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1.25 Personal Development & Mental Health CLE Credits – A/V Approval #1046032

Recording Date – February 9, 2017

Recording Availability – August 24, 2017

| Meeting Location | Date | Time | Topic |
|---|---------------------------------------|------------------------|--------------------------------|
| King County Bar Association 1200 Fifth Avenue - Suite 700 Seattle, WA | Thursday, February 9, 2017 | 12:00 PM to 1:30 PM | Heart-Intelligent Mediation |

AGENDA

12:00 PM Presentation: ‘Heart-Intelligent Mediation’, by Dr. Franca Baroni, Public Heart and Carney & Marchi, P.S.

In this experiential journey, Franca shares cutting-edge science about the power of the Heart and how it relates to mediation.

- Learn practical tools to “get out of the way”, especially when under pressure in a challenging mediation.
- Learn to move out of resistance into a receptive space and connect to heart-intelligent solutions to the benefit of mediator, lawyers and parties.
- Expect to practice and practice not to expect.
- Be ready to leave your analytical and all-knowing mind at the door and dive into your body and feelings with the curiosity of a child and the wisdom of the ages.

1:30 PM Evaluations & Adjourn

SPEAKER BIOGRAPHY:

Dr. Franca Baroni, Public Heart and Carney & Marchi, P.S. – Dr. Franca Baroni is an award-winning author, speaker, actress, intuitive and practicing immigration attorney. She holds a doctorate and master in law and is admitted to the Bar in New York and Switzerland. She is a certified family mediator in Florida and is trained in a variety of healing modalities. For over 15 years she has assisted people in connecting to their deeper selves and highest potential as well as in elevating their conflicts to new levels of understanding and resolution. She is passionate about inspiring individuals, groups and even nations to embrace a radically new system of governance and law moved by heart intelligence. For more information go to <https://publicheart.org>.

HOW DO I EARN CREDIT FOR SELF-STUDY OR AUDIO/VISUAL (A/V) COURSES?

For pre-recorded A/V (self-study) programs, although the sponsor should apply for accreditation, **lawyers need to report the credits earned for taking the course.**

To add an approved course to your roster, follow the procedures below:

- ❖ Go to the "mywsba" website at www.mywsba.org/.
- ❖ Log in.
- ❖ Click on the "Access MCLE" link in the "MCLE Info" box on your home profile page.
- ❖ Click on "Add Activity." Search to find the approved course in our system. (See search suggestions on the screen.)

Adding a Recorded Course

Select Recorded Course from the Add New Activity screen.

This will prompt you to search for the activity in case the activity has already been accredited in the MCLE system.

You can search by Activity ID or by specific Activity Details. For the Activity Details search, you can use keywords for the title, sponsor name and date.

After entering your search criteria and selecting Search at the bottom of the screen, a list of possible activities will be provided.

You can select the correct one by clicking the Activity ID. This will take you to the specific activity. Entered the date(s) on which you began and ending viewing this recorded activity.

Then claim the correct credits for which you attended this activity in the Credits Claimed fields and click the Submit button at the bottom of the page.

You will receive a confirmation message at the top of your screen stating, "The activity has been added to your roster."

Heart-Intelligent Mediation

2017 King County Bar ADR Section



By Dr. Franca Baroni

publicheart.org

Benefits of Heart-Intelligent Mediation

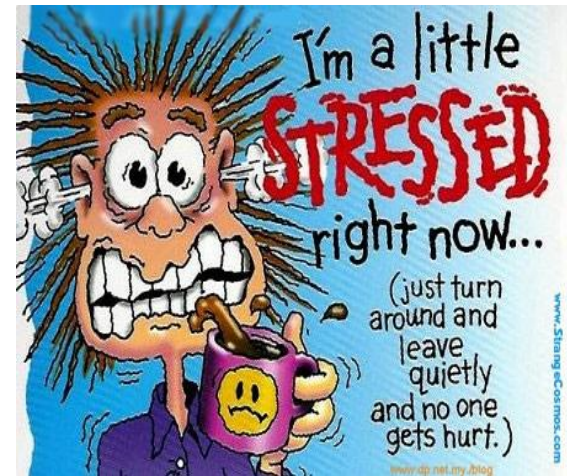
- Individual
- Settlement
- On parties
- Systemic impact



Goals for today...

- Getting inspired about the potential of heart science for your mediation
- Learn practical tools

Public Heart 



“The Heart fearlessly explores while
the mind claims, disbelieves,
dismisses, fears and even rages.”

