



BELRiM


Belgian Risk Management Association



LADIES MIND RISK
Unlock Creativity & Break Thinking
Patterns



Nice to meet you!



We are capable
of so much more
than we usually
dare to imagine

Sharon Salzberg 

- Greet Dom | Balance in Business
- My mission as facilitator wellbeing & creativity

Empower people to strengthen resilience, unlock creativity, and realize their full potential through tools that connect them to their essence and expanded consciousness.

- My goals for tonight:

Offer insights, tools and practice to break patterns and to open up to more creativity

Stretch the understanding and/or experience of 'meditation'

Agenda of tonight's journey



1. The magic of our neuroplastic brains



2. Installing the good in our brain



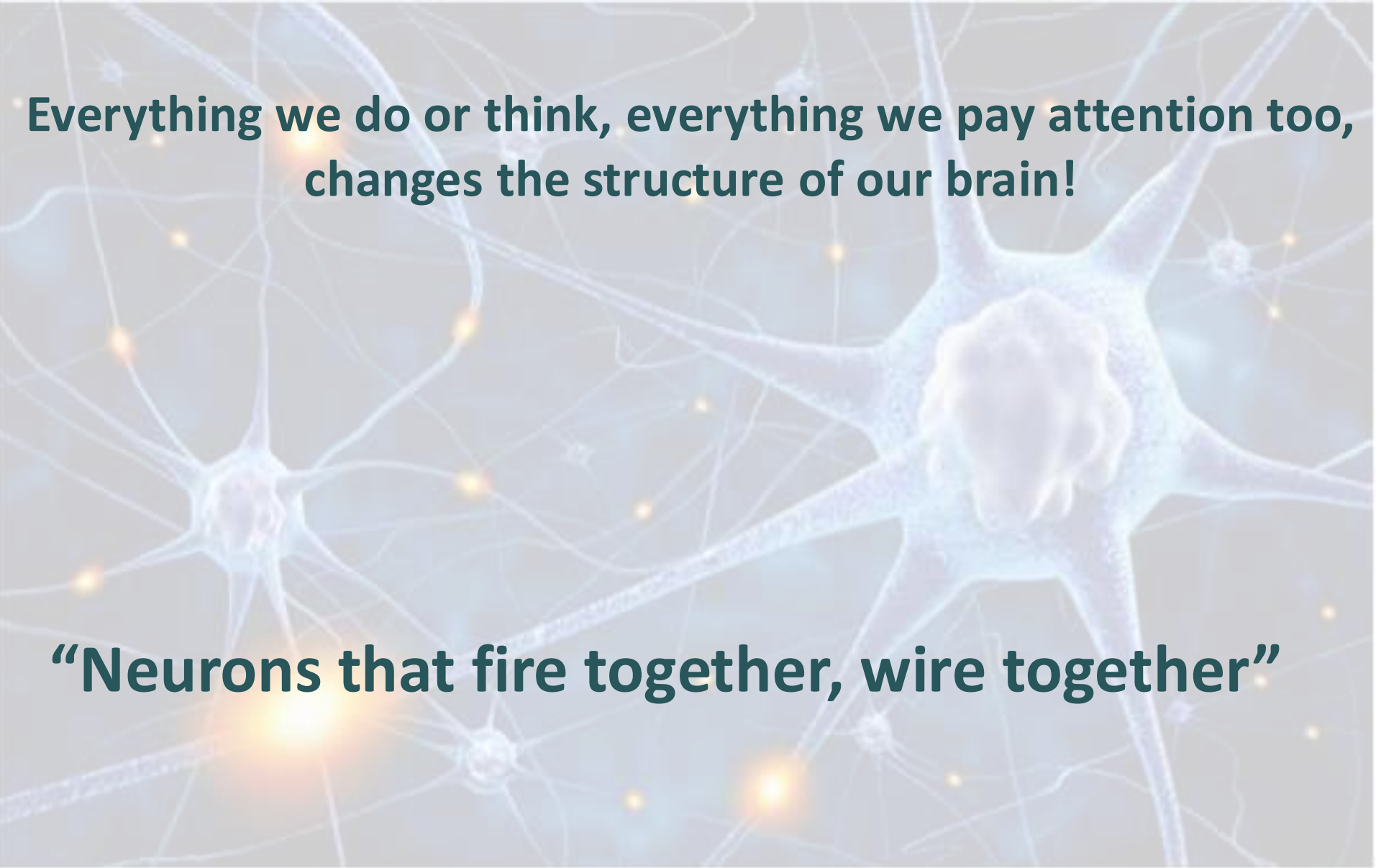
3. Unlocking creativity 'beyond' brain and mind



