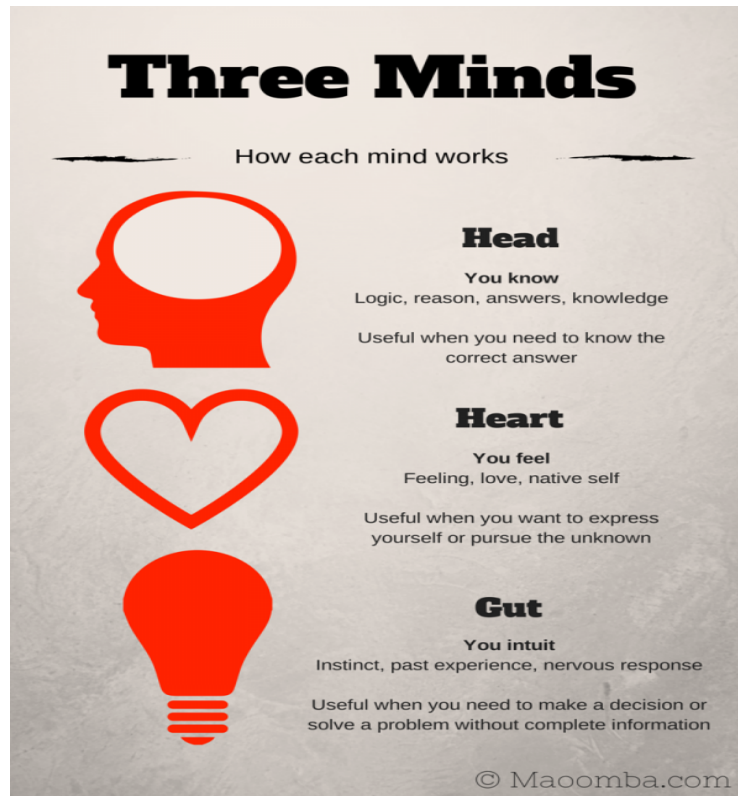




Michelle Rohleder

RGN, Postgrad Cert. in Professional Supervision



### Aligning the Three Brains

Have you heard people say they are in two minds about something when they're having trouble making a decision? It could well be that one of their brains isn't engaged in the decision making.

- The potential solution makes sense (head brain).
- It's the safest option (gut brain).
- There's no sense of excitement or engagement. The heart brain isn't on board.

Do you recall those times when you were certain something was the right thing to do? No second guessing. No hesitation. Those are the times when all three brains are aligned or in "congruence". The purpose of *mBIT* Multi-braining Coaching is learning to engage the wisdom of all three brains.

*Working with people so they can become the best version of themselves*

P. 021 492 015 E. [michelle@michellerohleder.co.nz](mailto:michelle@michellerohleder.co.nz)