativity. Daydreaming activates areas of the brain that are otherwise inactive. That is why a brief mental digression can have a great effect - and should by no means be demonised.

become

## 7. Sing

Singing helps to calm down and de-stress because it lowers the cortisol level. Singing in the shower or in the car therefore has positive effects on the your own state of mind. If you have an important presentation or speech ahead of you, you can also sing it once - to give it a positive emotional charge and weave it with a good mood.



Source: [www.managerseminare.de](http://www.managerseminare.de), Cora Besser-Siegmund; Graphic: Stefanie Diers; © [www.trainerkoffer.de](http://www.trainerkoffer.de)



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but works autonomously. Nevertheless, the vagus can be stimulated intentionally: Behind the sternum, it has a widely branched area that is particularly well suited for vagus stimulation. A light tap on the chest leads to a noticeably deep breath after only 30 seconds. This means that the recovery system is activated. This results in a resilience effect that lasts only seconds. According to research, the mood also brightens significantly and lastingly through this stimulation of the vagus nerve.

### 3 Self-coaching tip: The "Tarzan trick"

Tap lightly in the centre of the upper sternum and then proceed with this

"Tap" back and forth to the left and right at shoulder level. You want to make the bony substance of the sternum and ribs vibrate slightly so that the vagus plexus behind it is stimulated. You don't have to drum on yourself like Tarzan or scream liberately, even a gentle tapping is quite sufficient for the desired effect.

After 30 seconds at the latest, you will feel the need to take a deep breath. Now

your neurobiology has switched to parasympathetic recovery mode. The

This positive effect lasts up to one hour. You can

Repeat this vagus stimulation several times a day: at the red light, while reading emails, after sport, etc.

Drinking ice-cold water in small sips is also a very good vagus stimulation, it works inside the throat via the mucous membranes of the oesophagus. This keeps you "cool" - for example in negotiations, on the phone or before a performance. An irritated cough can also be soothed by this simple remedy.

### Neuro-resource #3: Activation of the superior colliculus

The superior colliculus is an area in the midbrain. It coordinates the ability to react to incoming stimuli, making us agile and responsive. The superior colliculus is also involved in cognitive decision-making processes by ranking different experiences. This area of the brain can be activated with eye movements, spatial gestures of shoulders, arms and hands, and also through specially composed music in which the rhythm switches back and forth between the ears.

Brain research shows that through The superior colliculus is the only area in the brain that reacts to tones with spatial experience and thus activates areas of the brain that are far apart. And the superior colliculus is the only area in the brain that reacts to tones with spatial experience, coordinates the tones and thus activates areas of the brain that are far apart. This makes it possible to react actively and agilely to influences - and these are not only passively perceived.

### 3 Self-coaching tip for activating the superior colliculus:

If you are preparing for a performance, a presentation or an exam, combine the repetition of learned content, important sentences and arguments during practice with wide-ranging shoulder, arm and hand movements. In this way, you activate your superior colliculus in interaction with the linguistic content and thus your entire neurobiological reaction capacity. The activated superior colliculus is *the* neuro-resource for spontaneous, creative reactions and unexpected surprises.

### Neuro-Ressource #4: Using motor skills

Brain research shows: Movement promotes the ability to think. A short walk is sometimes enough to get other thoughts or new ideas. If you combine walking with cheerful motor activity, research shows that this increases your perception of positivity. Another advantage: walking also automatically activates the eyes, the gaze can wander into the distance and the mind can thus relax and open up to new things. **3 Self-coaching tip Exercise:** Go for a walk regularly and integrate exercise into your everyday (work) life as much as possible. In addition, use every walk and run to incorporate a little happy "hop": the way to the photocopier, the way from the lift to the

Company door, vacuuming at home. This activates your perception filter for positive things.

### Neuro-resource #5: Activating the sense of touch

According to his research, haptics researcher Martin Grunwald assumes that there are almost 900 million receptors in the sense of touch. For comparison: according to his estimates, there are "only" 130 million stimulus-conducting cells per eye, and per ear only about 20,000. So people are very sensitive to touch. Research shows that touching oneself, for example lightly tapping the face, hands or chest, can reduce stress. There is even software that uses video recording to count how often a person touches themselves during a speech, for example: The more relaxed someone is, the less self-touching occurs. Conversely, this means: tapping techniques, used only for a short time, can quickly calm you down. **Self-coaching tip for the sense of touch:** If you are very nervous or stressed, try to calm yourself down with the help of your sense of touch. Gently tap your fingers on your face for a short time, or use light vagus tapping on your chest.

**Neuro-resource #6: Allow** daydreaming Anyone can daydream. From the outside, the person appears idle, but the brain is engaged, sorting sensory impressions and organising learning processes. Daydreaming activates areas of the brain that are otherwise inactive. This is why letting the mind wander promotes health and a general sense of well-being. It is also relaxing and promotes creativity. The great advantage of this neuro-resour-

ce: Anyone can daydream - and do so completely inconspicuously in everyday life. **Self-coaching tip for daydreaming:** Simply use being online at the PC or another terminal for a short "screen trance": you do not look at the centre of the screen, but defocus your gaze and only look at the frame of the screen. You quickly notice that this "soft gaze" leads you into daydreaming mode. Just allow this to happen, close your eyes and treat yourself to a relaxing island. Even just a minute of daydreaming can be very relaxing.

### Neuro-resource #7: Singing

When adults take a crying baby in their arms, they immediately start humming, even if they can't really sing. Intuitively, they know that singing helps to calm down and de-stress. Because singing lowers the cortisol level - and that still works in adulthood. In addition, humming activates the vagus nerve described above through the vibration of the larynx. **Self-coaching tip for singing:** Singing can of course always be integrated into everyday life - in the shower, while cooking, while driving.... But singing can also be used in a targeted way: For example, if you have an important speech or presentation coming up, you can sing it once at home. In this way, the speech is positively charged emotionally and interwoven with a good mood. If you have doubts about how people will like your singing, you can use it for this self-coaching exercise, of course, keep windows and doors closed.

*Cora Besser-Siegmund*

There is an abundance of innate, physical resources for positive experience. With the help of the voluntary activation of these neurobiological networks, coaching and self-coaching processes can be intensified and improved.

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Virtueller Info-Abend  
am 20.05.2021

