

Communicating. So Simple A Cave Man Can Do It? Consider Trying Evolution To Say It Even Better! – 2 hour Institute

Nearly seven million years evolution has changed human physical ability and appearance, but what about human communication? Have you evolved, or do you still talk like a Neanderthal? Using what we now know and understand about the human brain we will learn to apply new strategies to be able to communicate more clearly. From implicit understandings, left brain, right brain, listening and telling, we can do it better then ever! What does the latest brain research teach us and how can we use those brain based understandings to **Say It Better?** Come evolve!

Hank Nicols

(Participants in this program will be given a link to the electronic media, ppt, and videos used in the workshop! The handout is appreciated but not required.)

Brainstormed list of difficult Conversations:

- 1.
- 2.
- 3.
- 4.
- 5.

How about a social experiment?

Maestro – Music please!

4 famous Social Experiments:

1950's Asch Conformity In Groups

1950's + A "Candid Application"

1961 Milgram's Obedience to Authority

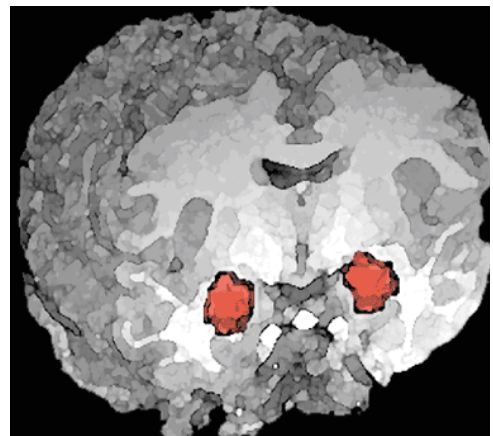
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Emotional Intelligence

And Empathy

- 1.
- 2.
- 3.
- 4.
- 5.

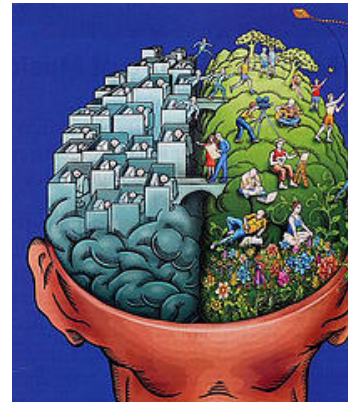
Amygdalas and what they do...



Hey bus driver lets try a listening test.....

The 5 Steps to Active Listening...

- 1.
- 2.
- 3.
- 4.
- 5.



That is Cool! – The number one problem in Communications!

Hillebrand Clinical Skills Center – Toledo

“ZOUNDS” - “I” messages are Actually this simple... But I bet you can’t do it!

When you _____ *(insert an observable behavior)*

_____ Happens *(insert an observable consequence)*

And I feel _____. *(insert a real feeling.)*

The Graduate Course

Two Rules for Improvisational Theater

1. Always
2. Always

Gift Giving

Character Interview

Emotional Car Pool

Lie Detection

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

But now what?

Let's try what we have learned!

Bio & Contact Info

Henry J. Nicols, M.S. (Hank)

Hank Nicols is a teacher, adventurer, and an international consultant in both education and business. He is co director of the International Center for Talent Development and an adjunct professor for the Buffalo State College of the State University of New York and for the College of New Rochelle where he teaches graduate courses in emotional intelligence, adventure based learning, conflict management and violence intervention. Hank has presented extensively all over the world on topics as diverse as stress management, time management, communications, and innovative training, teaching and learning. While on sabbatical Hank solo hiked the entire Appalachian Trail, (March-September, 2006) a distance of over 2,175 miles or 3,500 km of new adventure.



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