



*m*BIT:

Leadership Decision Making

Find out how and where *m*BIT fits...  
... for Leaders within our fast changing world!

# A VUCA World...

Intuitively, we all know that our wisest decisions are Compassionate, Creative and Courageous. Sometimes we can find it challenging to balance the 3Cs of leadership, which are needed in all areas of life.

A massively accelerating rate of change within our social, environmental, political and economic spaces, is making our decision landscape far more complex and volatile than ever before and technological advances have resulted in information overload.

There is a vast difference between a decision that appears on the surface to be effective or efficient... versus a decision that is deeply coherent and ecologically wise.

Reference to esoteric traditions within our business networks is increasing with practices such as Yoga and Mindfulness becoming mainstream in an effort to access greater clarity of thought and action.

*"Today's strategic environment is marked by volatility,  
uncertainty, complexity, and ambiguity...  
We live in VUCA times*

"The greatest danger in times of turbulence, is not the turbulence...

... it is to act with yesterday's logic."

Peter Drucker



"The world moves into the future as a result of decisions, not as a result of plans."

Plans are significant only in-so-far as they affect decisions."

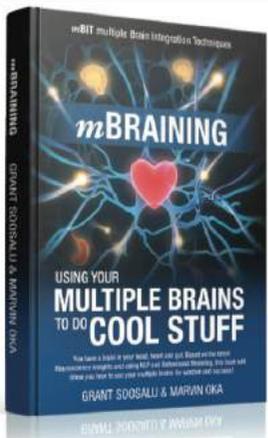
Kenneth E Boulding

## Great Leaders are Great Decision Makers

The more enlightened leaders are stepping towards embodied cognition, with recent Neuroscience and Leadership research supporting the fact that we don't make decisions from just our heads.

For wise decision making, we need to know how to access and interpret our intuitive awareness at the heart and gut levels as well... and this is especially true in turbulent times.

A new field of leadership development is emerging, known as *mBIT* (multiple brain integration techniques) and it provides change-makers and organisational leaders with practical methods for aligning and integrating their heart, head and gut intelligence for increased levels of emergent wisdom in their decision-making.



"Creativity and insight almost always involve an experience of acute pattern recognition: the eureka moment in which we perceive the interconnection between disparate concepts or ideas to reveal something new."

Jason Silva

## Deliberately Hybrid...

*When your mBIT LDM Project is delivered by Going Coastal Blue, our training incorporates Littoral Wisdom Techniques...  
Your course is LDM-BLUE*

Developing less certainty-reliance offers the ability to leverage ambiguity creating progressive momentum. We work with "intention, attention and action" and develop your ability to make wise strategic decisions and coherent, embodied moment to moment choices.

The principles and techniques we will share create positive and generative organisational shifts. Prepare to explore and extend your understanding of and connection with: who you are, what you know to be true, how you experience the world, what shows up in the world to you... and your very sense of purpose.

mBIT has deep synergy with a range of littoral wisdom practices which emphasise environmental connection, trajectory realignment and the development of a more "liquid ontology for a world that is distinctly analogue."



# LDM-BLUE: Be More Water

There is a growing body of research into the tangible health benefits of spending time near, in, on or under water.

Blue Mind is a NYT bestseller authored by Lizzi's good friend and mentor Dr Wallace J Nichols. Through ongoing meta-analysis of the work of top neuroscientists, oceanographers, explorers, educators, psychologists, and artists - the Blue Mind Collective explore "our brain on water".

These leaders within their fields acknowledge our symbiotic relationship with our (blue) environment and the need for greater guardianship of this health-resource. Their shared field is termed "Neuro-Conservation".

Quantitative bio feedback measures supporting some very real and tangible Physiological benefits of water-centric experiences include: FMRI, ECG, Spirometry and a range of Neuro-Chemical indicator tests.

Qualitative Social and Psychological measures have also indicated that meaningful water-centric time can promote a coherent state of mind leading to pro-social behaviour.

Lizzi participates in annual Blue Mind Summits contributing to new Blue Health discoveries and carrying out independent research in this area.

**So what?** We have incorporated Blue Health research outcomes into the design and testing of an array of practical coaching and experiential training models and methods (Littoral Wisdom Practices) which we blend within our Going Coastal Blue development programmes.

As Ocean Advocates our preferred Blue Space is the Littoral Zone yet the principles extend from Coast to Urban locations - assisting you in creating the "littoral state of mind" required to successfully navigate ambiguity!

Whether you describe it as neuro-conservation or perhaps an extended strand of environmental psychology or maybe even blue-neuroscience... there is relevant and translatable insight to support all Leaders in maintaining clarity when it comes to making wise decisions.

