The Connection Practice: A Self-Empowerment Skill for At-Risk Kids
The Definition of the Connection Practice

empathy + insight = connection

The Connection Practice is a self-empowerment skill that unites empathy and insight to release negative feelings and access your best intelligence.

**Empathy** is attained through a conscious connection to feelings and needs, and **insight** is accessed through heart-brain coherence.

The synergy between empathy and insight maximizes your social-emotional intelligence, builds resilience and enhances performance.
The Connection Practice Steps

1. My challenge

2. My feelings and needs; identify main need

1. Other person’s feelings and needs; identify main need

2. Quick Coherence (heart focus, heart breathing, heart feeling of appreciation)

3. Ask, “What do I need to know?”

4. Write down insight.

5. Plan action.
What is Coherence?

Coherence is the state when the heart, mind and emotions are in energetic alignment and cooperation.

It is a state that builds resiliency – personal energy is increased and sustained, not wasted – leaving more energy to realize goals and harmonious outcomes.
Heart Rhythms

FRUSTRATION

- Inhibits Brain Function (Incoherence)

APPRECIATION

- Facilitates Brain Function (coherence)
Biological Oscillators

- Brain Waves
- Respiratory System
- Heart
- Digestive System
What gets you into your heart?

Write down three things you appreciate.
Millie
Quick Coherence® Technique

Heart focus + Heart breathing + Heart feeling of appreciation = Coherence

Greater access to intelligence and insights
emWave Demonstration
Gabriel
Gabriel’s Probable Heart Rate Variability Pattern
Self-Empathy

- Identify your feelings and needs.
- Identify the main need.
Empathy for the Other Person

▶ Guess the other person’s feelings and needs.

▶ Guess the other person’s main need.
Heart-Brain Insight Steps

1. Do a Quick Coherence Technique.
2. Ask, “What do I need to know?”
3. Listen for the answer.
4. Write down the answer.
5. Act on the answer.
Jill, a teen who was cutting and threatening suicide, despite receiving counseling

- Feelings and Needs Cards: “I finally have a tool to express myself!! I want my own deck.”

- Insight: “I need a pendulum to calm my racing thoughts.”

- Action plan:

- Result: Mom says, “We are doing fine. Jill is no longer cutting or talking about suicide. We got more from one session of the Connection Practice than 8 months of counseling.”
The Science Behind the Connection Practice

1. Naming feelings reduces irrational reactions of the amygdala in the brain.

2. Naming needs is taking the other person’s perspective, which is cognitive empathy.

3. Heart-brain coherence brings about positive affect, which increases access to insights.
Completely Connected

Brain

Feelings

Synergy of Empathy & Insight

Needs

Heart
Beta Test of 100 sets of Connection Practice Boards

Would you like to participate with students in the Beta test of the boards and video instruction?

Are you willing to contact influential educators or donors for a personal demonstration of the boards by Rita Marie?

If so, please see Rita Marie during this conference or write to info@connectionpractice.org, or call 214-458-4345.
Next Steps with the Connection Practice

- Free webinar for counselors and educators
- Pre-order Connection Practice boards
- Connection Practice Curriculum for schools
- Self-study courses
- Free Connection Newsletter
To help create a more connected world, go to www.connectionpractice.org or write info@connectionpractice.org