The Connection Practice in Schools

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 and emotional intelligence, builds resilience and enhances performance.

The Connection Practice received the Ashoka Changemakers Innovation Award, chosen from 79 projects in 32 countries. Completely Connected: Uniting our Empathy and Insight for Extraordinary Results, a book by the creator, Rita Marie Johnson, documents the impact of the Connection Practice in all areas of life. The book won a Nautilus Award in the Psychology category and is an Amazon bestseller; #2 in Conflict Resolution and #5 in Communication and Social Skills.

Use of the scientifically-based Connection Practice in schools creates a heightened sense of belonging, prevents conflict, improves academic test scores and reduces dropout rates. It works with all students but is especially helpful to at-risk kids in three ways:

- Release of negative feelings resulting in calmness and clarity
- Achievement of maximum brain function for creative problem solving
- Development of deeper self-confidence that leads to less anxiety and higher performance

The Connection Practice is endorsed by President Oscar Arias, Nobel Peace Prize Laureate and former president of Costa Rica, who supported integrating it into the public schools. Over 1500 Costa Rican teachers were trained in the Connection Practice, impacting 40,000 students in the first year they were trained, and thousands of students in the following years. Annual evaluations of the practice’s impact revealed that bullying, intolerance, conflicts, violence and misconduct reports decreased.

The Connection Practice was introduced in the USA in 2012 at Oakley Elementary in Houston, TX. It was deemed a success by the principal, teachers and students and documented in a video. Now the practice has been implemented in other schools in Texas, Florida, Puerto Rico and California. Eileen Rockefeller, co-founder with Daniel Goleman of CASEL (Collaborative for Academic, Social and Emotional Learning) has wholeheartedly endorsed it.

With the introduction of Connection Practice magnetic boards, it is now easier for counselors, teachers and students to grasp the practice quickly and make it a habit. The tactile, visual design of the boards makes this practice efficient for use in classrooms. The high numbers of at-risk students can be quickly reduced when students learn how to manage their emotions and access their intelligence. Contact us to learn how to bring the Connection Practice to your school.