



# Social Intelligence Institute

The Social Intelligence course is internet and workshop training for people at least 13 years old. The goal of the course is to help people understand the root causes of why we do what we do. These insights open the door to fundamental cognitive changes. This knowledge helps us more successfully navigate and connect with the world around us, and helps us make more thoughtful decisions about the direction of our lives.

The 11-hour internet course is an audio-visual experience with short sessions designed to be taken in sequence. It is like a jigsaw puzzle, with each session building on the last. By the last session, a full picture appears, providing greater clarity about the world, ourselves, and other people.

## By the end of this course, participants will learn:

- How to recognize obstacles that keep us from connecting with others
- How to deal with the fact that our brains lead us to be automatically biased against people who are different from us
- Why it is so difficult to change
- What a healthy relationship looks and feels like
- How to raise emotionally and socially healthy children, starting at birth
- How the developing teen brain affects thoughts and behavior
- Why we treat some people as humans, and other people as objects
- How most behavior is unintentional because 95% of what humans think, say, and do is unconscious
- How seeing the world with greater clarity, and responding to it in a more intentional way, is a conscious choice we make every day

Everyone can take the internet course for \$19.99. As an added bonus, organizations can track learner progress and completion, a useful tool for HR departments and schools.

Information about in-person workshops is available upon request.

## Sessions: Unconscious brain processing

Our conscious and unconscious brain: Ninety-five percent of what we think, say, and do is controlled by unconscious brain processing. Awareness of this fact allows us to understand why humans do what they do, and it gives us the opportunity to interrupt and change course as it is happening. (79 minutes)

THEM!: Our brains unconsciously put people into categories. Prejudice, even prejudices we aren't aware of, comes naturally because of the way the human brain works. Awareness of this helps us understand peoples' reactions and allows us to override our own prejudices. (156 minutes)

## Empirically Validated

The Social Intelligence curriculum is based entirely on research performed in the fields of neuroscience and social, cognitive, and developmental psychology. Academic journal articles for each concept are cited in the course.

Well-controlled empirical studies with adolescents, young adults, and people in mid-life reveal significant positive benefits from the program. These studies were funded by Arizona State University, National Institutes of Health, and the Social Intelligence Institute. For more information, see the recent article in the academic journal, PLOS One.



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## Sessions: Connecting with other people

Face-to-face conversations: Learning to talk to another person is a skill. Unfortunately, too many of us never learned how to do this. Obstacles often disrupt synchronicity, the biological process that allows us to "click" with another person as we are talking with them. Identifying obstacles that get in our way, along with practice, can make even "dreaded" face-to-face encounters interesting and enjoyable. (76 minutes)

The past: Forty percent of us have troubled past experiences that prevent us from having healthy and secure relationships. With careful reflection, this can be reversed. (62 minutes)

Mind-reading: Our unconscious brain has the ability to automatically inform us how others are feeling and thinking. Again, we often put up obstacles to prevent this process. We can learn to remove these obstacles, become more sensitive to people and situations, and adjust our reactions when appropriate. (68 minutes)

## Sessions: We have control, but it takes effort

Neuroplasticity: Human brains change every second, from birth to death, based on what we hear, think, say, and feel. Because we are in control of these factors, we can change the configuration of our brain. (82 minutes)

Choice: Social Intelligence is science that we can apply to our lives, but it is useless unless we put it into practice. This is a choice we make, with full realization that it takes effort. (12 minutes)