

The Connection Mindset®

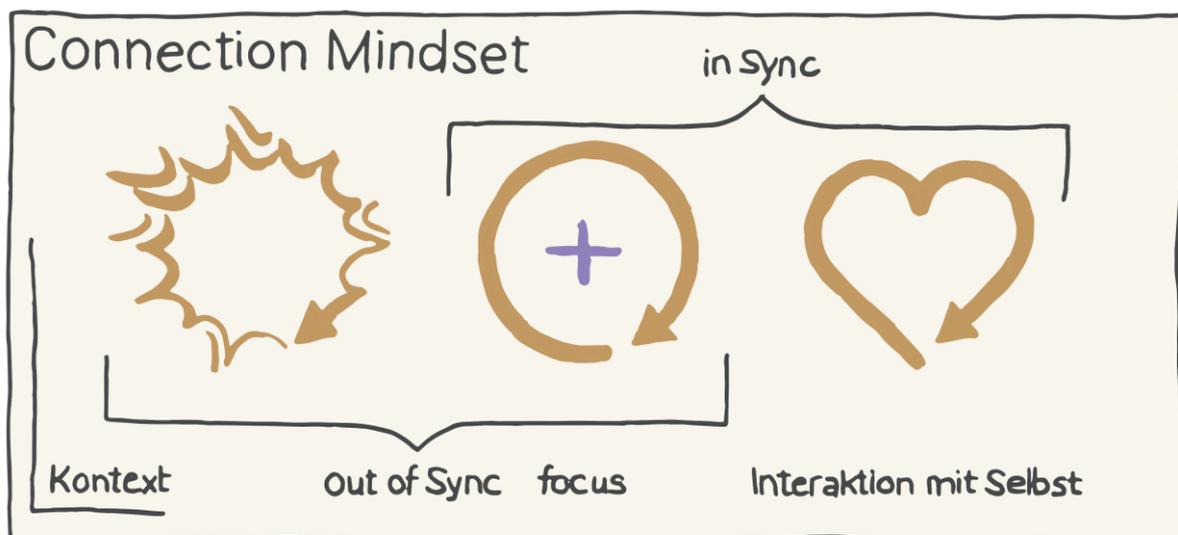
Sebastian Ulbrich & Thomas Ryser

Our experience patterns link thoughts, feelings and behaviors in a unique way.

They help determine how we behave in different contexts, how we perceive, think and feel.

Some patterns are temporary, others are repetitive, for example as habits.

Which experiences are linked in which way and how these networks then affect our lives is very specific. The formation of patterns, is as diverse as life itself, because our brain is extremely plastic.



In most cases, patterns of experience have a positive benefit for the organism, for example as reactions to certain demands from the environment or solutions to problems that arise in a certain phase of life.

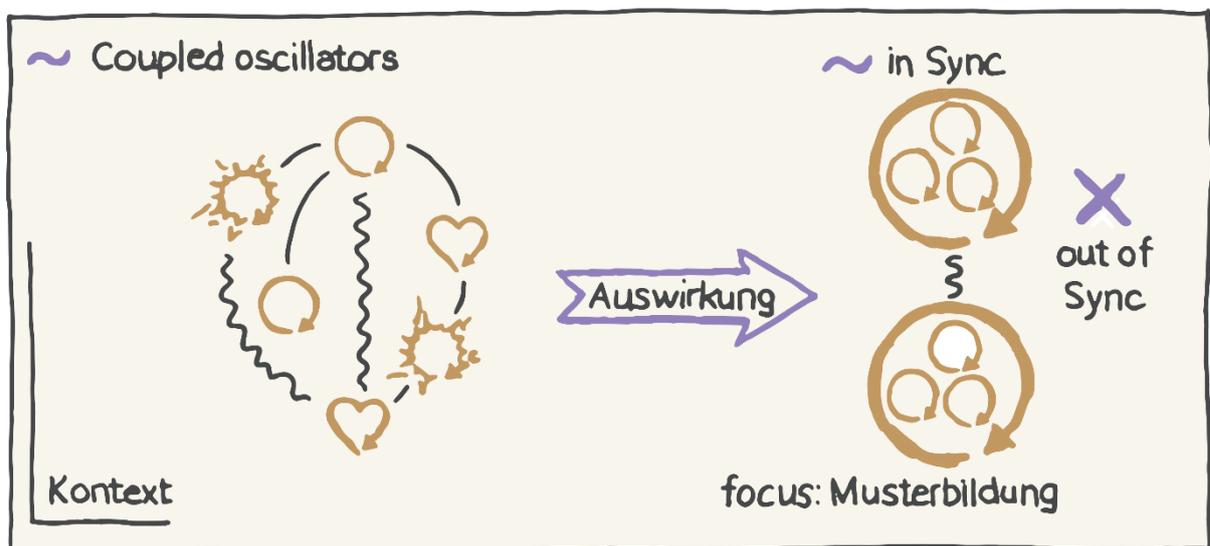
Repeated activation consolidates patterns, i.e. the more often I do something, the more likely I am to do it again. And each time a pattern is activated the likelihood of renewed activation increases ("use it or lose it" principle).

