LOS AURIGAS

The Charioteers, navigating you and your journey of Evolution

A GUIDED EXPLORATION OF NEUROSCIENCE, SELF-UNDERSTANDING, AND GROWTH IN WORK AND LIFE.

Brain:*Zenith*™

Discovering what shapes us. Exploring what we can shape.

Curated and facilitated by Dr. Anupama Vaidya (hc) | Los Aurigas

When life asks us to *respond differently*

As roles evolve, the demands on us are changing - not only in what we are expected to deliver, but in how we think, learn, collaborate, and contribute. Familiar ways of working are being challenged, sometimes faster than we can make sense of them.

> *Where does my experience still hold value?*
>
> *What do I need to unlearn?*
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> *How do I stay relevant without feeling that I must constantly prove myself?*

These questions can carry a personal weight, affecting our confidence, sense of identity, and mental wellbeing.

Beyond work, changing responsibilities, relationships, and life stages ask us to adapt too.

> *How do I respond to new expectations, care for others without losing sight of myself, and find space for what matters to me?*

Brain:Zenith™ brings the world of neuroscience into these everyday experiences, helping people explore the science behind their thoughts, emotions, and behaviour - and use that awareness in their professional and personal lives.

The science behind *the persona*

Why am I the way I am? Why do I respond differently in different situations? Brain:Zenith™ offers an accessible neuroscience lens for exploring our patterns, alongside the experiences, habits, and context that have shaped us.

Three questions guide the exploration:

What is changing around me?	What is happening within me?	How can I respond and grow?

What you can take into *everyday life*

Deeper self-awareness.	Recognise triggers, assumptions, and recurring responses at work and in your personal life.
More considered responses.	Practise pausing and regaining perspective in demanding situations, from a work discussion to a conversation at home.
Stronger relationships.	Appreciate differences, listen with curiosity, and communicate more thoughtfully with colleagues, family, and others.
Greater adaptability.	Explore unfamiliar expectations, question established habits, and approach changing roles with more intention.
More conscious choices for wellbeing and growth.	Notice what supports or unsettles you, and identify practices that help you contribute, connect, and live more fully.

When science becomes *personal*

Brain:Zenith™ connects accessible explanations with experiences participants recognise in their own lives. Guided activities, reflection, discussion, and practical techniques make the learning personally meaningful.

> *Bring a recurring reaction, a difficult conversation, a changing responsibility, or a habit you want to change. Explore the pattern behind it and consider a different choice - whether the situation arises at work or at home.*

Who it is *for*

Individual contributors, people managers, leaders, teams, and anyone curious about themselves or navigating new demands in work and life.

For organisations, Brain:Zenith™ supports conversations about personal effectiveness, collaboration, leadership, and change. For individuals, it offers space to explore relationships, responsibilities, personal growth, and fulfilment.

Different ways to experience *Brain:Zenith*™

Three hour sensitisation session

An engaging introduction to the neuroscience lens, designed to spark curiosity, create moments of recognition, and introduce practical takeaways.

Full day experiential workshop

More time to explore key concepts, participate in activities, reflect on personal patterns, and connect learning with situations at work and in life.

Integration into development journeys

Sessions woven into existing leadership, talent, or team development programs, connecting self-understanding with the capabilities participants are building.

Coaching integration

A neuroscience-informed lens within individual or team coaching, helping participants explore specific patterns, choices, and opportunities for growth.

The emphasis and experience are shaped around the audience, context, and intended outcomes.



Meet your Guide:
Dr. Anupama Vaidya (hc)

Business & People Strategist | Independent Director | Founder, Los Aurigas

Dr. Anupama brings more than three decades of experience across business and people strategy, organisation transformation, and leadership development, alongside her work in board governance.

She connects her experience across industries and her interest in neuroscience, psychology, and human behaviour with the situations people face in professional and personal life.

Her purpose: Make a Difference, Creating Meaningful Change.

Begin your *Brain:Zenith*™ journey

Explore Brain:Zenith™ for yourself, your team, or your organisation. Get in touch to discuss a session or learning experience suited to your context.

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