1. The magic of our neuroplastic brains



Greet Dom



**Everything we do or think, everything we pay attention too,
changes the structure of our brain!**

“Neurons that fire together, wire together”

Practice, practice and practice!



1. The magic of our neuroplastic brain



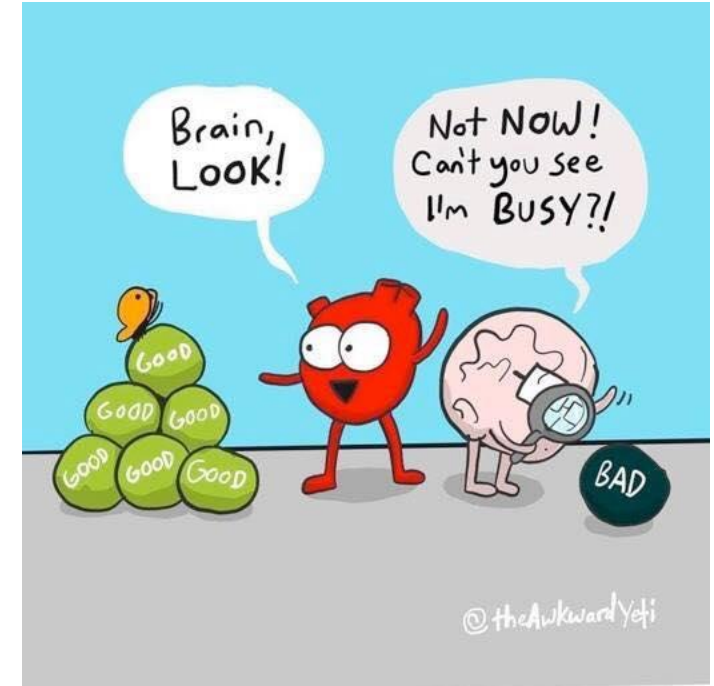
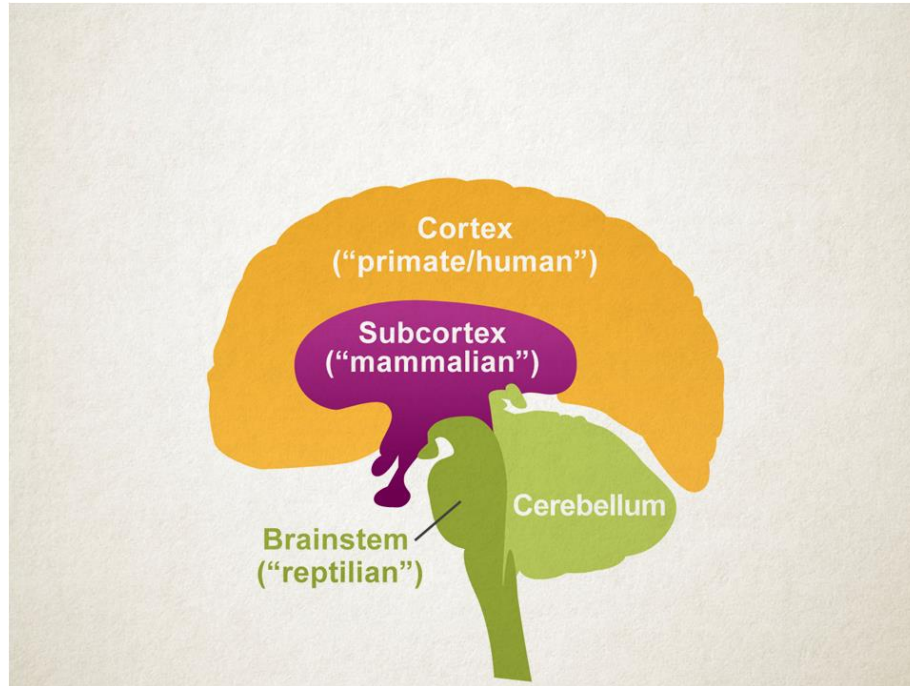
2. Installing the good in our brain



3. Unlocking creativity 'beyond' brain and mind

WHY would we learn to change our brain?

