

## THE GO-TO PERSON CONTINUED

Last month's featured article "Are You the Go-To Person in Your Organization" caught the attention of Stephanie Whitaker, who writes for the Gazette, and she subsequently interviewed me to expand on the theme for the weekend Working section. My original article focused on the achievement type go-to person who can make sure projects and work get done on time. Through the interview we discovered there are essentially 3 types of go-to persons, the aforementioned achiever, the pleaser and the expert. This is much related to our types of people approach that we use in our leadership and team development training programs, and which has now been validated by neuroscience. It explains that human beings have 3 brains: the head brain, the heart brain and the gut brain. Each person possesses all 3 brains but in different order of dominance, thus the go-to achiever responds first to the gut brain, the pleaser to the heart brain and the expert to the head brain. The idea is to learn how to use all 3 brains in a balanced manner. By doing so we can learn techniques to overcome behaviours that are self-defeating and that cause stress and poor performance.

To read the Gazette article click [here](#).

To learn more about our training programs that incorporate the 3 brain system click [here](#) and [here](#).