



Conscious Awareness Learning Model
Based on Conscious Discipline®

Special Session: CALM Compassionate Communication
June 25, 2020

Funded by:  In partnership with:    

GoToWebinar



- The orange arrow shows your Attendee Control Panel.
- The square makes the presentation full screen.
- The "Raise Hand" option is for if you wish to speak or comment when the speakers ask for participation .

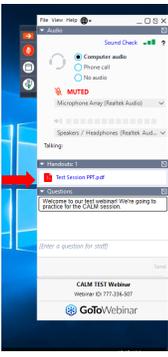
GoToWebinar

- If you have a question at any point during the webinar, you can go to the "Questions" menu and type it out. We will have a time during the webinar to read and answer questions submitted through the "Questions" menu.



GoToWebinar

- You will find the copy of the session PowerPoint available for you to download under the "Handouts" menu. (In English and Spanish)
- All of the videos used in the presentation are linked in the handouts (click on the black box in the PDF file and it will open on YouTube)



GoToWebinar

- If you have audio problems at any point during the session, make sure you are connected via "Computer audio"
- For those on the mobile application make sure it says "You are connected using the internet" under the "Audio" tab
- Most of the audio problems are caused by a slow internet connection, you can always disconnect and rejoin the webinar from the link in the email



Arrival Routine

- Greetings! ☺
- Complete pre-survey
 - If not, complete it here <https://www.surveymonkey.com/r/H25K555>
- Get ready!



Special Session CALM Compassionate Communication

- Compassion
- Communication
- Conversations & listening from your heart
- Connection

What & Why

What we have learned since we last met?

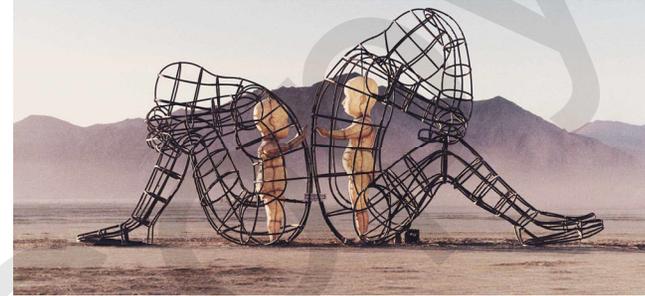


Why we are here today?



I will tell you one thing that will make you rich for life. There are two struggles: an Inner-world struggle and an Outer-world struggle ... you must make an intentional contact between these two worlds; then you can crystallize data for the Third World, the World of the Soul.
- Author: G.I. Gurdjieff

What About Us



One of the most powerful art pieces from Burning Man: A sculpture of two adults after a disagreement, sitting with their backs to each other. Yet, the inner child in both of them simply wants to connect. Age has many beautiful gifts but one we could live without is the pride and resentment we hold on to when we have conflicts with others. The forgiving, free spirit of children is our true nature. Remember this when you feel stubborn.

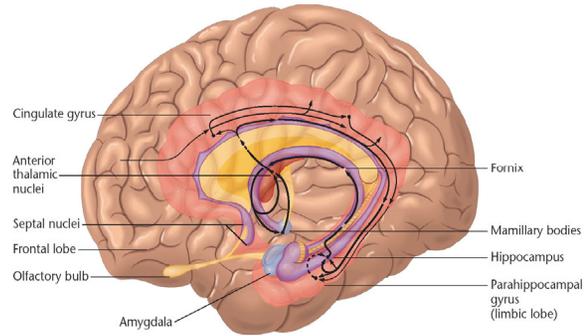
Stress and Health

- **Stress** is the nonspecific response of the body to any demand made upon it.
 - Failing grades
 - Scary movies & internet
 - Pandemic
 - Societal stress
- Even positive events in your life such as:
 - Graduation
 - New job
 - Birth of a child
- **Stress** can have major effect on health and well-being.

Effects of Stress

- Continued, long term **anxiety**, **anger** or **stress** is harmful.
 - A body focused on the cycle of **increased cortisol** & increased metabolism, is not producing new proteins for the immune system and other systems.
- **High cortisol** levels damage hippocampus
 - Learning and memory suffer as a result

Limbic System



There are troubled waters
We are in this together
We can flow/get to the other side.



Bridge Over Troubled Water



We are here as a family to **encourage** and **support** each other.

The CALM family is in this together to make each other, our children, and our community stronger.



