

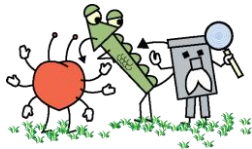
A personal note from Meryl Runion about the upcoming CTAT SpeakStrong Training



You are invited!

Hi everyone! I had so much fun presenting for CTAT last year that I was thrilled to be asked back again this year. This will be far more than a refresher from last year. My “Triunication Brainlet Critters” have matured, I developed New *Dynamics* of Communication, and conflict resolution is and always has been one of the liveliest topics I present.

Plus, I’ve invited Dr. Howard Nornes, Professor Emeritus in Developmental Neuroscience, to supplement my explanations and examples of how our brain structure affects the way we manage conflict. He will describe the neuroscience behind the techniques.



In the morning Dr. Nornes will give a brief overview of the evolution of the brain core with the 3 evolving brains layers built upon each other. In the afternoon he will provide a segment about the role of each brain system in conflict resolution-- i.e. brain core in the attention system; reptilian brain in its rigidity, fear, and aggression; the limbic system in its nurturing and compassion; the asymmetries of the neocortex (linear filing systems of the left hemisphere including knowledge base of the issues and judgments, etc. and the holistic comprehension of the moment of the crisis of the right hemisphere-- putting "heart" into the process).

This will be a day of practical substance. We will bring the science right into practice for everyday use and long term effectiveness.

I truly believe and practice the philosophy that conflict provides us with opportunities to go deeper into understanding, awareness, joy and wholeness – once we know how to alchemize it into its highest level.

Please join the party. We expect it will be even more powerful and even more fun than last year.

Sincerely,

*Meryl Runion, CSP*

*Dr. Howard Nornes,*

*Inspector Smart, Connector Sweet, and Director Strong.*