1. OVERCOMING THE NEGATIVITY BIAS



The brain is like Velcro for the bad and Teflon for the Good



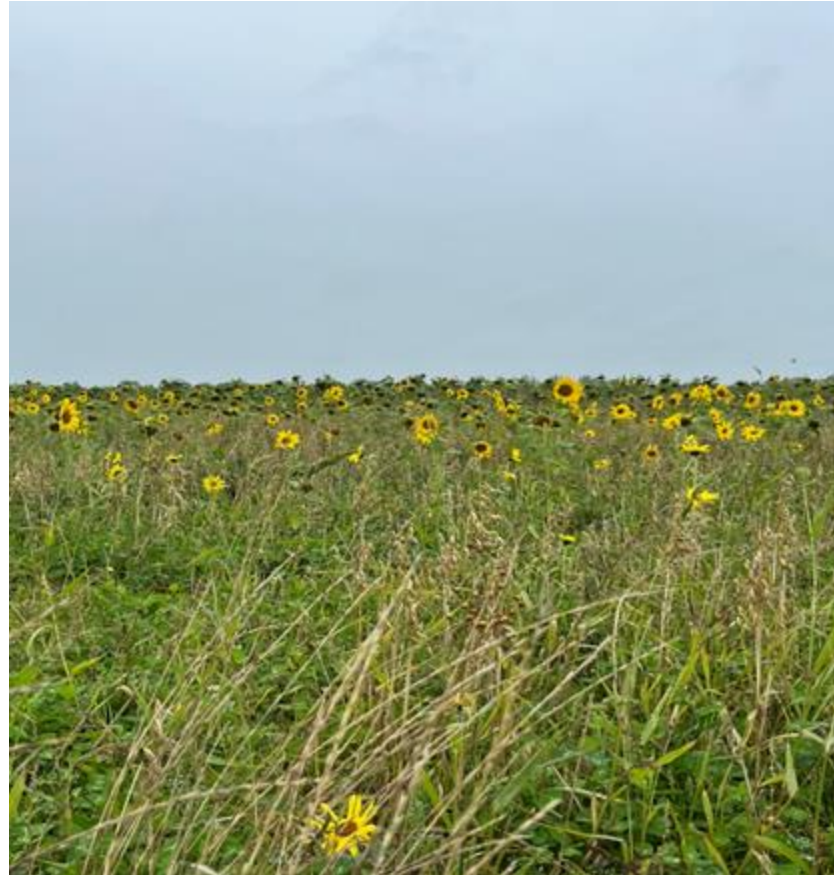
The negativity bias

bad experiences



good experiences

2. Installing the good: planting flowers in your brain



Positive Neuroplasticity: The HEA(L) practice

Have a +
experience

Enrich the
experience

Absorb the
experience

Positive Neuroplasticity: The HEA(L) practice

Have a + experience

- EMOTION, MOOD
- SENSORY EXPERIENCE
- THOUGHT
- DESIRE, DREAM, PURPOSE
- ACTION

Enrich the experience

- EXTEND DURATION
- MAKE IT BIGGER and MORE INTENSE
- EXPLORE DIFFERENT ASPECTS of the experience
- EXPLORE NOVELTIES
- EXPLORE & DEEPEN PERSONAL RELEVANCE

