



Connection Practice Coaching Guide

Public-Business

Without Script for Practice



empathy + insight = connection

The Connection Practice for Clients

Definition of the Connection Practice®

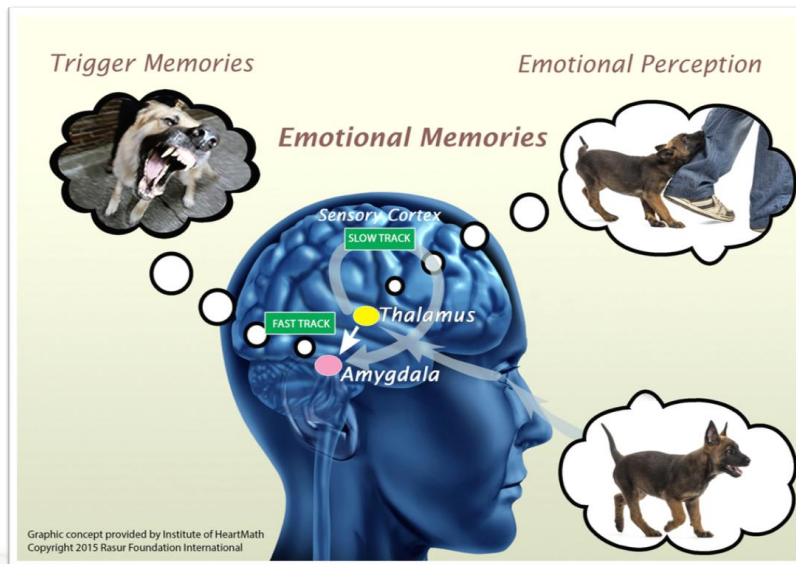
empathy + insight = connection

The Connection Practice is a science-based skill that unites empathy and insight to meet challenges in life. It quickly transforms confusion into clarity and conflict into connection.

Empathy is attained through a conscious connection to **feelings** and **needs**.

Insight is accessed through **heart-brain coherence**.

Why do we need the Connection Practice?



We Need a Pause Between Stimulus and Response

Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

~attributed to Viktor Frankl



Stimulus

Using the Connection Practice in the pause gets our irrational reactions out of the way and provides access to our best intelligence.

Response

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What is Coherence?

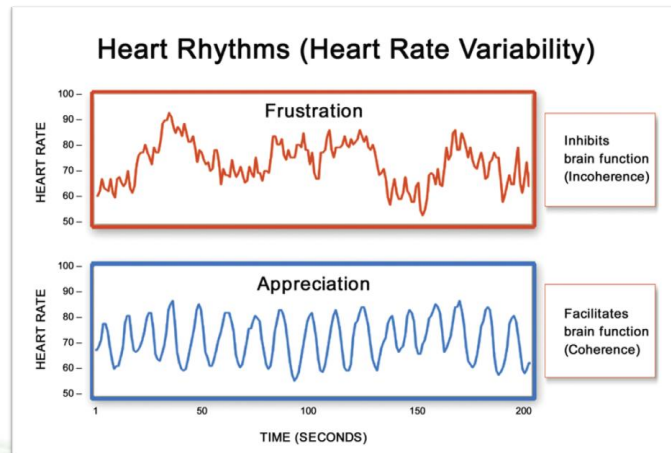


► An optimal state in which the heart, mind and emotions are aligned and in sync.

► Physiologically, the immune, hormonal, and nervous systems function in a state of energetic coordination.