Brain Model

The Relationship Between Behavior and Brain Function

- 3 Brain States:
 - Brain Stem - **Survival State** – Physical Fight or Flight(withdrawal)
 - Limbic System - **Emotional State** - Name Calling, Tattling, etc.
 - Frontal Lobe - **Executive State** (CEO) - Problem Solving



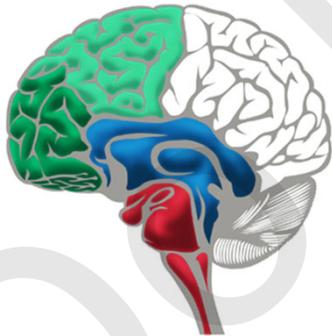
What brain state are you in?

- Brain Stem- **Survival State**: Am I Safe?
- Limbic System- **Emotional State**: Am I Loved?
- Frontal Lobe- **Problem Solving**: What Can I Learn?



Remember:
We cannot ask
children to do
what we cannot
do ourselves.

Reactivity is controlled by the **brain stem** and hormonal systems related to emotion and stress



Active Calming

When we get stressed active calming is our journey from our **Survival State** to our **Frontal Lobe**, so we can **RESPOND** instead of **REACT**



We are truly a CALM family!

All in this together
Connected



Open to the journey
Committed to stay positive and open
Resilient

Resilience

- Skill of **noticing** our own thoughts
- **Unhooking** from the non-constructive ones
- **Rebalancing** quickly



Three Strategies to Resilience

1. **Calm** the mind – **BREATHE** – keeps from getting hooked, practice builds muscle of resilience
2. Look out the window and **REFLECT**
3. **CONNECT** with others through **Compassion** – 6 feet apart or virtually



Skill of Composure

Composure

The state or feeling of being **calm** and **in control** of oneself.



Benefits of Conscious Breathing

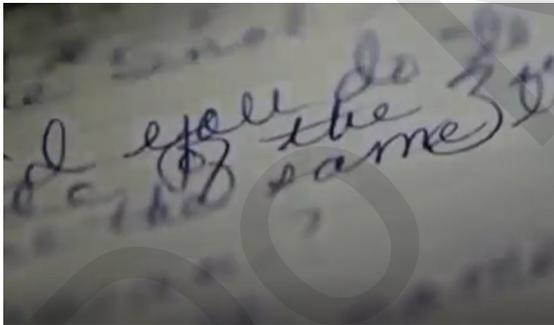
- Releases toxins from the body
- Improves the immune system
- Balances the nervous system
- Helps release unhealthy memories and stifled emotions
- Integrates our brain to engage the higher centers for optimal functioning



Where is your Safe Place?



Power of Words



Compassionate Communication

What is compassion?

Empathy

The ability to feel for another living being.

What is Communication?

A flow of **understanding**

Compassionate Communication

- is a flow of understanding
- creates connection
- get needs met
- brings peace



Empathy is a respectful understanding of what others are experiencing. Instead of offering empathy, we often have a strong urge to give advice or reassurance and to explain our own position or feeling. Empathy, however, calls upon us to empty our mind and listen to others with our whole being.

Marjolein B. Rosenberg

© 2019

Differences between Empathy and Sympathy

The most commonly used meanings of these two terms:

Empathy is putting yourself in the shoes of another.



Sympathy is feeling compassion, sorrow, or pity for the hardships that another person encounters.

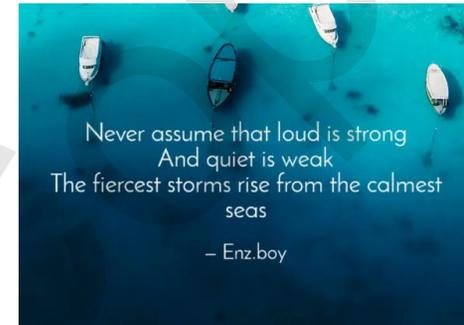
Compassionate Communication



The Powers and Skills of Conscious Discipline®

Power	Skill
Perception	Composure
Attention	Assertiveness
Unity	Encouragement
Free Will	Choices
Acceptance	Empathy
Love	Positive Intent
Intention	Consequences

The Power of Love



Compassionate Communication

Foundations of training (practice):

1. Presence: Lead with presence
(Composed and open)
2. Intention: Come from curiosity and care
(Positive Intent)
3. Attention: Focus on what matters
(Assertiveness – getting needs met)

CALM Family Group Commitment



Stronger Together

"I believe in the possibility of a world where our interconnection is a deeply known and motivating force, where no one is left out, where the innate dignity of every person is acknowledged, and where hatred and fear and greed can be tempered. I believe in a world where change might be hard, but is *always* seen as possible, however stuck we might feel in any given moment. I believe in a world where we can have wisdom to guide us, we can have love to propel us, and we can have the support of one another to try to accomplish a vision of inclusion and care. I also believe in justice, in a world where actions have consequences, where people are held accountable even as we try to take care of one another."