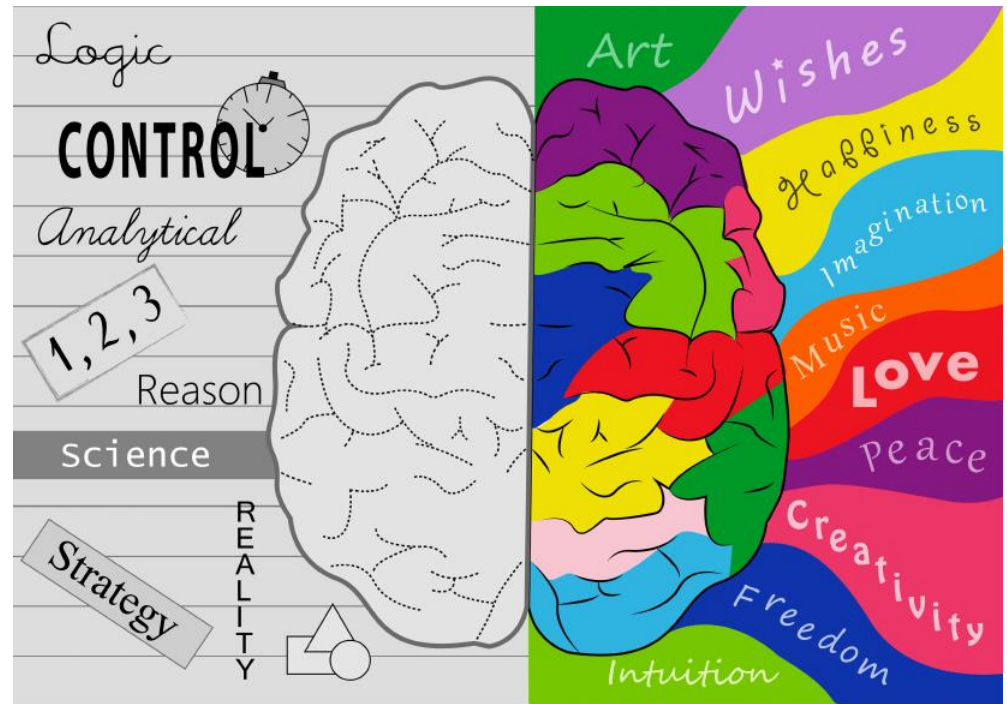
Absorb the experience

- INTENTION TO FEEL THE EXPERIENCE IN HEART AND BODY
- PHYSICALLY FEEL
- USE IMAGES
- FEEL the change in your experience

Let's do it!

More right brain then left brain

- Imagination is your guide
- Relax, don't work or do your best ;-)



Bring it down

- Write some thoughts or ideas,
- Or just sit
experience yourself
breath
feel it in your body cells
- What stood out for you in this practice?
- How do you feel different than 15 minutes ago?



