

# Completely Connected:

## Uniting Our Empathy and Insight for Extraordinary Benefits

By Rita Marie Johnson

In this book, Rita Marie Johnson shares the Connection Practice, a unique method for connecting with ourselves and others that is supported by scientific research and testimony from people around the world. The practice has boosted the social and emotional intelligence of over 40,000 students in Costa Rica and won the *Ashoka Changemakers Innovation Award: Building a More Ethical Society*, out of 79 projects in 32 countries. Johnson teaches her methodology at the UN-mandated University for Peace and certified trainers offer the Connection Practice in businesses and schools throughout the United States.

After being exposed to Marshall Rosenberg's Nonviolent Communication and Institute of HeartMath tools, Johnson had an epiphany that resulted in the Connection Practice. This skill set unites your empathy and insight for accelerated personal and professional growth. Empathy is attained through a conscious connection to feelings and needs, and insight is accessed through heart-brain coherence. The synergy between empathy and insight maximizes your social and emotional intelligence, builds resilience and enhances performance. Johnson's how-to possesses a clarity, simplicity, reliability and efficiency that achieve extraordinary results.

Johnson began teaching the practice in 2004 in Costa Rica schools and found that it works for people of all ages from all walks of life. She has taught it to Central American leaders, rectors of universities, CEOs and their staff, health professionals, public school teachers, troubled junior high students, adults with brain injuries, parents with challenging kids, idealistic college students and the list goes on. The fruits of this practice inspire hope in everyone it touches.

The goal of Connection Practice™ in schools is to prevent bullying and resolve conflicts creatively. In business, the implementation of Connection Practice™ increases rapport and accelerates innovation. Wherever, the Connection Practice is initiated, it builds cooperative cultures.

Johnson's vision is a world where every person practices the art of connection and passes this gift on to the next generation. Through the vivid examples she shares, she spells out exactly how that vision can be realized.

This book will inspire you with its how-to for personal and global change as you

- achieve maximum creativity for problem solving
- build your social and emotional intelligence resulting in solid self-esteem
- increase rapport and deepen connections, leading to a sense of belonging
- prevent or resolve conflicts in a way that brings people closer