



An Introduction to Authentic Relating:

How to Mend, Sustain and Nourish our Social Relationships in Times of Stress

“Some people think they are in community, but they are only in proximity.

True community requires commitment and openness.

It is a willingness to extend yourself to encounter and know the other.”

– David Spangler

In times of uncertainty, stress and fatigue the social circuits of the brain – responsible for emotional intelligence, empathy for and attunement with others, cooperation, emotional regulation, conflict resolution and more – start shutting down.

When this happens we unwittingly start manoeuvring our relationships with clients, co-workers, family and friends from a more simplistic part of the brain, the survival brain.

As a consequence, we start addressing relationships and communication through a filter of fear, assumptions and judgement, competition, me-first attitude, and a win-lose mind-set.

Negative, ingrained relational patterns from the past may also emerge. We begin acting these unhelpful patterns out in our current relationships and associations that are otherwise precious and important to us.

When the survival brain reigns, the connection to our heart’s intelligence is also severed.



The purpose of this webinar is to help employees understand the 5 main factors that immediately switch on the survival brain and shut down social intelligence.

The webinar presents cutting edge science on the relationship between the brain and the heart, and how the quality of this relationship affects social, but also physical and emotional wellbeing and relationships.

The rest of the webinar introduces the theory and 5 major practices of Authentic Relating.

Participants will get acquainted with basic communication tools and skills to engage in clear, honest, direct, respectful and conscious relationships with others and to cultivate a psychologically safe and empathetic space for self, clients, co-workers, family and friends.



Content

- The enemies of the social brain: The S.C.A.R.F. model (our need for status, certainty, autonomy, relatedness and fairness in relationships)
- The significance of Heart intelligence in the 21st century: Personal, family, and team-coherence, and thriving with others
- Welcome everything: Embracing negative and positive experiences in relationships, understanding repression and suppression in relationships, stopping avoidance
- Power tool: Permission to vent
- Assume nothing: Working with our expectations and assumptions about our environment and the people around us
- Power tool: Is that true for you?
- Reveal your experience: Expressing feelings, wants and needs in relationships
- Power tool: May I reveal something to you?
- Own your experience: Taking responsibility for your thoughts, emotions, and beliefs about the world and others
- Power tool: Acknowledge your impact
- Honour self and other: Expressing dignity and humility during conflict and difficult times
- Power tool: The Check-in

