

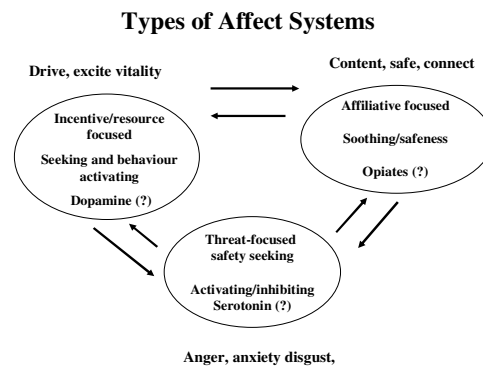
# Meetings

- **Zone of Tranquillity**
- **Peaceful, open, reflective, in dialogue and open to change**
  
- **Zone of Fight and Flight**
- **Defensive, deny, justify, aggressive**

Melissa Griffiths, Glenda Fredma

# Psychobiology

Paul Gilbert



## **Mirror neurones**

**Children do not use spoken language until 18 –24 months but understand and communicate clearly.**

**They learn very early to respond via mirror neurones to carer's communication – smile they smile, anger they withdraw or cry**

**There are also intention neurones that pick up and anticipate others' intentions.**

**Children and vulnerable people are very sensitive to this communication**

## **Meetings**

**So when we meet people we need to make sure we are in a Zone of Tranquillity to help people feel safe.**

**Shaming and Blaming create justification, denial, defensiveness and aggression.**

**We also need to enhance our listening to our own mirror and intention neurones so we know what messages we are giving out**

## **Einstein**

- “The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.”
- ~ *Albert Einstein*