

Cultivating Innovation Leadership, and Wellness Workshop Summary Notes

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There is a gender achievement gap with boys trailing behind girls in academic engagement, academic performance, scholarships, and university admissions.

Modern neuroscience has uncovered that the male brain has unique characteristics that impact a boys' learning.

The 21st century is considered the "Conceptual Era." Those with the ability to execute original, adaptable, and enhanced concepts in diverse ways will have the edge. The new 21st century intelligence of "CQ" or Consciousness Quotient includes: communication, collaboration, critical thinking, contribution, and creativity. Thus, the ingredients for 21st Century success and how to cultivate them are listed below.

Innovation – Future leaders no longer need to memorize right answers, they must know how to ask the right questions, apply knowledge uniquely, challenge conventional thinking, & innovate.

Play – Trying new and different things without evaluation activate the brain's prefrontal cortex and leads to adaptability. In a classroom, school setting, bring in play such as storytelling, brainstorming, anti-groupthink, role play, arts, break-out exercises, and electives.

Leadership – Future leaders will no longer work in top-down hierarchies but in collaborative global spaces. They will need exquisite skills in teamwork: learning from, influencing, and inspiring others.

Others: The Dolphin interpersonal style. Whether as a parent, teacher, or colleague, the research shows how pushing/micromanaging authoritarian "tigers" and directionless/permissive "jellyfish" hinder internal motivation and adaptability. The collaborative style of the "dolphin" balances rules and expectations with autonomy and choice. This authoritative style leads to better self-motivation, adaptability, mental health, and performance. Cultivate dolphin traits of communication, collaboration, curiosity, in the classroom and school.

Wellness – Stress, anxiety, mental health, addiction, and lifestyle related illnesses such as obesity and diabetes are all on the rise. To thrive in our imbalanced world; living a balanced, purposeful life with effective coping skills will be key.

Downtime: The human brain function best in a state of balance. Too little challenge leads to boredom and loss of motivation. Too much challenge leads to stress, burn out, and freeze, fight, or flight response. Schools and classroom would benefit from more mindfulness, attention/focus training, and cultivation of positive mental habits such as grit, gratitude, and optimism.