Liquid Ontology is...

- *emotional / social*
- *physical / psychological*
- *environmental / spatial*
- *spiritual / intuitive*
- *cognitive / logical*

## mBIT LDM-BLUE is for...

Leaders and Leadership Teams.

General Managers and Supervisors.

Coaches and HR Professionals.

Mentors and Advocates.

Consultants and Project Managers.

Campaigners and Change-Makers.

... anyone who works with people and who aims to connect with and align their innate intuitive intelligence and tap into their inner wisdom to make wiser decisions.

## Learn how to...

Bring wisdom to leadership decisions, reorganising how you make decisions.

Lead complex emergent change.

Work with non-certainty.

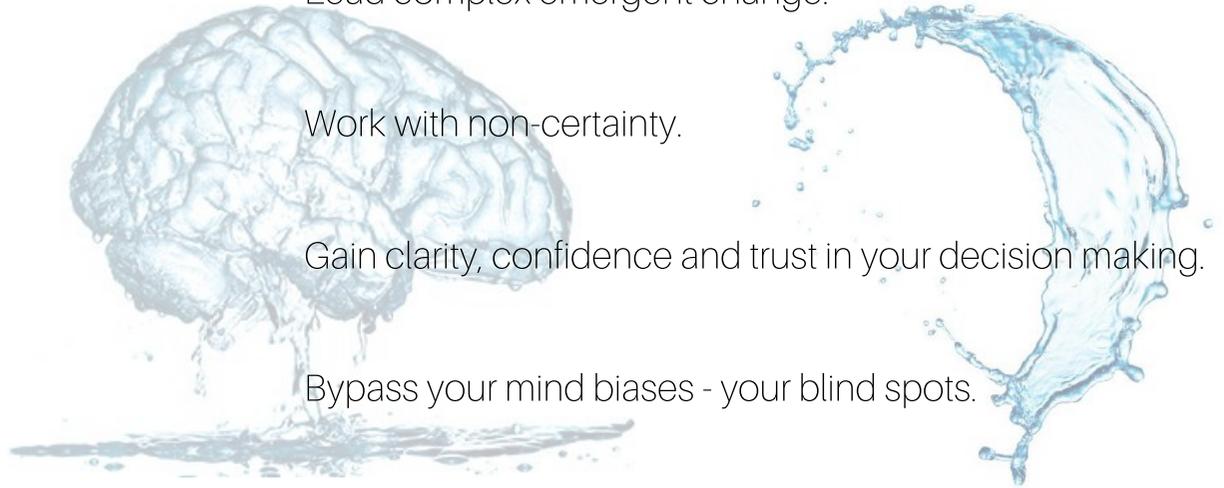
Gain clarity, confidence and trust in your decision making.

Bypass your mind biases - your blind spots.

Create a work environment that fosters access to your intuition.

Tap into the intuitive intelligence in the people around you.

Align your head, heart and gut wisdom.



# *m*BIT LDM BLUE: teaching and techniques...

Learn how to harness the process of *m*Braining through understanding more about your nervous system and your distributed brain.

Discover the role of environmental location linked to attention restoration and stress reduction.

Explore the 9 Prime Functions of your heart, head and gut

Find out how interoception supports anxiety management and intuition access.

Notice how heart, head and gut signals each provide different information and talents, which can affect (and be incorporated into) the decision making process.

Recognise 5 classes of *m*BIT Neural Integration Constraints giving insight into how you might produce internal conflict within your decisions, and learn what you can do about it.

Develop your ability to balance the Autonomic Nervous System through the *m*BIT Balanced Breathing' method to quickly relieve stress and gain access to the innate intuitive intelligences of the three systems.

Integrate the *m*BIT Foundational Sequence to ensure you are working with the three systems optimally.

Embody the 'Highest Expressions' of the multiple brains and learn how to use them to produce emergent insight for wiser decisions.

"In times of change, learners inherit the earth, while the learned find themselves beautifully equipped to deal with a world that no longer exists."

