



Texas Executive Education

800-409-EXEC (3932)

ExecEd@mcombs.utexas.edu

www.mcombs.utexas.edu/ExecEd

THE UNIVERSITY OF TEXAS AT AUSTIN



TEXAS EXECUTIVE EDUCATION

Maximizing Mental Agility

This program will train you to develop six mental strategies to improve efficiency, creativity, motivation and job satisfaction. This program highlights the six facets of human thought that are simultaneously hidden and obvious, with easy-to-learn techniques that will help employees to be more productive, efficient, creative, motivated, and satisfied in their work and personal lives. The techniques are presented in a fast-paced, interactive format that combines presented material with situational team-based learning modules, designed to transition the concepts into the participant's everyday thinking.

Key Benefits

- The Role of 3: Our thought and memory capacity is organized around 3 items at a time. How we can use this to our advantage?
- Autopilot and Creativity: How the mind tries NOT to think as much as possible, and how we can turn this knowledge to our advantage.
- Making Connections: Our best thinking comes from understanding causes, but we often fail to do this. How we can turning this knowledge into more powerful thinking.
- Using Analogy and Similarity: The mind is constantly re-using old ideas in new situations. How we can train ourselves to use this natural skill to be consistently more creative.
- Active Memory: Improving the quality of what we remember by actively managing the quality of what we learn.
- Defining Your Goals: Most people fail to reach their goals because they fail to take a 'productive pause' to think about how they will achieve them

This program may be taken individually or as a part of the **Driving Business Innovation Certificate**, which is a series of programs that equip business leaders with strategies and tools to develop and foster more innovative thinking and creativity in their organizations.



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Faculty

Gaylen D. Paulson, Ph.D.

Associate Dean and Director, Texas Executive Education. Dr. Paulson's research and teaching are focused on the strategic aspects of interacting with people, including negotiation, conflict management, persuasion and interpersonal communication. He has written about processes involving confrontation, resisting and overcoming resistance to persuasion, negotiation strategies, the impact of electronic communication on performance, and perceptions of threats and warnings in the workplace. He has published articles, case studies and book chapters in outlets such as *The Journal of Applied Psychology*, *The International Journal of Conflict Management*, *International Negotiation*, *Communication Research*, and *The Handbook of Language and Social Psychology*. He has also been recognized with a number of teaching awards, most recently being named to the UT MBA "Faculty Honor Roll" and an "Outstanding Faculty" member in the Engineering Management Executive Master's program.

Art Markman, Ph.D.

Associate Professor, Department of Management. Art Markman is the Annabel Irion Worsham Centennial Professor of Psychology and Marketing in the Department of Psychology. A leader in cognitive psychology, Markman's research examines the way people think and reason. He is a frequent blogger for the *Harvard Business Review*, the *Huffington Post* and *Psychology Today*. Markman also serves as an expert consultant to the television show "Dr. Phil." Markman is the founding director of the The University of Texas at Austin's program in Human Dimensions of Organizations, an executive education program that helps leaders in the business and non-profit sectors improve their professional communication and teamwork skills. Dr. Markman is currently the executive editor of the journal *Cognitive Science* and a member of the editorial board of *Cognitive Psychology*.

Registration and Fees

The program fee includes materials, lunches and breaks. Payment guarantees your space.

You may register on-line at WWW.MCCOMBS.UTEXAS.EDU/EXECED
or call Texas Executive Education at 800.409.3932

For information on the cancellation and transfer policies:
WWW.MCCOMBS.UTEXAS.EDU/EXECED/REGISTER.ASP#CANCELLATION

Continuing Education Credits

Participants earn 1.40 continuing education units (CEU) or 14 (CPE). There are no prerequisites and a certificate of completion will be presented from Texas Executive Education.

Schedule

This two day program meets from 8:30 a.m. to 4:30 p.m. A schedule and campus map with location information will be sent approximately two weeks prior to the session with your paid registration.