1. The magic of our neuroplastic brains

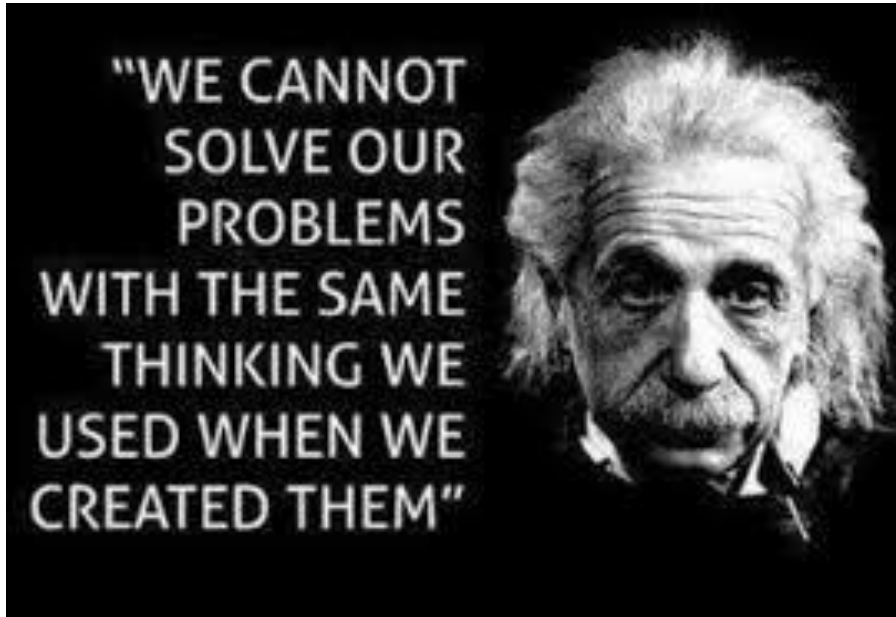


2. Installing the good in our brain



3. Unlocking creativity 'beyond' brain and mind

Creativity lives 'beyond' the mind

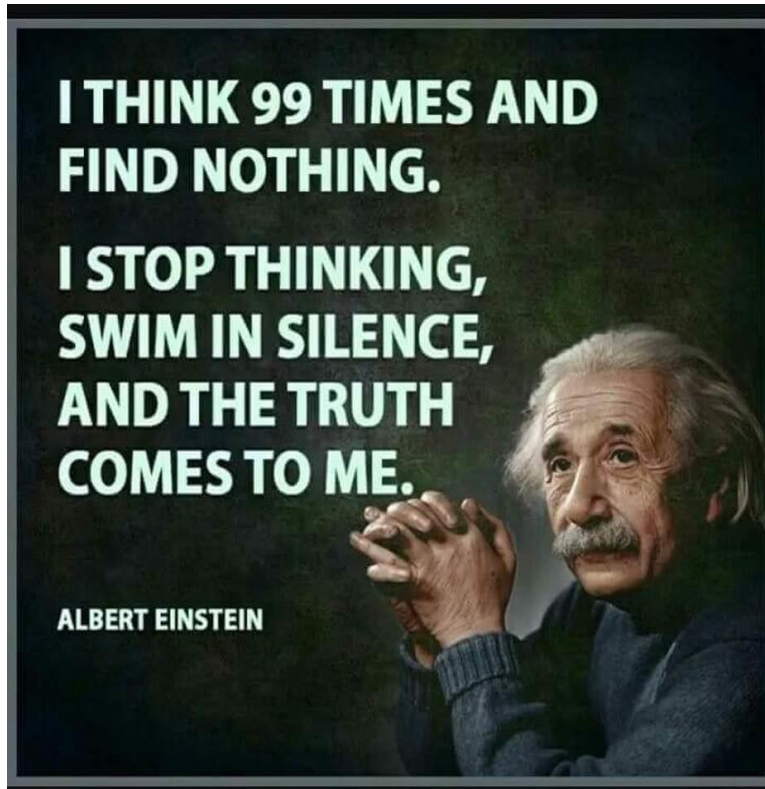


➔ It is here that meditation can support us

What is meditation for you?