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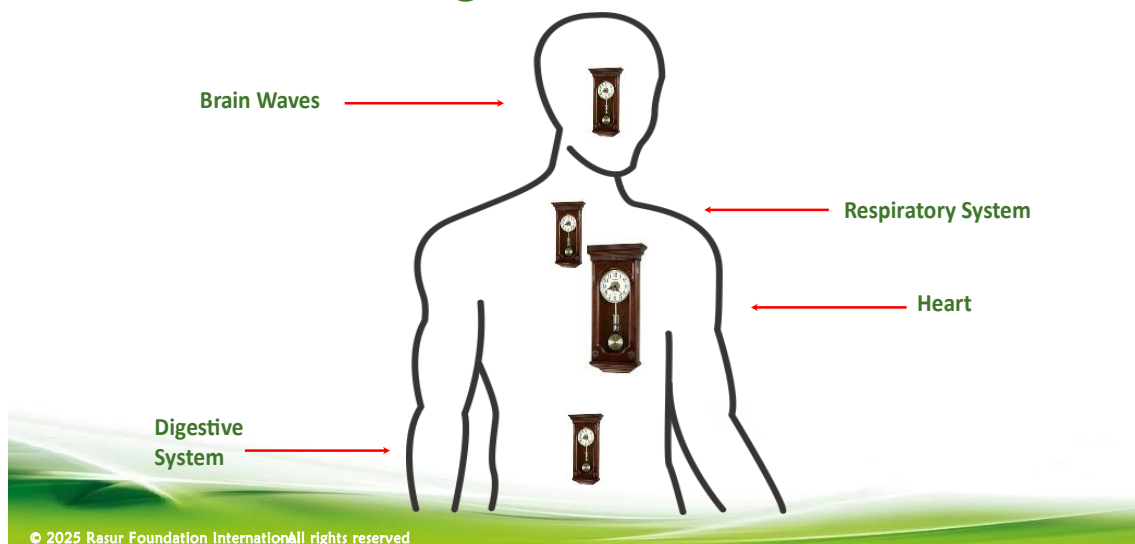
How Coherence Impacts the Heart



HeartMath® Institute

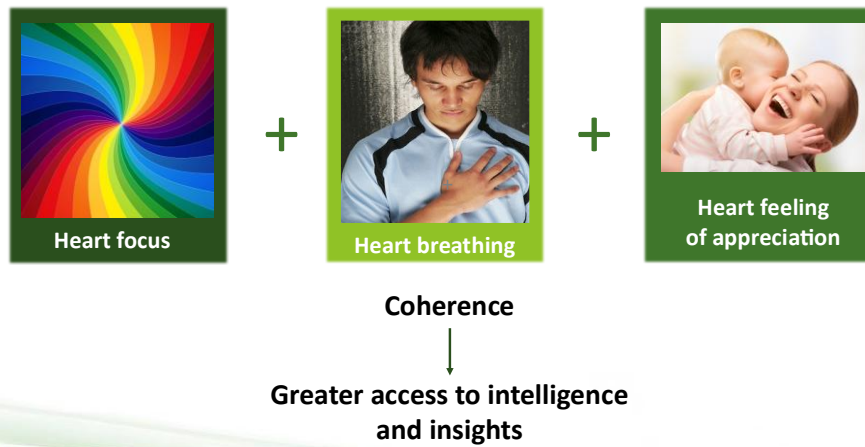
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Biological Oscillators



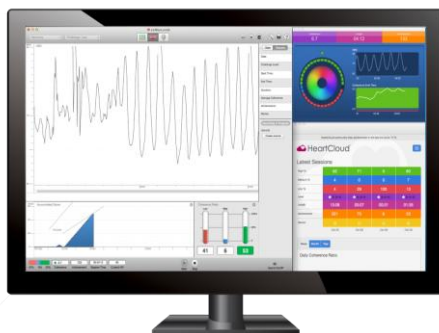
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Quick Coherence[®] Technique



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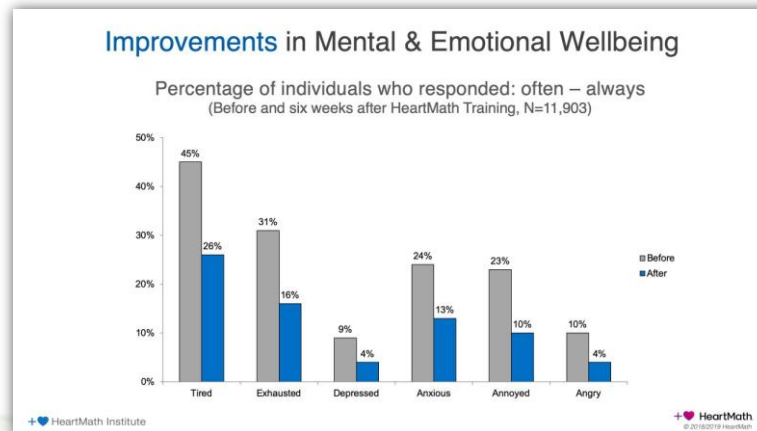
emWave[®] or Inner Balance Demonstration and Practice



