

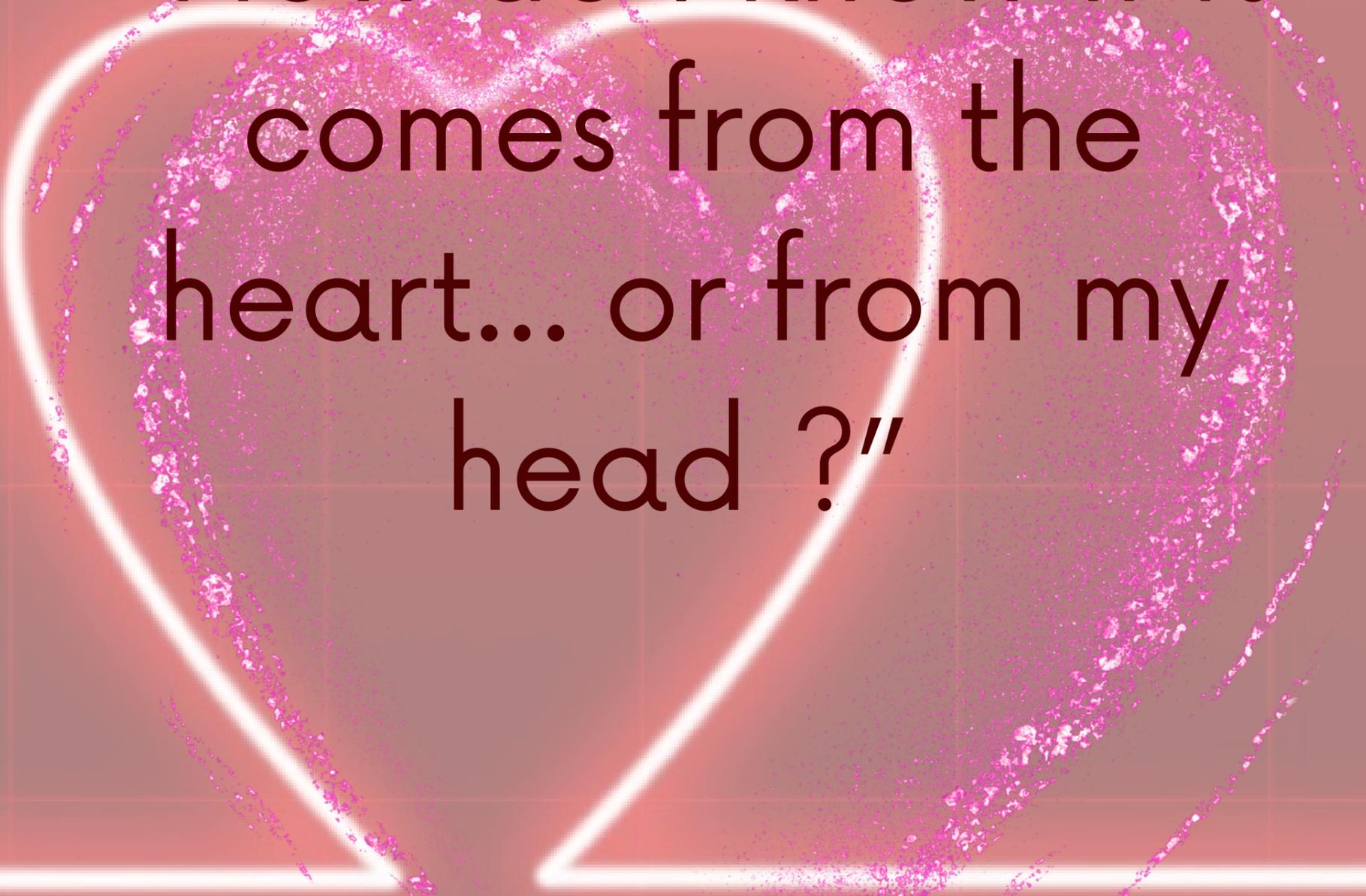


**Your Head Shouts  
Your Heart Whispers**

**Can You Hear It ?**



**A leadership insight rooted in  
neuroscience and intuition**



"How do I know if it  
comes from the  
heart... or from my  
head?"



