



# Take the Connection Practice Part 1 Course with Ellen

Experience for yourself:  
*Empathy + Insight = Connection*

Discover a way to consistently connect to yourself and others,  
elegant in its simplicity and awesome in its application.

The Connection Practice is a skill that unites your empathy and insight for extraordinary results. The synergy in this partnership maximizes social and emotional intelligence, builds resilience, and enhances performance.

- Practice won the Ashoka Changemakers Innovation Award, chosen from 79 projects in 32 countries
- Practice was taught for graduate credit at the United Nations University of Peace
- Johnson's book "Completely Connected" won the Nautilus Award (Better Books for a Better World)

In this 12-hour course, you will learn to:

- Release stress, worry, anger and depression
- Access and rely on your intuition
- Create deep self-confidence
- Resolve inner conflicts efficiently
- Become calm and clear when facing conflicts
- Connect with your feelings and needs
- Attain emotional balance in times of turmoil



Ellen M. Anderson, Ph.D.  
Director of Education

**March 24-25**

Friday 6:00pm-9:00pm  
Saturday 9:00am-6:00pm

**Fee: \$199**

Register with Ellen ([EMAbutterflies@gmail.com](mailto:EMAbutterflies@gmail.com) or 301-646-8281)

Course offered at:



555 Lytton Ave.,  
Palo Alto, CA 94301  
650-473-0664