To order, go this link:
<https://connectionpractice.org/product/emwave-pro/>

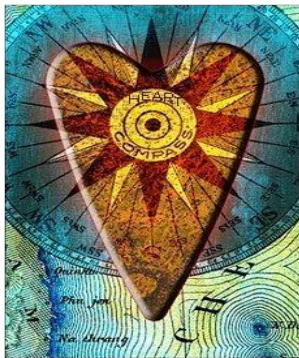
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Impact of Coherence on Performance within Organizations



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Heart-Brain Insight Steps



- Identify your challenge or question.
- Do the Quick Coherence® Technique.
- Ask yourself: “What do I need to know?”
- Listen for the answer.
- Write it down.
- If there is an action step, write it down as well.

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Spectrum of Heart-Brain Insights with Examples



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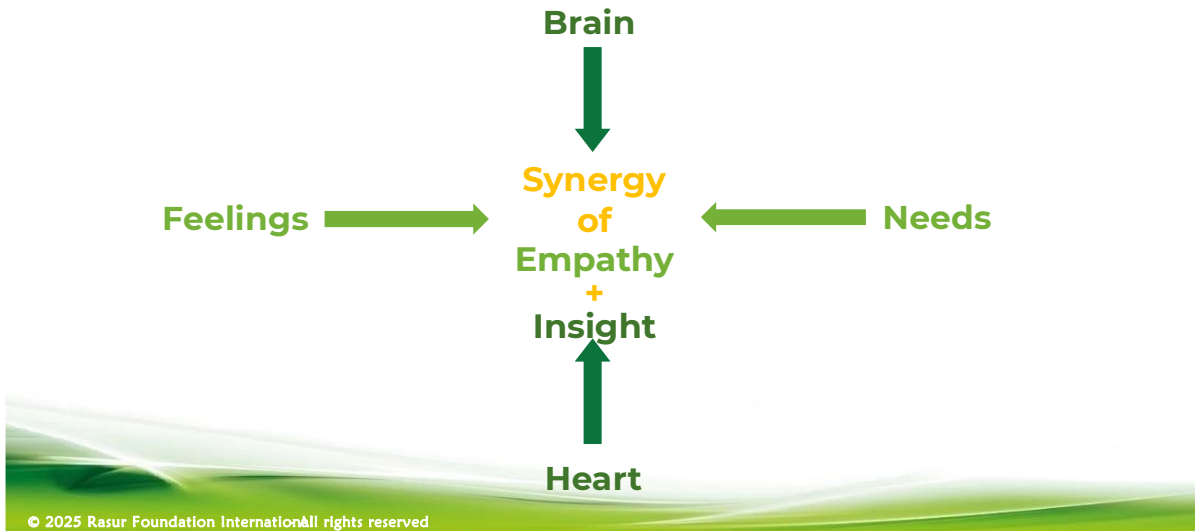
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Feelings and Needs