If you ever wanted to change a habit, you know how stable these patterns can be. This also has to do with neuronal networks that store our experiences holistically in different parts of the brain.

Therefore, a holistic approach that takes into account conscious and subconscious processes is best for rewiring your networks of experience if needed.

The Connection Mindset® is a consulting approach for building such a comprehensive mental attitude for a coordinated, appreciative and flexible relationship with yourself and others.

Our goal is to enable coherence between automatic, subconscious, and accessible, conscious levels of experience, while also taking into account your values, goals, specific life stages as well as social contexts.

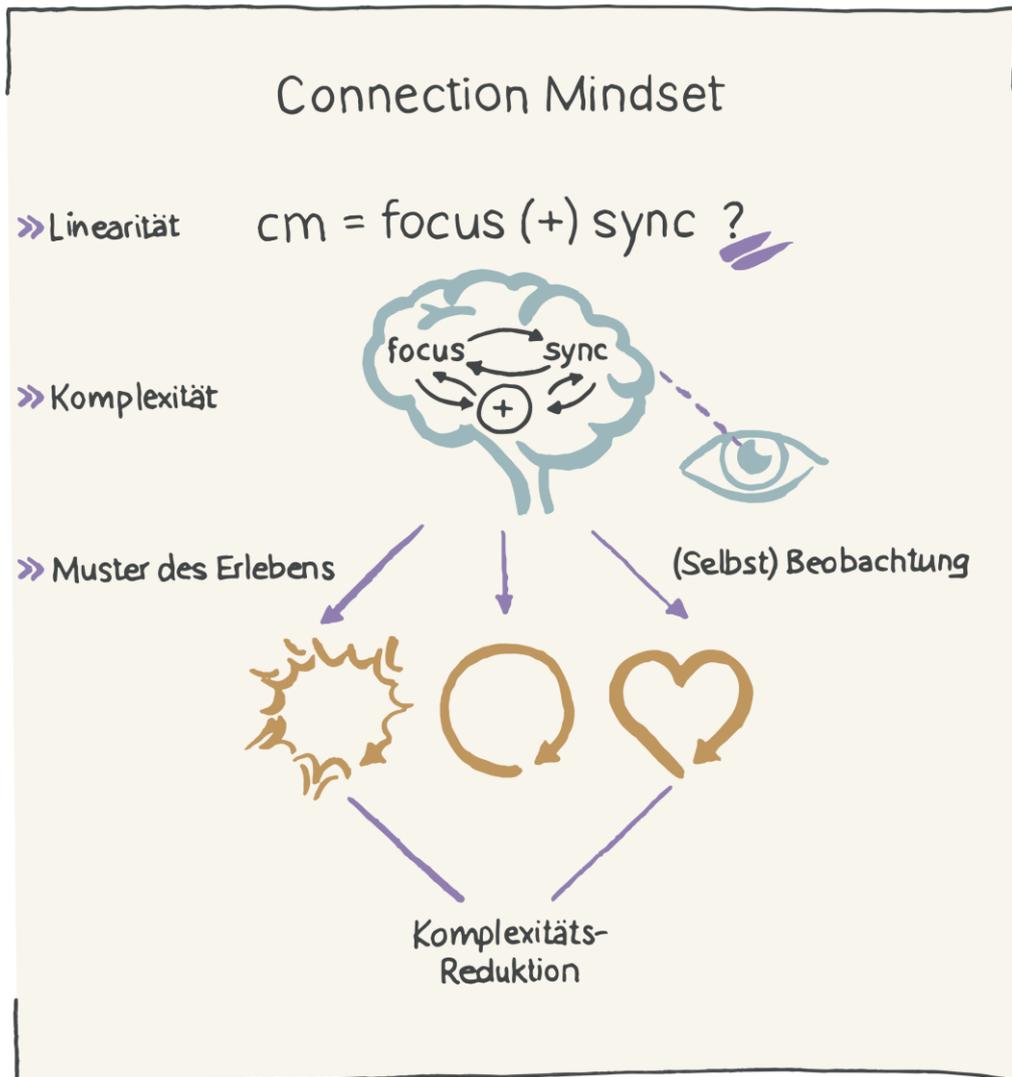


Learn to develop a mindset that builds on the principle of interconnectedness and promotes personal flexibility in thinking, feeling and acting through

- > conscious processes of directing attention (focus),
- > the inclusion of automatic processes (sync) as well as
- > building of an optimistic attitude towards your experiences (plus).

Our basic assumption is that cultivating a positive, meaningful and stable relationship with oneself, others and the environment is central to a healthy and happy life.

The Connection Mindset® approach helps people develop such constructive relationships.



Rahmenbedingungen (Ressourcen & Restriktionen)

Connection Mindset® "Zauberformel": **cm = focus (+) sync!**

focus What do I focus my attention on?

(+) Which relationships give me strength and energy?

sync How balanced and sound are these relationships for me?