Excerpted from "Real Change" by Sharon Salzberg, 2020

Community of Care

- Bonding with our peers brings us **comfort** in uncertain times
- Strong **community** helps all members achieve physical and mental **wellbeing**
- Being part of a community you genuinely believe in is both **empowering** and **humbling**
- It's both **Calming** and **Energizing**
- Creates a healthy **balance** between "me" and "we"

Power of Free Will

We have the Power of Free Will to choose:

To be part of the problem
 be silent
 or work together for solutions

Compassionate Communication

- Openness
- Empathic listening
- Right (wise) speech



Compassionate Communication

Openness

- Having a mindfulness practice allows us to be present and open to others
- It creates space for two-way conversation



Things We Should Say More Often



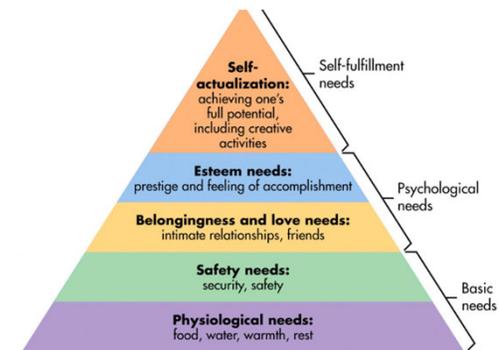
Compassionate Communication

Empathic Listening

- Listening to truly hear what the other has to say
- Offering encouragement
- Validating



Compassionate Communication Human Needs



Compassionate Communication

Human Needs

- | | | |
|--------------------------------|--------------------------|--------------|
| 1. Subsistence, sustenance | 1. Safety, security | |
| 2. Safety & protection | 2. Connection | |
| 3. Love & affection | 3. Satisfaction, meaning | -Rick Hanson |
| 4. Understanding, empathy | | |
| 5. Participation, contribution | | |
| 6. Leisure, rest | | |
| 7. Creativity | | |
| 8. Identity, belonging | | |
| 9. Freedom, autonomy | | |
- Manford Max-Neef

Gardeners and Lids

An **encouraging** leader
is like a **gardener**
who can envision a flower
in every seed



A **discouraging** leader
is like a **lid**
contributing to an
environment of mistrust



To be aware of a single shortcoming within oneself is more useful than to be aware of a thousand in somebody else. Rather than speaking badly about people and in ways that will produce only friction and unrest in their lives, we should practice a purer perception of them, and when we speak of others, speak of their good qualities.

- The Dalai Lama

Compassionate Communication

Right (wise) Speech

"Am I saying this to be helpful or hurtful?"

Unskillful:

- False speech
- Divisive speech
- Malicious, harsh speech
- Idle, useless speech

Skillful:

- Truthful
- Helpful
- Kind
- Timely/context-sensitive

- Oren Jay Sofer

The Three Lights

STOP

WAIT

GO



Compassionate Communication

- Red Light – communication has **shut down**
- Green Light – symbolizes **openness**, two-way traffic is flowing in conversation
- Yellow Light – the **space** between the green and red light where communication can shut down

Working within the yellow space is an advanced skill – COMPOSURE

– Excerpt from "The Five Keys to Mindful Communication" by Susan Gillis Chapman

"You get more with honey than with vinegar."



Imagine

Imagine - John Lennon

Boyce Avenue

- [QEES Learning Line](#)
 - Call the hotline! **813-259-6415**
- [CALM Learning Line Resources](#)
- [ELM Learning Line Resources](#)
- [YouTube Channel](#)



 **QEES Learning Line YouTube Channel**

End of Session – Instructions

1. Complete the session evaluation that will pop up after the webinar
 - A follow up email will also contain the link to the evaluation and post-assessment
2. Check for a follow up email from us regarding the post-assessment
3. After submitting the post-assessment on Survey Monkey, you will receive an email with your session certificate
 - Certificates can take up to a week to be sent out

End of Session Info

- Post-Assessment & Evaluations
 - Post-Assessment link
<https://www.surveymonkey.com/r/HCNHL29>
- Register for the next workshop: **August 1st**
- Website
 - Register
www.calmhcc.org/register
 - Teacher Portal
www.calmhcc.org/calm-teacher-portal
 - Resource Center Password
Password: [CalmHCC](#)



Contact Us

Marni Fuente
mfuente@hccfl.edu
813-259-6415

Denise Pullano
dpullano@hccfl.edu
813-259-6474

Laura Villalobos
villalobos@hccfl.edu
813-259-6555



Do Not Copy