



**NEUROSCIENCE AND PERSONAL MASTERY**  
**25 JULY 2018**  
**THABA ECO HOTEL**

**Duke**  
CORPORATE EDUCATION

# Neuroscience and Personal Mastery

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- Neuroscience of personal mastery
  - Applying Neuroscience to personal mastery
  - Personal mastery through the Equine experience – developing personal presence and accessing your “super power”
  - Mastering non-verbal communication



# Applying Neuroscience to Personal Mastery

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What is authenticity?

“A moment to moment choice making process about a way of being in the world”

“It is in the acknowledgement of the presence of our EGO that we can truly begin to liberate ourselves from sharing the stage with it”

