Dr. Gino Collura: The 7 Layers of Successful Relationships

Dr. Gino Collura is a dedicated researcher and motivational speaker, who has significant experience in leadership, stress management, team development and human behavior.   Find out how deep inner work benefits relationships, how authenticity and emotional regulation sharpens the ability to perceive alignment, and how discipline and awareness help to build successful, authentic, sustainable and growth-oriented relationships.

TOP EMBODIMENT TIP: You have to be still to let the embodiment happen.

Connected Disconnection: **Technology results in a disconnection from the people in front of us.**
- Through technology, constant gratification and satisfaction **emotional regulation capacities change.** Young minds find their validity and credibility through these mediums, and not through natural connected relationships.
- Martial arts training builds the discipline, emotional regulation and control needed for healthy relationships.

7 Layers of Successful Relationships:
1. **Honesty With Yourself:** Recognize what you actually are and what you authentically are not. Look deeply within.
2. **Confidence in Your Source:** Lay out all the things that **define the essence that you embody.**
- When you take the time to **look at the unknown** that is in the dark, that you don't want to recognize and shed light on, you get a whole different type of control over your mind, your spirit and your heart.
3. **Alignment for Growth:** Align yourself to exponentiate your success in relationships.
- What are the core values that you push forward as a human being, that go in alignment with **your purpose**, your source and your **core self**?   - How true are you to your **core values**?
4. **Communicate to Exchange:** Communicate in a way that allows and cultivates a **mutual exchange**.
- Build intimate face-to-face relationships that are built in sincerity and trust, with the suspension of ego and declarative-type communications.
5. **Maintaining the "Tomorrow" Mentality**: - Always take into consideration how the interaction will impact the other.
- Every interaction matters: what's said, how it's said and the amount of sincerity, all has a **ripple effect.**
6. **Emotional Regulation**: - Recognize your **Mental models** at play, which **trigger** your emotions.
- If you can master your mental models, you can **change** them. (Note: Neuroplasticity)
7. **Relentless Investment:** -Invest in the people who are aligned with you, or aiming to align, and invest relentlessly.
- The more authentic, honest and raw you are with yourself, the more your filter will become refined in perceiving others.

Resources
- ❖ **Books:** *7 Layers of Successful Relationships*
- ❖ **Social:** @drginocollura, Dr. Gino Collura

❖ **References:** Musashi Miyamoto, .Dialogue Principles, Dr. Daniel Lendy: Neuroanthropology

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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.

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