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## You can Grow your own way!

**Wednesday 17th October 2018—Darwin**

The Atrium at the Avenue ,12 Salonika Street,Parap

**Friday 19th October 2018—Alice Springs**

Coolibah Room, The Mercure Alice Springs Resort

6:30am (hot drinks/muffin) 7:15am-8:15am  
(presentation)

CORP Workplace Solutions invites you to an Interactive and Informative session using the GROW coaching model, a simple-to-use method for Goal Setting and Problem Solving

For all your organisational training requirements, contact a CORP Consultant today on (08) 8941 5661 or email [corp@corp.org.au](mailto:corp@corp.org.au)

**\*\*Registrations are essential!** Book online via Eventbrite, the OBM Events Calendar ([www.obm.nt.gov.au](http://www.obm.nt.gov.au)) or email CORP at [corp@corp.org.au](mailto:corp@corp.org.au)

october  
**BUSINESS**  
month 2018



# Understanding David Rock's SCARF Model

The SCARF model (Rock, 2008) is a summary of important discoveries from neuroscience about the way people interact socially. The model is built on three central ideas:

1. The brain treats many social threats and rewards with the same intensity as physical threats and rewards
2. The capacity to make decisions, solve problems and collaborate with others is generally reduced by a threat response and increased under a reward response
3. The threat response is more intense and more common and often needs to be carefully minimized in social interactions

The model is made up of Status, Certainty, Autonomy, Relatedness and Fairness. These five domains have been shown in many studies to activate the same reward circuitry that physical rewards activate, like money, and the same threat circuitry that physical threats, like pain, activate.

Understanding that these five domains are primary needs helps individuals and leaders better navigate the social world in the workplace

Understanding the five domains

The SCARF model involves five domains of human social experience: Status, Certainty, Autonomy, Relatedness and Fairness.

**S**tatus is about relative importance to others.

**C**ertainty concerns being able to predict the future.

**A**utonomy provides a sense of control over events.

**R**elatedness is a sense of safety with others of friend rather than foe.

**F**airness is a perception of fair exchanges between people.

These five domains activate either the 'primary reward' or 'primary threat' circuitry (and associated networks) of the brain. For example, a perceived threat to one's status activates similar brain networks to a threat to one's life.

In the same way, a perceived increase in fairness activates the same reward circuitry as receiving a monetary reward.

The model enables people to more easily remember, recognize, and potentially modify the core social domains that drive human behaviour.

<http://www.scarf360.com/about/>





Image—Healing your thoughts— Leigh Lowlestone

## Mental Health week 2018—Healing your thoughts Leigh's story

In the old ways, we use to have gatherings, in these gatherings the elders would speak about ways of healing the young and old. They would bring their own knowledge from their area (country) and share within the circle to teach their people.

This painting represents four characters coming together to share their knowledge and to represent a whole person. Combining

1. Mind (mental illness),
2. Speech (expression),
3. Courage (stomach) and
4. Strength (heart),

to show the path to healing your thoughts.

**Contact CORP if you would like us to provide you with a training workshop, information session or merchandise during Mental Health week 8941 5661**



Book your place in any October 2018  
CORP Workshop  
**by 7 October 2018**  
and receive a >>>

Note: offer does not apply to CORP Talks

**DONT MISS OUT ON THIS GREAT OFFER!**

**\$50**  
**DISCOUNT**

For further information,  
or to register for a  
CORP Workshop,  
contact:

**Darwin (Head Office)**

P. (08) 8941 5661

F. (08) 8941 0746

corp@corp.org.au

www.corp.org.au

**Alice Springs**

(08) 8953 4225

easaalicesprings@easa.org.au

**Katherine**

(08) 8941 5661

corp@corp.org.au

**Full Day Workshops**

8.30am – 4pm

**\$265\*** per person

Lunch & Refreshments

included

**Half Day Workshops**

8.30am – 12noon

**\$140\*** per person

Refreshments included

**CORP Talks**

**\$39\*** per person

**ONLY 16\* PLACES**

**AVAILABLE FOR EACH**

**WORKSHOP — get your**

**registration in early!**

**Workshop Locations**

**Darwin**

Level 2 Highway Arcade,

47 Stuart Highway

Stuart Park NT

**Alice Springs**

Locations in town centre:

confirmed upon booking

**Katherine**

Regional Training Centre

19 Second Street

**\*Katherine conditions:**

**\$285pp** for full day

**\$175pp** for half day

**\$45pp** for CORP Talks

Maximum **10** participants

## Darwin

**Weds 10 Oct**      **Diversity in the Workplace**      **Half Day**

**Tues 16 Oct**      **Financial Stress - *CORP Talk!***      **One Hour**

**Weds 17 Oct**      **You can Grow your own way— OBM Event—\$20 (includes breakfast)**      **One Hour**

**Tues 23 Oct**      **Mediation skills for Managers**      **Full Day**

**ALICE**      *Limited places available in Alice Springs CORP workshops — please book early!*

**Thurs 18 Oct**      **Mindfulness and Managing Stress**      **Full Day**

**KATHERINE**      *Limited places available in Katherine CORP workshops — please book early!*

**Weds 21 Nov**      **Resolving Conflict**      **Half Day**