



## PRE- AND POST-CONGRESS WORKSHOPS

Building Dialogues on Diversity

SIETAR Europa Congress 2019

### ***Title:***

### **The Neuroscience of Appreciation:**

Breaking Through the Brain's Base Instincts to a Path of Hope

**Length:** 1 day | **Price:** 195,00 Euro (incl. 21% VAT)

**Min. amount of participants:** 6\* | **Max. amount of participants:** 25

**Facilitator:** Shannon Murphy Robinson

### **What to expect:**

Did you know within 200 milliseconds of seeing someone our brain unconsciously categorizes them as being “like us” or “not like us”?

Differences, particularly unfamiliar ones or differences that make us uncomfortable, can trigger the defensive mechanisms in the brain, leading the brain to instantaneously categorize and place people into us/them polarizations.

Come join us for this highly interactive workshop and learn how recent neuroscience research on appreciation can help us learn how to work with the brain to override the mechanisms that feed into exclusion and the polarization of differences, and see differences through the lens of appreciation.

To advance our ability to be inclusive and build common ground, we can learn to override these base instincts, and it involves strengthening the social circuitry in the brain and consciously building the positive brain. We have innate social circuitry, however this circuitry doesn't engage as easily with people who our brains perceive as “not like us.” Studies show that centers for empathy in the brain are active with people like us and are not with others we see as different from ourselves.



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We can now consciously intervene on these unconscious process, which is the good news, and strengthen the brain's capacity to engage care, compassion and kindness across differences.

You will learn practical and applicable strategies and tools to consciously shape a more inclusive brain and increase the brain's capacity to see differences in the lens of appreciation and move away from fear-based, unconscious responses. There is hope, we can shift our brains towards a greater capacity for open-mindedness, compassion, respectfulness and cooperation.

In the words of the Dalai Lama "We face a lot of problems, many of them our own making, arising as they do from anger and self-centeredness. We can use our brains to learn to extend our concern to others...if we take a calm and compassionate approach I believe we can create a better, more peaceful world."

Workshop Format: An interactive workshop with a mix of lecturettes, exercises, small and large group discussions, and individual reflection and application.

### Meet the facilitator:

**Shannon Murphy Robinson**, M.A., is a highly sought after consultant and speaker. She is Principal & Co-Founder of BrainSkills@Work, a consultancy that applies neuroscience to help individuals be more inclusive, culturally competent and more effective leaders. With over 15 years of experience and expertise in global diversity and inclusion, intercultural management and leadership development, Shannon has successfully created and implemented large scale diversity and inclusion training initiatives (20,000+ employees) with companies like Deloitte, Medtronic, CHRISTUS Health, Mayo Clinic, Barr Engineering, Boston Scientific, and others. In May 2012 she achieved advanced certification as a NeuroBusiness coach at Harvard with Dr. Srin Pillay.

She is on the faculty of the Intercultural Communication Institute where she teaches neuroscience of inclusion. She and BrainSkills@Work Co-Founder Mary Casey have co-authored the book Neuroscience of Inclusion: New Skills for New Times, a white paper on the neuroscience of unconscious bias, and the BrainStates Self-Awareness™ Profile.



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\* SIETAR Europa's Pre- and Post-Congress workshops have the criteria of the minimum number of attendance in order to take place. In case this minimum number is not reached by May 1st 2019 the workshop will be cancelled.

### In case of cancellation of a workshop:

1-Registration fee will be refunded | 2-There is the opportunity to register in another workshop. In case of a different workshop selection the price difference between the cancelled workshop and the new selected workshop will be refunded or will have to be paid depending on the case. Please note, these workshops are NOT included in the SIETAR Europa Congress fees. **Participants register and pay for these workshops separately and in addition to the main congress.**