

ColCo Collaboration Coaching

Within ♦ With Others ♦ Family ♦ Community ♦ Organizations ♦ Nations ♦ World



Sandy Hinden



Collaboration Coaching

Beyond
Competition
Addiction



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Introduction Invitation

Collaboration Coaching

Beyond Competition Addiction

Dear Friend,

Have you ever wondered why you can't get the pieces to fit together to fulfill your important project, even though you are connected to great people?

I've been part of many projects that I have seen not bear fruit, though the people worked very hard and were brilliant. I couldn't figure out why they didn't collaborate better. Some always had one excuse after another as to why they couldn't do what they said they were going to do, or some just stopped communicating.

It was all so frustrating, and then I realized many people are not deeply collaborative, just when they needed collaboration, to help others and the world.

After learning for many years about self-help and recovery programs, I created this program to help people learn to collaborate and give up any competition addiction they may have. If you would like collaboration coaching, feel free to contact me.

Sandy Hinden

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Collaboration Coaching

Beyond Competition Addiction

It can be frustrating to try to convene urgent global action between disparate organizations and networks, only to be met with territoriality, ego, or dismissal.

Every day matters. Everything we know and love is at stake, yet two billion highly-educated, caring people in universities, NGOs, foundations, and nonprofits usually don't deeply work together to change the system while 52 dictators, billionaires, and corporations collude to keep the oil, gas, and coal flowing, and madmen create wars threatening nuclear holocaust.

WE NEED TO WORK TOGETHER

yet we find it hard to do that because the system has us competing for attention, positions, and funding.

It is our responsibility to push back against these systems. We need to collaborate and coordinate to be more effective.

Phoebe Barnard & Sandy Hinden

Collaboration Coaching

TO SAVE HUMANITY ON EARTH

We need to collaborate to figure out how to create a sustainable planet where people flourish.

Right?

We have been saying that for 10 years. So why is it so hard to "just do it"?

It is because:

- 1) Our reward systems are based on competition, and we compete with each other for attention, positions, resources, and funding, even in universities, nonprofits, NGOs, and the UN.
- 2) Many people are Competition Addicts and can't collaborate even when it would be in their best interests to do so.

I welcome the challenge of helping you, your family, your organization, and your networks of organizations trying to help save Earth and humanity, *learn to be highly collaborative.*

It is not easy. It is baked into the system to compete... our way into extinction.

How weird is that?

Unless an advanced species learns to collaborate to
end war with itself and preserve the environment,
it goes out of existence due to competition with itself.

End of story... *or the beginning of a new story?*



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Collaboration Coaching

I estimate that

10% of the public is deeply and consistently collaborative

20% are collaborative when it is in their interest

30% are generally competitive

30% are hyper-competitive

10% are authoritarian-controlling

Collaboration Coaching can help you:

1. Understand how you developed your competitive pattern.
2. Understand why many in civil society, non-profits, non-governmental organizations, and governments compete when we need them to collaborate to solve problems.
3. Understand the deep value of collaboration in healthy relationships, organizations, and governance locally, nationally, and globally.
4. Succeed by being comfortable collaborating in a world of competition.

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Competition Addiction

Competition Addiction

The reason why winning feels so good is because it is actually largely chemical.

There is a hormone in our brain called dopamine, which is linked to pleasure.

When we win, we produce more dopamine, which triggers a good feeling in the reward area of your brain, that you want to experience again and again.

When people compete often, the brain gets used to the dopamine, which makes that winning feeling difficult to achieve.

Consequently, we may have to complete more and more to feel the same level of pleasure.

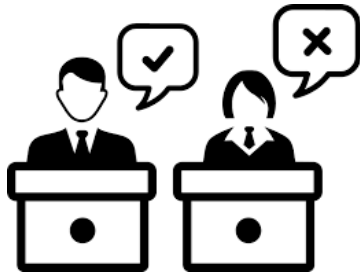
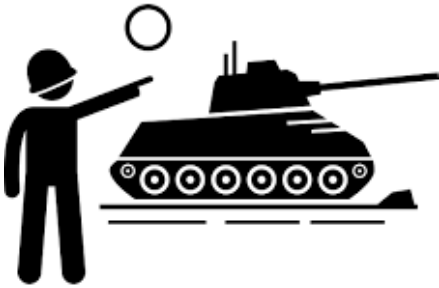
Competition Addiction

Adrenaline, also known as epinephrine.

An adrenaline rush can feel like anxiousness, nervousness, or pure excitement as your body and mind prepare for an event.

Competitions
can also give you
this rush of epinephrine.

Competition Addiction



School
Sports
Gaming
Gambling
Gangs
Politics
Work
Business
War



Collaboration Coaching

is for people who want to recover from

Competition Addiction

because they sabotage collaboration,
even when it is in their best interest
to collaborate.

Competition Addicts

sense when others are just
promoting themselves
and it triggers their competitiveness.

People can be hyper-competitive self-promoters,
and do nothing to help others succeed,
even though they can benefit from
helping others succeed.
They can't collaborate.
They are hyper-competitive manipulators.

Hyper-competitive controllers

are found in religions creating tribal wars,
they can be mad power-lusting politicians,
and may be money-hungry businesspeople.

With these people
in leadership positions
humanity is headed for extinction.



A Collaborative Planet



Collaborative,
evolved, wise leaders and people
are needed if humans are to cocreate
a flourishing civilization capable
of sustaining Earth and humanity.

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About

Sanford Hinden

Education, Coaching, Organizing



- Sandy provides programs for libraries and organizations in person and on Zoom in personal development, communications, and relationships, and social and global development for peace and sustainability.
- He worked locally, nationally, and globally developing organizations, projects, and programs for peace, the environment, health, human services, education, and the arts.
- He helps seniors, adults, teens, and children reach their full potential and enjoy life more.
- Sandy was director of *Community Partners for Coordinated Services for Suffolk Community Council*, and executive director of the *Dix Hills Performing Arts Center*.
- In 2009, he wrote and published [7 Keys to Love – Opening Love's Door to Joy & Wellbeing](#).
- Sandy works on [Wisocracy](#) for wise democracy, wisdom, wellness, peace, and nature.
- Sandy provides coaching in collaboration, communication, habit change, and recovery.

You can contact Sandy Hinden here

References

"Sandy's whole-systems thinking is empowering and enlightening. I would recommend any educational materials he creates as of superior value."

Meg Rivers

Senior Production Specialist at HBO / HBO Max

Sandy Hinden is a very exceptional human being entirely devoted to a better, ideal world. I have known him for more than 30 years. He constantly inspired me for my work and efforts at the United Nations. He had ceaseless great ideas. He encouraged me to not give up. I would be so happy to see him in charge of a major newspaper section on good news and happiness for the people. He would be very precious for a major philanthropic organization, especially one dealing internationally. I would support his candidacy with the highest terms.

Dr. Robert Muller (1923-2010)

Former UN Assistant Secretary General

Cofounder, UN University for Peace, Costa Rica

"Sandy is an inspirational actionist! He is not afraid to ask the tough questions and explore heartfelt responses to them. The ones that have to do with how we got into this mess as humanity, and what it's going to take for us to get out of it. His wealth of experience and human kindness, combined with political savvy and collaborative working style, make learning with and from him an enriching experience, and always a joy."

Alexander Laszlo

Global Systems Educator

"Sanford Hinden is one of the most humane, compassionate, loving human beings I have ever met. He speaks and acts from deep wisdom about what people need – and what the world needs now. I trust him and have learned immensely from him."

Ronald Gross

Founder/Director, Conversations New York

Co-chair, University Seminar on Innovation,
Columbia University

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