Wisdom of the 5 Brains

How I use this: Also a tool I use whenever I can.

I draw it in meetings to help people see distinctions about the evolution of our brain – why we have 5 brains, and how important it is to honor the needs of every part of the brain in that each has a role in our growth – and all work together to give us what it means to be human. When you introduce C-IQ to clients – being able to see that we have a magnificent and newest part of the brain – the Prefrontal Cortex and heart connection – that has new and powerful capabilities – and as coaches – helping leaders understand the connection between the Prefrontal Cortex and heart connection – will help us also talk about the power of Level III conversations. So coaches can use this tool to help explain the Levels of Conversation. Level III - Co-creating and Transforming are connected to Prefrontal Cortex and Heart Connection. Level II – Positional is more often the Neo-cortex and Limbic brain, and Level I is the Neo-cortex. The Reptilian brain is what activates when we are in fright.
What are the 5-Brains?

- **Reptilian Brain** (Amygdala: sensor to threats)
  - The most primitive part of the brain, hardwired to protect us from harm to our body/ego
  - Decides how we react to threat (‘flight, fight, freeze and appease’) & protects ourselves from harm.

- **Heart Brain** (This is the most basic of our hardwiring)
  - Enables us to connect all our internal systems and also enables us to connect to others
  - We either sync or do not sync with others.
  - When we sync we move towards others as friends
  - When we do not sync or feel apprehension, we move away & feel others may be foe.

- **Limbic Brain**
  - Stores a history of all emotional experiences
  - Nurtures and builds relationships, clans and tribes
    - Deciphers 'where do I fit' in the social order.
    - Reads the social context, including loss and gain socially, and scans for inclusion and exclusion in the community,
    - Provides us with the emotional palette for moving towards or away from others.

- **Neocortex**
  - Hardwired for language, storing information, basic thinking, reasoning, and cognitive skills that enable us to navigate every day
  - Holds our ‘scripts,’ our working memory & our stored memory
    - Newest research says that the left-brain is the ‘steady state brain’ & the right brain is the ‘change brain’.

- **Prefrontal Cortex** (this is the youngest brain & is often called the ‘Executive Brain’)
  - Hardwired for higher-level coordination of the whole brain
  - Provides us mastery with higher functions such as: the ability to envision the future (create scenarios), step into others shoes (empathy, mirror neurons), make judgments in difficult situations, live in trust & have integrity