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?”

*Based on Imago Dialogue, intellectual property of Imago Relationships International*
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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