

Empathy, Compassion, Vulnerability and Hope – Human Connection is the Key

We all live in a world full of possibilities for joy, happiness, and fulfillment in our lives. The “pursuit of happiness” is not just a quote within the US Constitution, but a an ideal and goal for most people. Unfortunately, our fellow human beings continue to experience harmful behaviors such as interpersonal violence, sexual assault, substance abuse, and death by suicide.

No matter what we have done or continue to do, violence against people by other people continues to plague our homes, workplace, schools, and communities. Human connection in our modern society appears to be struggling and perhaps even dissipating – we seem to be challenged to be connected in meaningful ways.

But there is real hope! We can build a better world! We have great capacity to make genuine change for the better in our lives and the lives of others. Authentic human connection is the key.

Authentic human connection is essential for leaders, helping professionals, first responders, court systems, organizations, family members and friends. It is a central component in treating others with dignity and respect. This will enable us all to assist those impacted by human-caused disasters which in turn may reduce the impact and assist in healing process. Authentic human connection is also essential in the primary prevention or reduction of harmful behaviors.

What is “authentic” human connection and why is it so very important? This presentation will provide insights and practical ways in which to improve our connectiveness with others. Empathy, compassion, vulnerability, and hope are all essential ingredients in authentic human connection. The presenter will provide research findings along with practical ways and examples in which to enhance our ability to connect with one another and to enhance these skillsets with those we work and live with and those other human beings we support.

Objectives:

- Define authentic human connection and its importance in harmful behaviors response and prevention efforts
- Discuss key ingredients of authentic human connection to include empathy, compassion, vulnerability, and hope that support comprehensive primary prevention
- Identify practical skillsets to increase authentic human connection within ourselves and others
- Provide hope to that we can individually and collectively make this world a better place