

# Our newsletter

## Making change happen

A newsletter for coaching and well-being practitioners

Detox <sup>and</sup> Grow!  
by Chantal Vander Vorst



## Resilience and Neuroscience



By Chantal Vander Vorst, speaker, coach, trainer, consultant. Pioneer of the international dissemination of the NeuroCognitive and Behavioral Approach



### Some of achievements in 2019...

- Consolidation of our international development in Switzerland, France, Nigeria, Morocco
- Creation of the School of Neuro-Science in partnership with CFIP in Brussels: Brain-Switch certification course in two levels of 5 days each; Thematic conferences.
- Implementation of a new partnership with Zen @ Work: neuro-leadership workshops
- Participation at two human resources fairs in Belgium and France
- Greater integration of Martial Arts in interventions
- Facilitation of several thematic conferences: "Resilience and NeuroScience", "Coach-Samurai", "Neuro-Boost", "Mobile phones, health and brain: on the same wavelength?"

### Until death do us part – Adaptation and resilience, from a neuroscience perspective

Summary of Chantal Vander Vorst's intervention at the conference organized by the Association for Palliative Care in the Namur Province.

### Are resilience and adaptation genetically programmed? Are these skills that we can develop?

When it comes to our brain, we all have two mental modes, or ways of seeing the world and dealing with situations. The first is automatic and contains many files and experiments. It is therefore excellent for understanding simple, known and mastered situations. The second mental mode is adaptive and is underpinned by the prefrontal part

of the brain. This part does not contain files and is therefore free to think, innovate, and question habits. This emptiness also allows access to serenity. To support her point, Chantal Vander Vorst has collected three moving testimonies from people who have gone through or are going through health challenges. Each of them has developed their own strategies for developing resilience and adaptability. Among others:

- Questioning medical protocols to find your own way in this eminently difficult journey
- Bringing a joyful state of mind to everyday life, in order to enjoy every moment and see beauty in life
- Development of spirituality and other channels than just rationality
- Acceptance of absurdity

心  
核  
体

Shin Gi Tai  
Unification of  
mind, technique  
and body



The observation of the mind is simple and complex at the same time: the automatic part of the brain is louder, more negative and faster than the prefrontal part.

### Challenges?

**1.** Cultivate the prefrontal part of the brain by generously watering its six entrance gates:

- Curiosity, exploration: develop the skill of being curious, the desire to explore in all circumstances
- Flexibility, fluidity: ability to welcome reality and change strategy, go with the flow while remaining yourself

□ Nuance: enrich the catalog of known solutions and force oneself to be more subtle and refined

□ Relativity, taking a step back: exploring other truths, taking a step back, putting yourself in an observer position

□ Rationality, reflection: think differently, in an innovative way

□ Individualization, empathy: being fully yourself and fostering this state of mind in everyone

**2.** Take a benevolent look at stress. Stress is an instinctive mechanism created to protect us from harm.

### Are adaptation and resilience skills?

Definitely yes, and neuronal plasticity allows for their development.

**Detox and Grow is an international coaching and training center created by Chantal Vander Vorst.**  
**Our mission? Making change happen.**

→ **Detox&Grow!**

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