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How ambitious leaders cleverly use their Mind, Time and Energy

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In the high paced environment, when change is obvious, staying the same is suicide. You need to be quick enough to cope with that, understanding that your time is limited, and aim to save your energy to support the work you need to do. This sounds hypothetically possible, but in reality, it is hard, hard, and hard. Keeping your mind work where everything is unknown, unstable, uncertain and uncommon conditions is scientifically impossible. If you want your mind to work, you need to be on the top of your mind in directing, navigating, controlling and driving it to the destination you choose. And it is a hard work. It is a constant process of making the decision, managing the emotion and creating addition habit. All it takes are three key elements that we use to get best of our selves – mind, time and energy. Where mind is the multiplier that can leverage your time as well as energy is your mind. Knowing the science behind it gives you the guideline that works. If you decide, feel and take small steps that matters, the time management and energy allocation will follow. It is possible when we focus on our mind first. If we wear the lens of mind to see our time and energy. Wearing the lens, by which I mean 3 key functions of our mind: decision, emotion and habit.

Biography

Ayesha Jahan Bibha is a strategic thinker and obsessed with igniting insightful thinking. She can foresee the “big impact” and knows how to plan the small steps toward it. In her speaking, writing or advising, her number one intention is to direct people’s perspectives toward future, as many are stuck in the past or present—and, thus, confused. Ayesha has spoken at TEDx about her work, which focuses on how the mind copes in the face of adversity. She is also currently waiting for her first book to be published.

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