

Getting Connected

Presented by Karen Gimnig

“I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.”

— **Brené Brown**

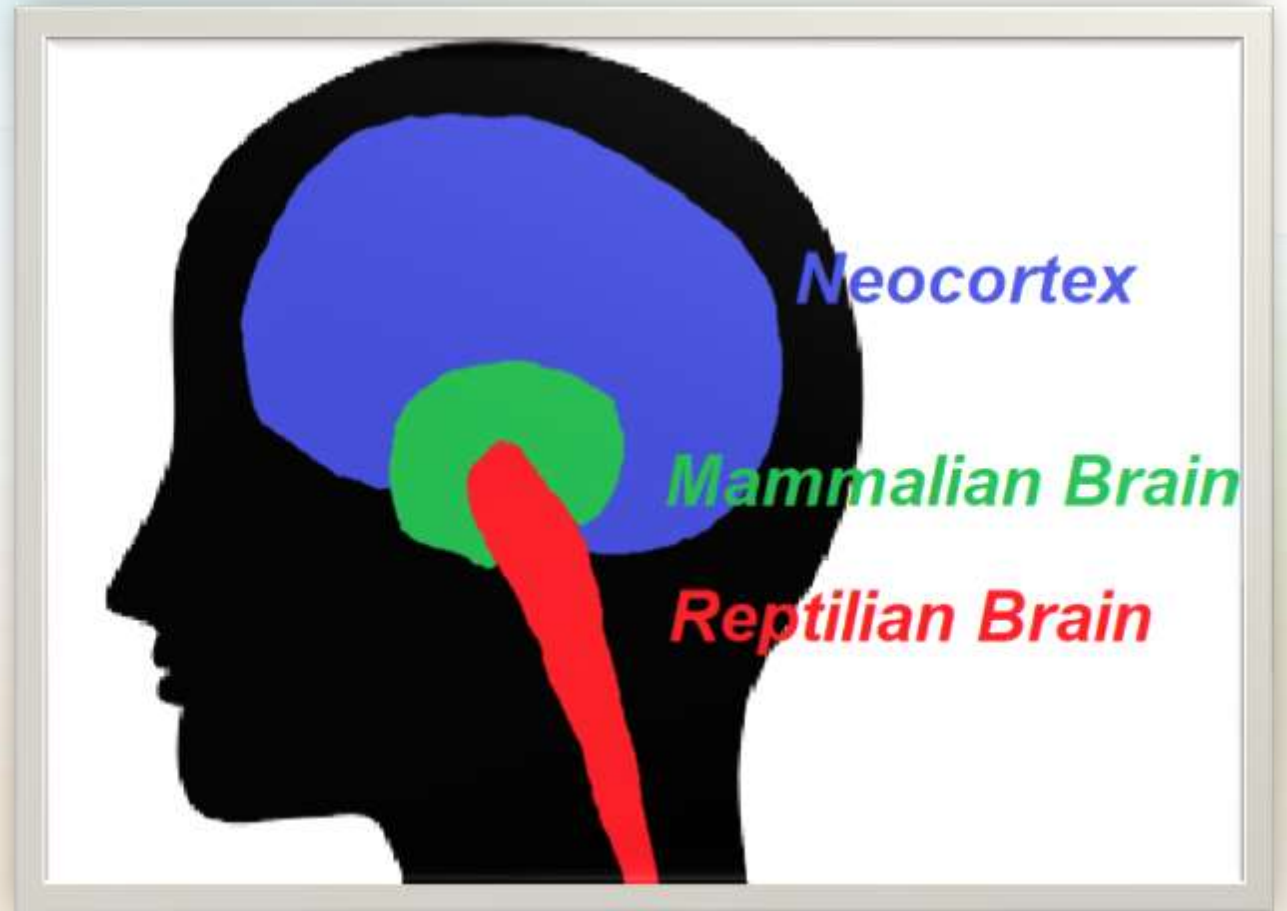
Karen Gimnig

A Connection Story

- Loneliness
- Company Manners
- Connection

Our Brains

- Reptilian Brain
 - Basic survival
- Mammalian Brain
 - Danger Safety
 - Pleasure Pain
 - Relationships
- Cortex
 - Logic
 - Language
 - Problem solving
 - Empathy



Mirroring

“I heard you say . . .”

“Did I get you?”

“Is there more?”

Mirroring

Possible Prompts:

- One thing I value about cohousing is . . .
- During this workshop, I would like to be perceived as . . .
- Something I appreciate about you . . .

Community Dialogue:
The *slower* way to get where
you want to go *sooner*.

Q&A

- Name
- Community or connection to cohousing
- My question or comment

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