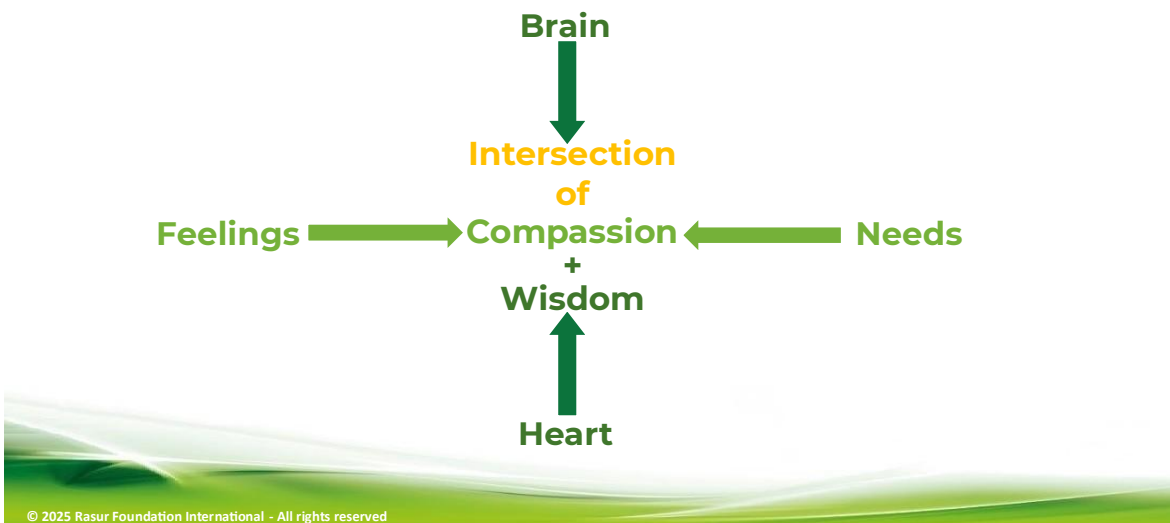
- ▶ **Positive feelings** are signals of a perception of **met needs**
 - ▶ **Negative feelings** are signals of a perception of **unmet needs**
-
- We can sink into misery if we identify too strongly with our negative feelings.
 - That's why we name our feelings and then move on to naming our needs. Together they liberate us from the negative charge and move us into self-empathy.
 - You will find *Feelings and Needs* lists on pages 41-42 in your Manual.

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Connection Practice Summary



Living from the Intersection of Compassion and Wisdom



Living from the Intersection of Compassion and Wisdom

Compassion and wisdom belong together.

Compassion without wisdom can sink into misery.

Wisdom without compassion can be arrogant.

These two are like soulmates; they need each other.

When we combine these two great strengths, the synergy makes it possible to resolve challenges efficiently, creatively and peacefully.

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Now Let's Process One of Your Challenges

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Additional Slides Based on Age and Interest

Rita Marie Johnson, creator of the Connection Practice



- Winner of the *Ashoka Changemakers Award: Building a More Ethical Society* - the Connection Practice was chosen from 79 projects in 32 countries
- Recipient of the *Nautilus Award in Psychology: Better Books for a Better World for Completely Connected: Uniting Our Empathy and Insight for Extraordinary Results*
- International Keynote Speaker
- Professor at the United Nations University for Peace, a graduate school for international leaders - taught the Connection Practice for graduate credit
- Over 100,000 adults and children have learned the Connection Practice, including its implementation in the Costa Rican public school system
- Founding CEO of Rasur Foundation International, which spreads the Connection Practice globally

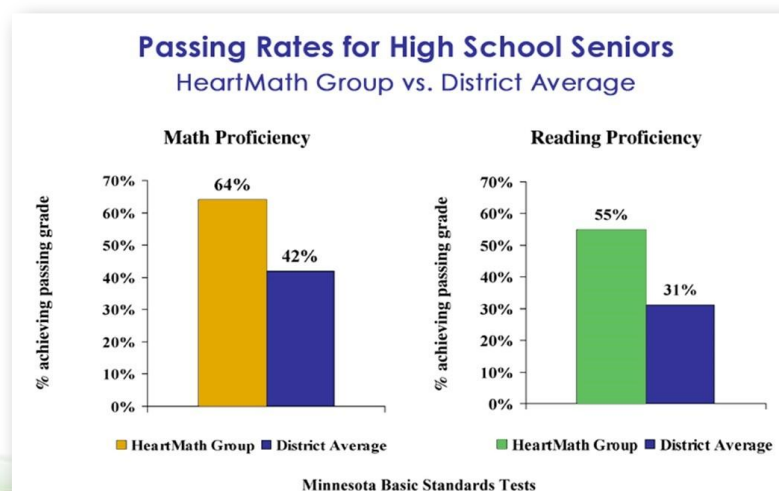
The Science Behind the Connection Practice

Research studies explain why the key elements of the Connection Practice are efficient and powerful in building social-emotional-spiritual intelligence.

