

Science, philosophy and
religion are bound to
converge as they draw
nearer to the whole.

Pierre Teilhard de Chardin (theologian)

Coaching is a way of
facilitating
self-directed
neuroplasticity.

Jeffrey Schwartz (neuroscientist)

Certain things leaders do--
specifically exhibit empathy and
become attuned to others' moods--
literally affects both their own
brain chemistry and that of their
followers.

Daniel Goleman

Fear destroys the
capacity to learn.

Bruce Perry (neuroscientist)

Reflecting on meaningful values provides biological and psychological protection from adverse effects of stress.

UCLA study

Small changes in the micro-components of the system can lead to large changes in the macro-behavior of the organism.

Dr. Daniel Siegel (psychiatrist)

The brain cannot think about emotions without reenacting, or physically simulating, that feeling.

Scientific American Mind

The heart has reasons
that reason cannot
know.

Blaise Pascal (philosopher)

By engaging in meaningful
conversations, we manage to
impose meaning on an
otherwise chaotic world.

Dr. Matthias Mehl (psychologist)

We need to acquire the ability--
the mental and emotional
wherewithal--to put our
experience into words in order to
fulfill our potential as human
beings.

Dr. Daniel Siegel (psychiatrist)

The intuitive mind is a sacred gift
and the rational mind is a faithful
servant. We have created a
society that honors the servant
and has forgotten the gift.

Albert Einstein