A question I often hear  
from my coachees

Leaders want to make  
the right decision,

one that feels  
aligned, true and  
impactful

That's where things  
get blurry



We've been trained  
to:

✓ Think ✓ Analyze  
✓ Plan ✓ Perform

But rarely to:

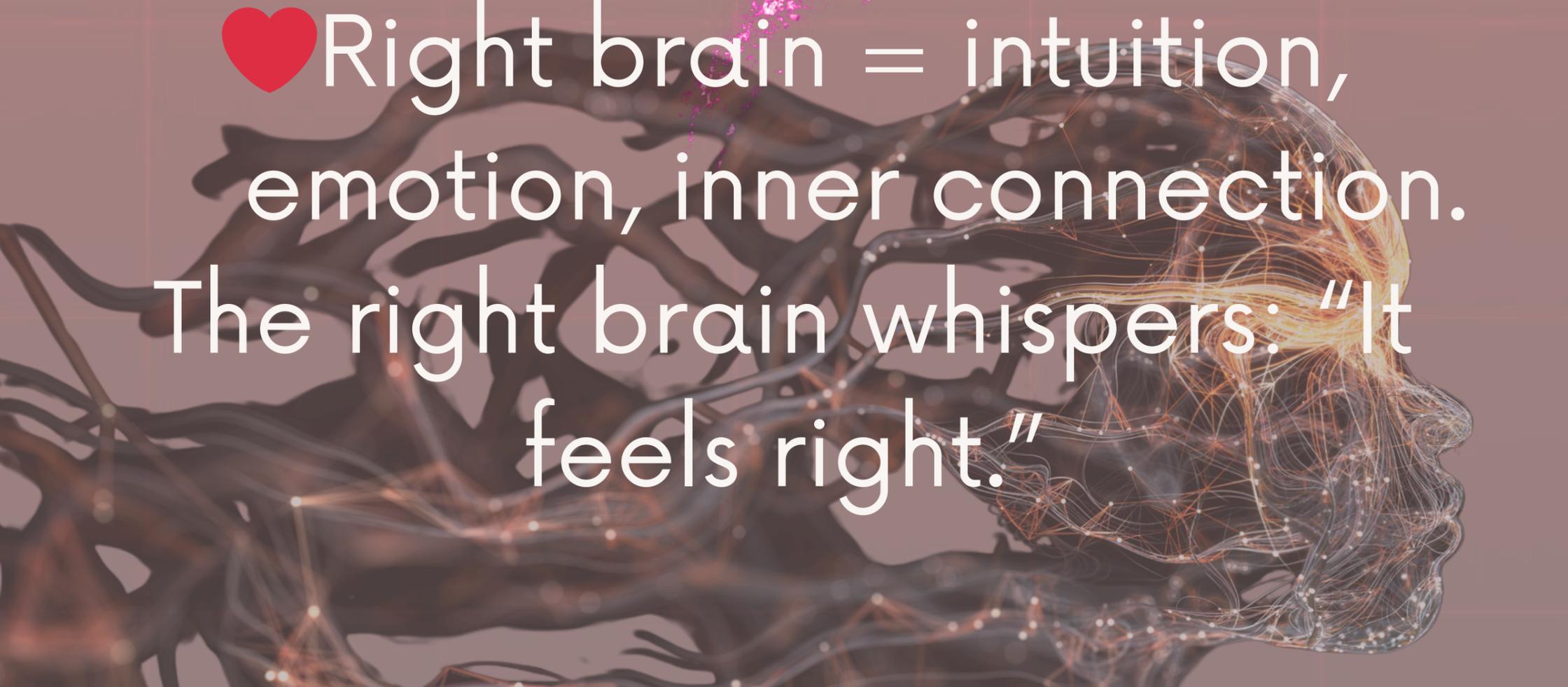
✨ Feel ✨ Sense  
✨ Trust

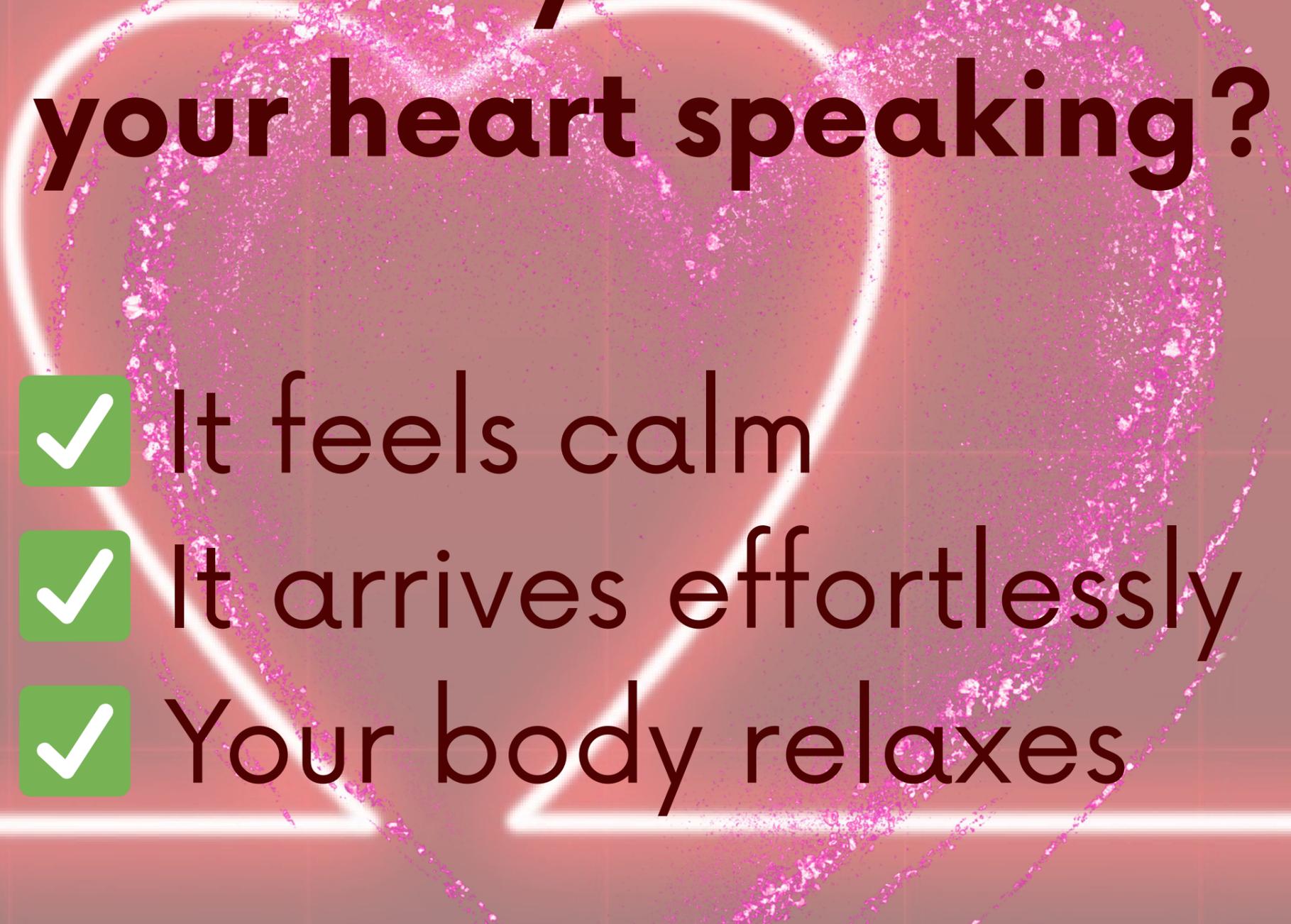
# Neuroscience gives us clues

 Left brain = logic, structure, problem-solving.

The left brain shouts: "Is it Safe? Does it make sense?"

 Right brain = intuition, emotion, inner connection.  
The right brain whispers: "It feels right."





# How do you know it's your heart speaking?

- ✓ It feels calm
- ✓ It arrives effortlessly
- ✓ Your body relaxes



✗ You don't need to  
convince yourself



Authentic decisions  
don't make noise

They resonate



They land in your  
body before your mind  
catches up

This is a muscle you  
can retrain

It's not about rejecting  
the mind

It's about  
reintegrating  
the heart





Left brain  
+ Right brain



Performance  
+ Purpose



Head  
+ Heart

That's how real  
leadership evolves



How do you make  
decisions?