1. Naming feelings reduces the reaction of the amygdala in the brain.
2. Naming our own needs and guessing another person's needs gives us perspective and is called cognitive empathy.
3. Heart-brain coherence reduces irrational reactions and brings about positive affect, which increases access to insights.

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Impact of Coherence on Academic Performance



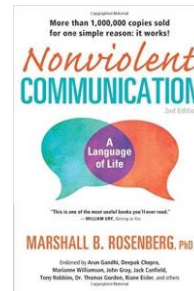
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empathy + insight = connection

Identifying feelings and needs is the fast track to empathy.

The Center for
Nonviolent
Communication®

www.cnvc.org



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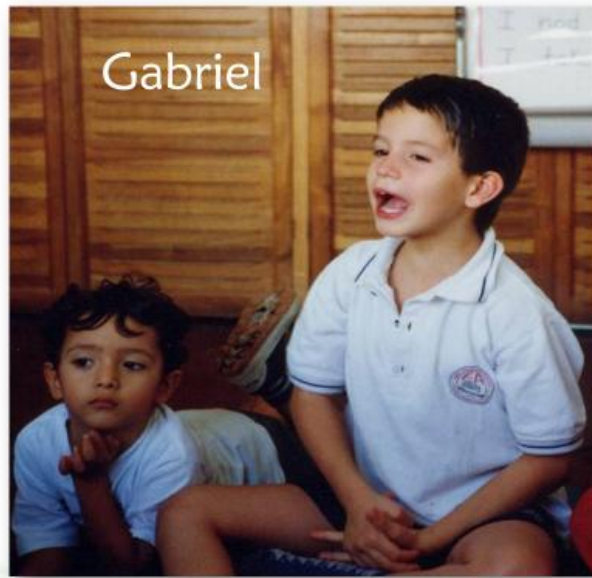
empathy + insight = connection

Heart-brain coherence is the fast track to insight.

HeartMath® Institute
expanding heart connections

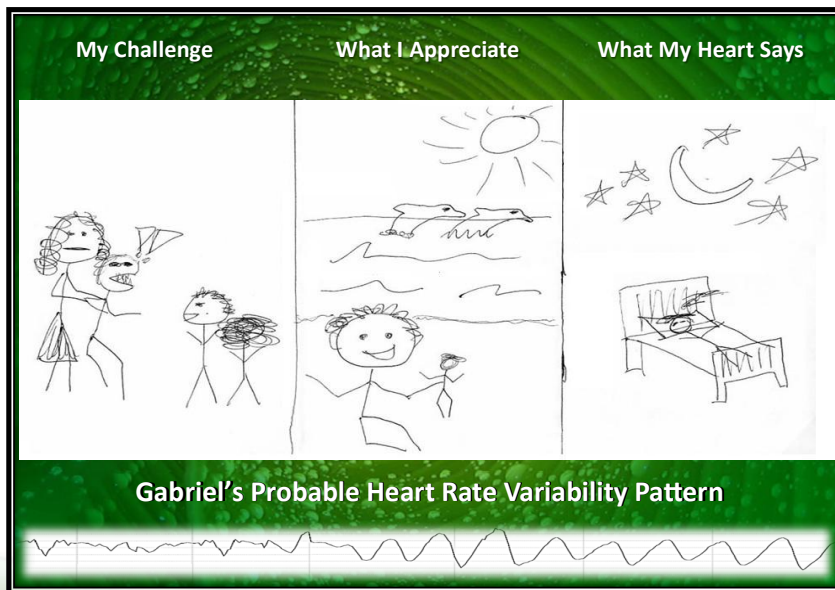
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