

Rita Marie Johnson



Rita Marie Johnson, and her trainers worldwide, help adults and children resolve turmoil using the Connection Practice. Rita Marie created this wellness habit, which she taught at the United Nations University for Peace, a graduate school for international leaders, and implemented in the Costa Rican public school system.

Now the Connection Practice is empowering more students faster through champions of youth around the world. They become certified to teach the Connection Practice (CP) and then teach it to the young people they serve. For example, the Connection Practice has been combined with Restorative Justice in Santa Clara County, CA. A certified CP Trainer teaches it to youth offenders so they are prepared to make amends with their victims.

The Connection Practice (CP) combines empathy and insight and is taught using magnetic or digital CP Boards and biofeedback. It won the *Ashoka Changemakers Innovation Award* chosen from 79 projects in 32 countries. Endorsed by President Oscar Arias, Nobel Peace Prize Laureate, and Eileen Rockefeller, co-founder of CASEL, the leading organization for social-emotional learning in the US, the CP excels in creating connection with self and others.

Johnson's book, *Completely Connected*, is an Amazon bestseller and won a Nautilus Award in the Psychology Category. Over 100,000 adults and children in the US, Costa Rica, Japan and other countries have learned the Connection Practice.

In addition to presentations in the USA, Canada, Europe and Central America, Rita Marie has been a keynote speaker at a Rotary International Peace Conference, a Peace Alliance Conference in Washington DC., a Summit of Ministries and Departments for Peace in Costa Rica and throughout Japan.

Rita Marie currently serves as Founding Director of Rasur Foundation International, a non-profit that is turning generational pain into generational peace through the Connection Practice. To contact her, call 214-48-4345 or write RitaMarie@ConnectionPractice.org.