

Executive Function and Executive Behavior

How to Re-wire Your Brain for Maximum Productivity



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Productivity issues are a universal plague among executives and professionals. As it turns out, neuroscientists have discovered that productivity, mental agility, and decision-making are all functions of brain chemistry. This is good news for those among us who have been led to believe that we didn't have the will power or right training to address our productivity challenges.

Professionals like you have a particular type of collateral: Creativity, sharp analysis, appropriate education and experience, quick thinking, synthesis, evaluation, and prediction skills. In short, the work of your brain, and your ability to get your expertise out of your brain and onto paper, are your keys to success.

So, when you sense that the weapons in your professional arsenal are dulling, what can you do to recover your abilities? That set of abilities is called "executive function" - the part of your brain that monitors appropriate behavior and helps you focus on the immediate task ahead, despite distractions in your environment.

Executive function controls every decision you make, including which tasks you choose to delegate, how you troubleshoot organizational challenges, and how you craft your next memo. When professionals have problems with executive function, it is most often caused by chemical cascades in the brain. Bad habits and crisis-style management actually change your brain chemistry, making it increasingly easier to live in professional dysfunction.

How can you snap out of it? Improving executive function is more than possible, with some serious paradigm shifting. Executive function problems are specific to the person; solutions are not one-size-fits-all. The most efficient way to deal with executive dysfunction is to work with an expert who can identify the core of the problem, and then put you on an individualized, course correction to maximum productivity.

Equinox Associates, Inc. has identified three hot-button areas for professionals with executive dysfunction: SPACE, TIME, and GOALS. With its highly effective, propriety methodology, Equinox can evaluate your environment, time management, goal setting, and brain function in concert to identify areas for improvement and create a plan for productivity success.

Professionals who wish to obtain more information on problems with executive function can contact Equinox Associates at equinoxassociates.com.