



Rick Hanson: Resilient Well-Being Hardwired into Your Brain



Rick Hanson, Ph.D. is a psychologist, Senior Fellow of UC Berkeley's Greater Good Science Center, and New York Times best-selling author. Explore how to turn everyday experiences into powerful inner strengths that can be hardwired into your own nervous system.

TOP EMBODIMENT TIP: Deal with the bad and take in the good, every day.

Resilience: The capacity to recover from adversity

- Resilience requires inner strength that is grounded in the body.
- The result of resilience is overall well-being, healing, learning, and growth.
- Key inner strengths that build resilience are self-worth, confidence, compassion, emotional intelligence, etc.

Building Resilience: A practice

- Most key inner strengths are acquired, meaning that we can consciously develop them.
- Through dedicated time and practice, we can change neural pathways for the better.

Neuroplasticity: How to take charge of the brain change process

- Experiences or mental states do not necessarily lead to lasting changes in the brain. There needs to be a process of integration to create the change.
- The H.E.A.L. process turns experiences into lasting physiological changes.
 - **H:** Having a beneficial experience
 - **E:** Enriching it
 - **A:** Absorbing it
 - **L:** Link positive experience to a feeling

Negativity Bias: Must be overcome

- We tend to remember the negative more than the positive.
- Through embodied awareness, we can release the negative parts and focus more on the positive aspects for integration.

Resources

- ❖ **Books:** rickhanson.net/books
- ❖ **Website:** rickhanson.net
- ❖ **Course:** Loving, Knowing, & Growing Program



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Ilan Stephani is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors”. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

ILAN STEPHANI

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