From On Governance by Franca Baroni, © 2011



Heart...the real brain



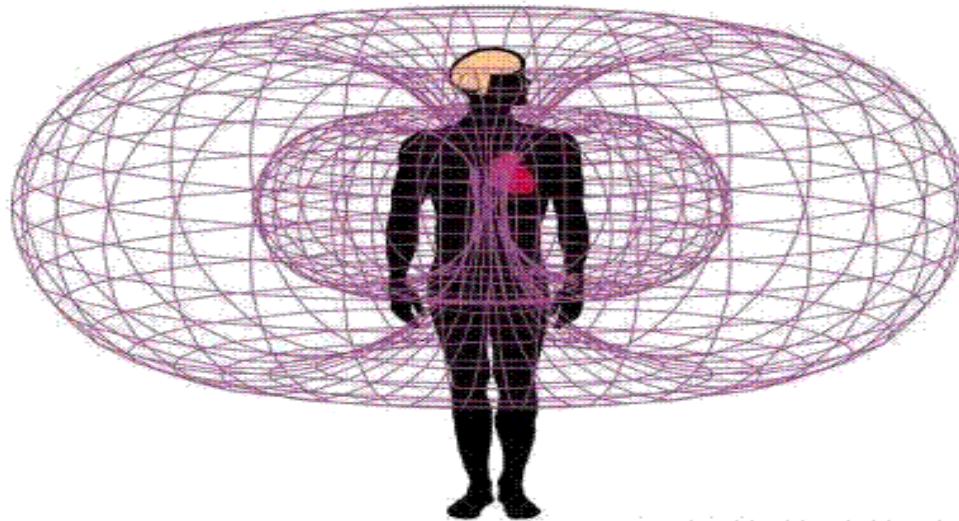
- Information processing center that sends critical information to the brain and body
- First organ developing in the womb
- Produces 100,000 times more electricity than the brain and an electromagnetic field that reaches well beyond the body
- Functioning of our brain critically depends on the signals coming from the heart

For more information go to heartmath.org - Heart Math Institute

Heart's Electromagnetic Field

The Heart is more powerful than the Brain

The Heart is about 100,000 times stronger electrically & up to 5,000 times stronger magnetically than the brain.



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Heart-Coherence

- When our brain/body synchronizes to the rhythm of the heart



- Highly efficient physiological state – little energy is wasted and body systems are working together



- Order/structure/harmony/balance

Positive feelings activate heart-coherence...

Love, acceptance, appreciation,
gratitude, compassion, respect,
joy, trust, beauty, etc.

