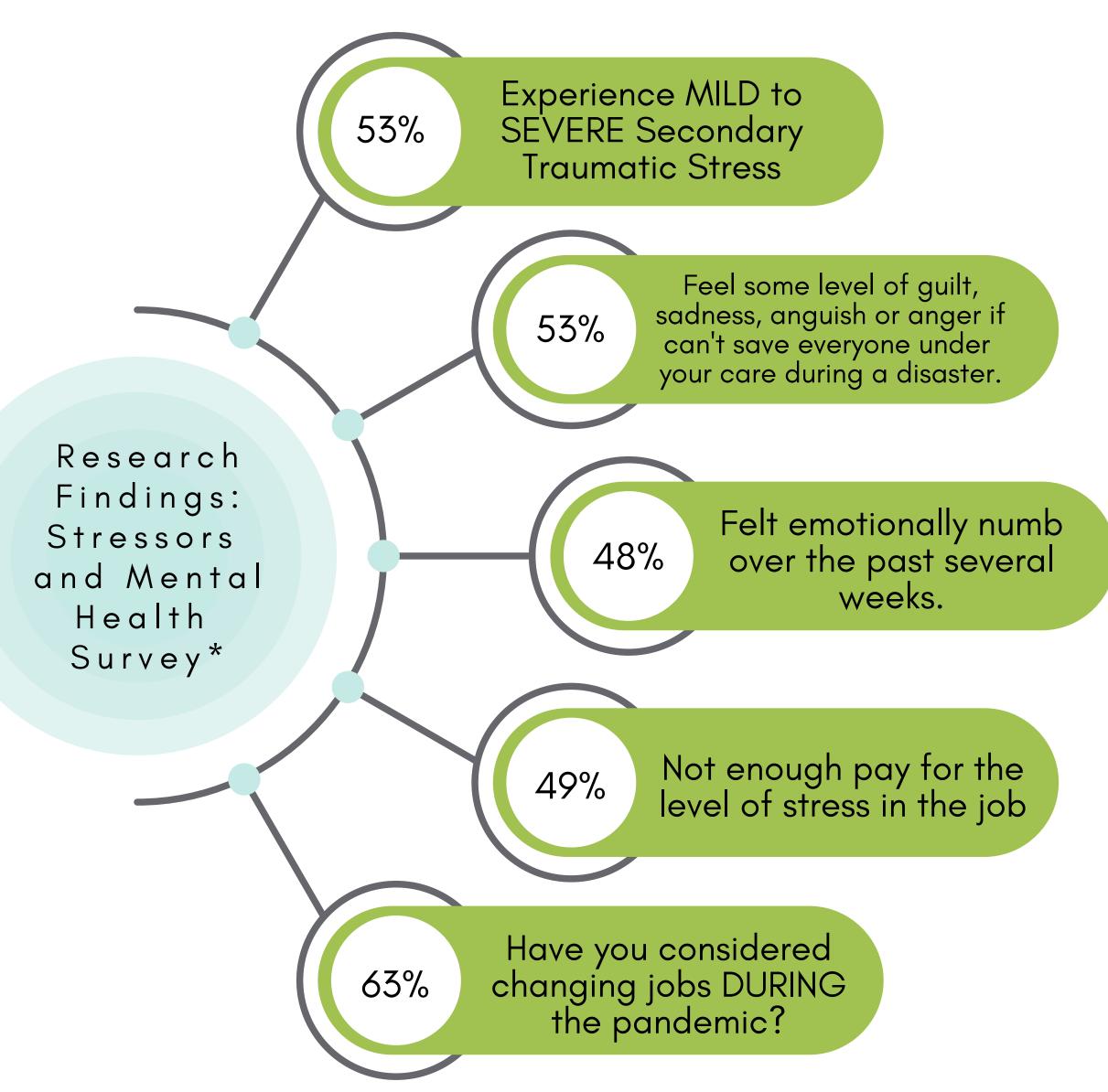
CRISIS ATHLETETM LEADING AND THRIVING THROUGH CRISIS: A BRAIN-BASED PERSPECTIVE

There remains a culture of stoicism in emergency management and response where vulnerability and reaction to daily trauma and emergencies are more often than not viewed as signs of weakness. Working COUNTLESS HOURS is still viewed as a BADGE OF HONOR or expected as "just what you do". THIS HAS TO CHANGE. Understanding your brain improves individual performance and resilience, and increases your ability to be successful in whatever you want to achieve.

WHAT IS THE STATE OF MENTAL HEALTH AMONG EMERGENCY MANAGEMENT AND **PUBLIC HEALTH PROFESSIONALS?**



*Preliminary findings (further statistical analysis pending) from the Journal of Emergency Management Stressors and Mental Health Survey. Data collected Oct 16, 2021 – March 30, 2022. Survey Team members from the Journal of Emergency Management, Harvard University, and Mozaik Solutions.

A Groundbreaking New Look at Emergency Management Stressors & Their Impacts

CRISIS ATHLET™: APPLYING WHAT HAPPENS TO YOUR BRAIN IN CRISIS? **NEUROSCIENCE TO CRISIS MANAGEMENT AND LEADERSHIP**

HIGH STRESS environments can PHYSICALLY ALTER YOUR BRAIN at the neurological level.

> Under chronic stress, the connections to your Prefrontal Cortex – your "HIGHER BRAIN" responsible for decision-making - SHRINKS!

Connections to your Amygdala - "LOWER BRAIN" responsible for regulating emotional reaction & control – does the exact opposite – GROWS!

> Your memory, ability to make good decisions, focus, and ultimately, your PERFORMANCE are SEVERELY COMPROMISED.

There is a silver lining: NEUROPLASTICITY. You can TEACH YOUR BRAIN how to be stronger and be MORE RESILIENT to stressors.

SUSTAINED PERFORMANCE FOR THE LONG HAUL. BECOME A CRISIS ATHLETE™ TODAY. YOUR HEALTH AND COMMUNITY DEPEND ON YOU. For more information, contact Tamiza Teja at 310–561–6501 or tamiza@mozaiksolutions.com

The BRAIN IS A SOCIAL ORGAN, and experiences work primarily as a social system. Leaders who understand this dynamic can:

- Engage employees' best talents
- Support collaborative teams
- Create environments that feel inclusive and foster productive change

BUILDING RESILIENT LEADERSHIP Use neuroscience to help leaders:

- Improve self and organizational resilience
- Reduce stress and burnout
- Reach and sustain effective peak performance for the long haul
- Make better decisions
- Develop better strategies

Contact us for more information about using brain science to develop individual and organizational resilience, and to become a better leader. Coaching and trainings available.

I AM A CRISIS ATHLETETM

Understanding my brain. Upping my game.