Eric Hoffer



# mBIT LDM BLUE: Our Training Goes DEEP: this course includes...

*We aim to...Discover, Explore, Embody, Practice... Your learning is measured through your ongoing intentions and actions...:*

- Getting to know your nervous system – **discover** the distributed mind!
- Unconscious decision making – **explore** intentions and attention... actions and consequences
- Developing interoception – noticing / locating emotional signals linked to your intuition
- The decision landscape how volatility, uncertainty, complexity and ambiguity relates to you and your business.
- The exponential change curve and it's far reaching implications... what happens when speeding up is no longer an option due to pace of change?
- A "littoral" approach to non-certainty – a deeper dive into ambiguity
- Wicked / adaptive problems vs technical problems
- Your decision approaches reviewed... at best / at worst – how are you using your brains
- The "thinking" roles of your heart, head and gut... and constraints to aligned mBraining – enabling your brains to offer their best insight
- Stress and decisiveness – how and why anxiety limits intuition and what you can do to create flow
- Entrainment for collective wisdom – the heart of great collaboration – encouraging a shared wavelength
- Balanced breathing – mindfulness and embodied cognition
- Concept mapping – a tool for social wisdom
- Emergence as a – “way of being”
- Real and pseudo leadership a 3-brain perspective
- Communicating with (and aligning) 3 brains – the nitty gritty of HOW TO!
- mBIT highest expressions linked to strategic trajectory – wiser world order - how can you **embody** 3Cs
- Biases and Dissonance – “squirliness” navigating our distorted realities
- Decision “wellness” – Competent and coherent intuition – getting out of your own way Integrating wise decision making into ongoing **practice**

## mBraining: Meet your Trainer

Lizzi was one of the first *mBIT* Trainers and Master Coaches Certified Globally. Practicing *mBIT* since 2014, an early adopter of this modality - she studied under Grant Soosalu a developer of *mBraining*.

Lizzi is an ICF Professional Coach and NLP Trainer with a passion for continuous learning. She trains and speaks internationally on the topic of Littoral Wisdom (and *mBIT*), and seeks to champion the development of these fields.

The founder of Going Coastal Blue, Lizzi specialises in executive coaching outdoors primarily within the littoral zone.

In 2013 she gained her Master of Arts in Applied Coaching - exploring "Ambiguity Leverage for Productive Outcomes" and insights from this work flow through many of her coastal coaching techniques where she encourages clients to adopt a more analogue perspective towards life and step away from certainty reliance.

With over 20 years working in the field of leadership and personal development she is also a Coach Supervisor with a clear passion for facilitating change and is currently authoring a book to support Professional Coaches with their CPD

Her "deliberately informal" approach and disarming humour create a platform for a highly provocative yet warm coaching experience.

A commercially aware and accomplished change and organisational development professional she is also a qualified sports therapist and yoga teacher.

She is an avid Freediver currently pursuing her Freediver Instructor Award, so as you might imagine breath awareness is close to her heart and she has a deeply embodied cognition when it comes to the breath related aspects of interoception.

Her eclectic experience provides a grounded yet holistic and highly creative edge to her training bringing together a range of applied neuropsychology and somatic work, connecting with the intelligence of mind, physiology and location creating a truly systemic and integrated approach to identifying, embodying and expressing personal wisdom,

Lizzi has trained *mBIT* Coaches from Atlantic to Pacific from a range of sectors including: health, government, legal, environmental activism, real estate, corporate business development, HR, lifestyle, sports, education, trauma recovery, IT, nutrition and the military....

"The only way to make sense out of change is to plunge into it, move with it, and join the dance."

Allan Watts





"Be fearless  
enough to invite  
challenge and  
humble enough  
to not think you  
already have all  
the answers."

Lizzi Larbalestier

# Ready to Dive In

When and where can you train with Lizzi? All Going Coastal Blue UK and Overseas LDM (Leadership Decision Making) Courses and LDM Project Collaborations are scheduled in consultation with you and can be run Globally.

How much is it? In-house LDM-BLUE delegate rates start from £350 per person (group size 6+). Delegate prices exclude trainer travel / expenses and additional facilitators where requested. We are happy to discuss and accommodate fixed day rates for larger groups, so please ask. individual investment includes the 2 day training course plus all your course materials.

Our *mBIT* Coaching community is growing, here are some *mBIT* Coaches trained by Lizzi. These compassionate change-facilitators are willing and able to support you with ongoing coaching following your LDM experience. If you would like to take your *mBIT* learning further, you too can qualify as an *mBIT* Coach - get in touch to find out about Going Coastal Blue *mBIT* Coach Certification Training Courses.



"Interoception exercises increase your awareness to take mindful actions informed by signals from your complex and distributed nervous system."

Lizzi Larbalestier

Lets Start a Conversation...

Web: [www.goingcoastal.blue](http://www.goingcoastal.blue)  
Email: [Lizzi@goingcoastal.blue](mailto:Lizzi@goingcoastal.blue)  
Skype: Lizzi\_L  
Twitter @Lizzi\_L



Going Coastal | BLUE