Meditation: breaking through the analytical mind



Meditation:
disconnecting from
the outer world by
changing your brain
waves

Outer world

Inner world

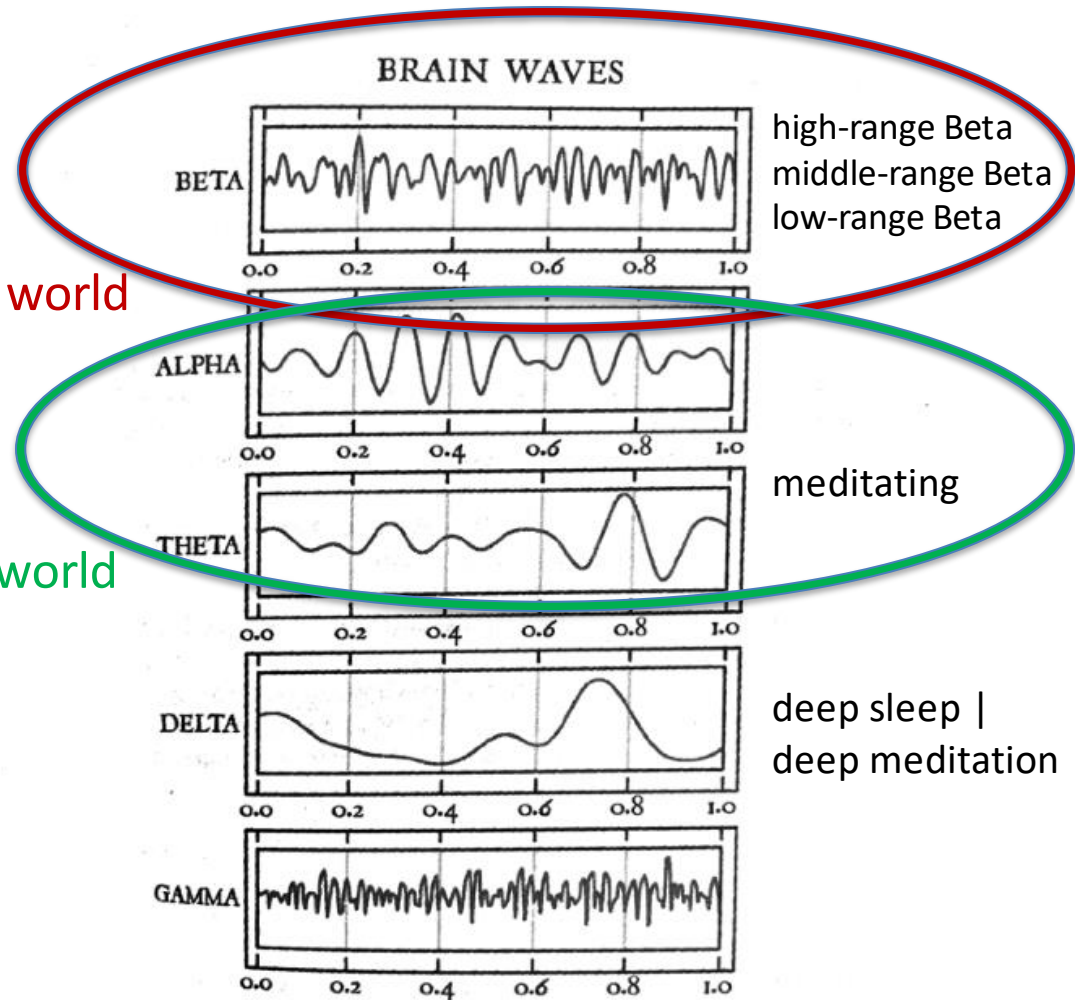


Figure 2.7

Play even bigger, 'Beyond' the brain

Tapping into a broader awareness, beyond the personality

Consciousness

Wisdom

Potential

Inspiration

Love

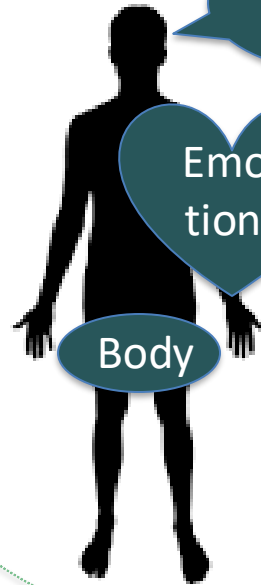
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The personality (Ego)
= LIMITED

Thoughts

Emo-
tions

Body



Let's do it!

- Imagination is your guide
- Relax, don't work or do your best ;-)
- Experience is more important than words
- Don't be afraid for the abstract
- Don't get hijacked by your thoughts

Bring it down

- Write some thoughts or ideas,
- Or just sit
experience yourself
breath
feel it in your body cells

A moment of sharing



What hit me most was.....
What happened during the meditation?
What I take home (insight, intention, feeling,...) is....
Or something else you want to share

Back to work: Take Aways

1. Neuroplasticity: Neurons that fire together, wire together

- Overcoming the negativity bias
- Installing the good in your brain
- HEA(L) practice
- Repetition

2. Neuroplasticity in daily life and work

- In conversations or at team meeting: 'light version' of HEAL: sharing a positive fact/experience and take time to let it sink in
- Journaling: write down every evening 3 things that you are grateful for

3. Unlocking creativity: beyond mind and brain

- Train how to expand
- Create space for new thoughts and creativity, by 'dis-identifying' from your thinking
- Experiencing is key! It is not a theory
- Practice and repetition (guided meditation)

Let's leave a sacred space for the mystic of life, for 'that' that has no proofs or words, but that we all 'know', in some way or another!

Resources

- Rick Hanson: Boeddha's brein; Hardwiring Happiness
- Joe Dispenza: Braking the habit of being yourself; Becoming supernatrual
- Steven Laureys: No-nonsens meditatie



THANK
YOU



SAVE THE DATE

Date	Topic
20/03/2025	Young BELRIM Bowling afterwork
24/04/2025	BELRIM Exchange – International mobility – Van Breda
15/05/2025	BELRIM Exchange – Supply Chain Risk - Marsh
27/05/2025	BELRIM Stamcafé - Sustainability
19/06/2025	BELRIM – General Assembly