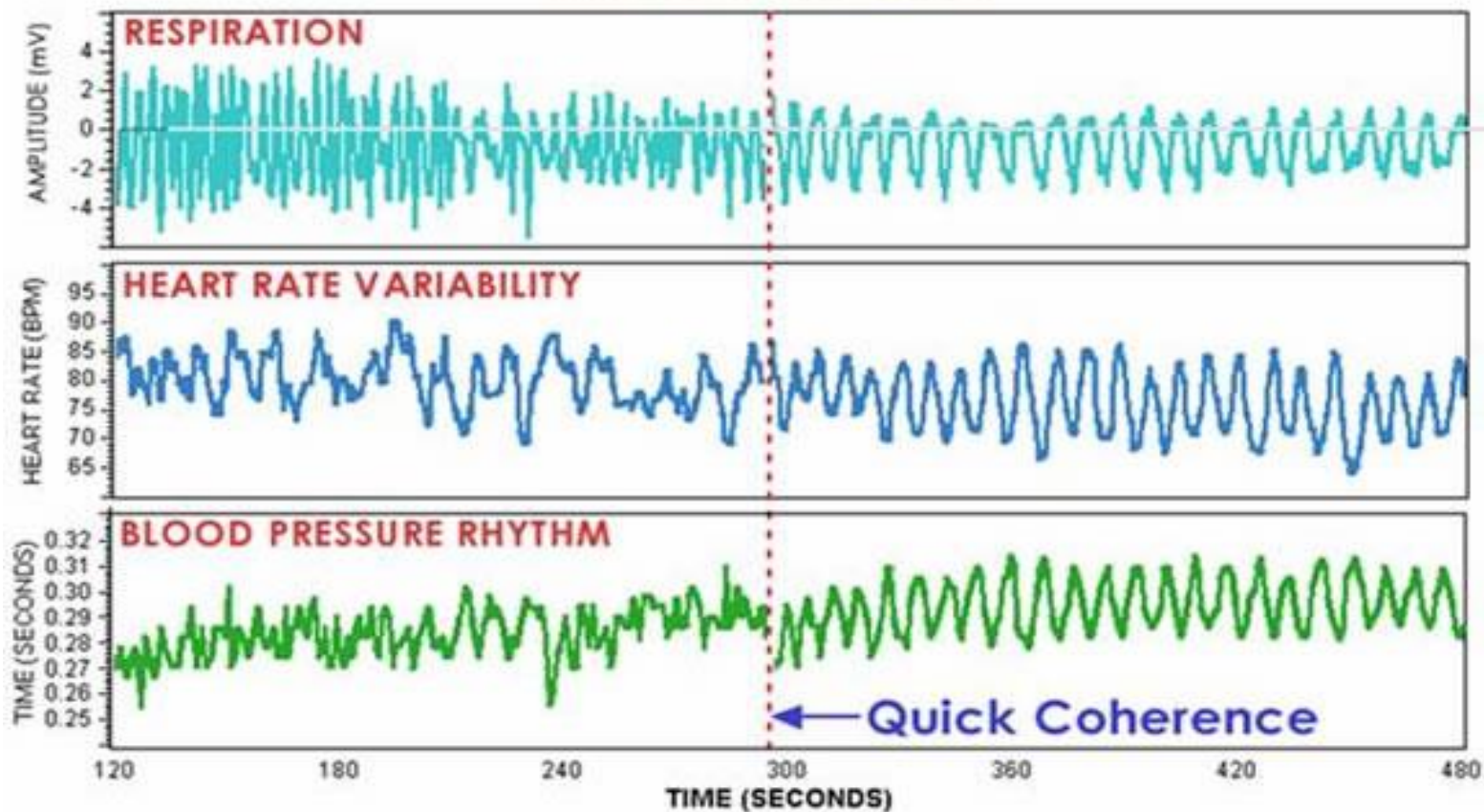


according to the 30+ years extensive
research at the Heart Math Institute

Heart-Incoherence.



The Coherent State



Copyright Heart Math Institute

Heart-Intelligence

- When heart-coherent our heart's electromagnetic field couples to a field of information beyond time and space
- Connected to a deeper wiser part of our self (intuitive heart or higher self)

See Heart Math Institute

Social Coherence



- the heart radiates a more coherent electromagnetic signal into the environment detected by the nervous system of others
- heart-coherence baseline of those around us is raised

See Heart Math Institute

We have the Power to Create Our Own Heart-Coherence...



Benefits...

- Individual Coherence  healthier mind and body
- Social Coherence  healthier collective bodies
(mediation “case”, office, courtroom, government)

How to Create Heart-Coherence as a Mediator...

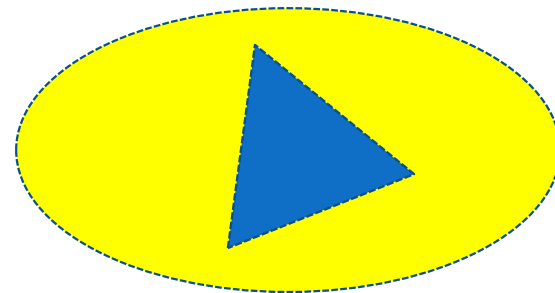
- Bring attention to heart
- Breathe and return to present moment
- Move into emptiness and observe with curiosity
- Accept, allow and embrace what arises, including your own feelings
- Listen for body sensations (even to numbness)
- Generate a positive feeling
- Connect to the potency of your heart field and emit heart-coherence into the “mediation body”





Shifting into Heart-Intelligent Mediation

- Cultivating emotional intelligence
- Creating heart-coherence with ourselves, parties, office and systems
- Tapping into our heart-intelligence to listen for new strategies and solutions
- Inspiring our colleagues



Daily personal practice... to bring into your mediation

- Gratitude no matter what
- Accept what is
- Communicate about feelings
- Allow vulnerability
- Reduce comparing
- Listen to your body sensations and feelings
- Discover what lifts you
- Engage with family & friends
- Fun without numbing

...and awaken to the POWER of the HEART...

Daily professional practice... to bring to your home

- Gratitude and appreciation no matter what for yourself, your colleagues, the parties and their lawyers
- Listen to your colleagues and clients with your heart
- Allow and focus rather than force a solution
- Hold space for a heart-intelligent outcome of your cases
- Foster prosperity: there is enough (business, clients) for everybody, today and tomorrow
- Engage with colleagues to strengthen social coherence
- Go empty and have no agenda often
- Reconnect to your values periodically and check for alignment in practice
- Relax your invariability assumption
- And much more...

...and awaken to the POWER of the PUBLIC
HEART...



For more information and consulting services:
publicheart.org

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available on Amazon, Audible or publicheart.org