

Re-Invent Human Potential

Dr.Suman Kollipara
City of Burnaby

www.peacetree.ca

Center for Wellness & Oneness





Skills and Intelligence



- **What if you can access the Source of Potential**
- **What if you can tune into ‘You’**
- **What if you can Re:Invent ‘You’**



My Personal Journey



Human Potential



CONSCIOUS LEADERSHIP



Multiplication of Potential

- Peace Tree Innovations Society
- Educate, Experience, Enlighten
- Helping others realize Peak Potential

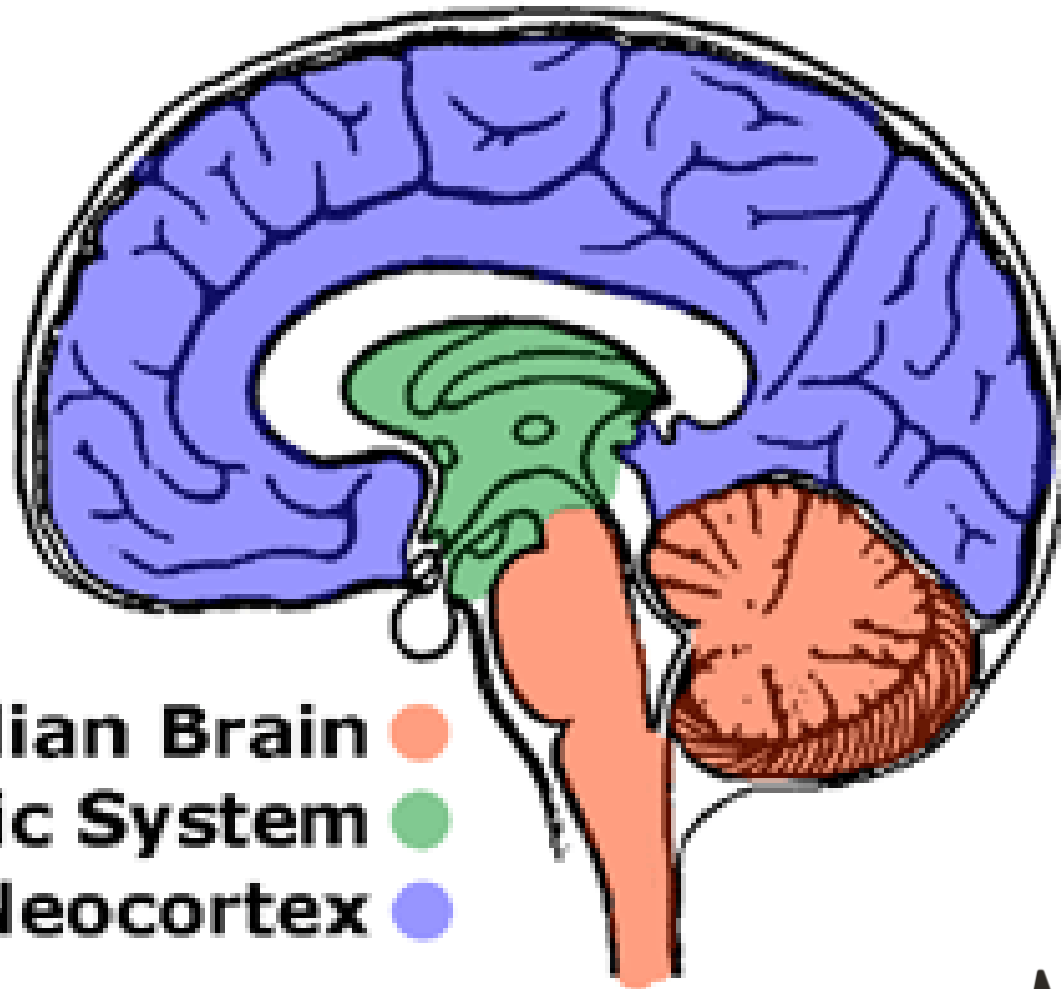


Neuroscience and EI



Center of Intellect & Emotions

The Evolution-Designed Brain



- Reptilian Brain ●
- Limbic System ●
- Neocortex ●

Mirror Neurons



Dr. Donald Hebb

Father of Neuropsychology and Neural Networks

Mental states become neural traits. Day after day, your mind is building your brain.



Neurons that fire together...
wire together...

Human cells respond in healthy, unhealthy ways to different kinds of Happiness – Eudamonic and Hedonic

Fredrickson B, Karen M. Grewen, Coffey KA, Sara B. Algoe.



Dr. Barbara Fredrickson

- It's Better for Your Genome To Do Good For Others Than For Yourself
- At the cellular level, our bodies respond better to a sense of connectedness and purpose in life.



Experiments

City of Burnaby
Fire Department



Variable	Very Low	Low	Moderate	Good	Very Good	
Ability to deal with stress in the workplace?	2 4.9%	2 4.9%	14 34.1%	19 46.3%	4 9.8%	Total: 41
Ability to concentrate and maintain your attention at work?	1 2.4%	3 7.3%	14 34.1%	18 43.9%	5 12.2%	Total: 41
Emotional balance at work?	2 4.9%	3 7.3%	12 29.3%	20 48.8%	4 9.8%	Total: 41
Level of Empathy when interacting with your co-workers? (i.e. your ability to put yourself in their position or understand their perspective)	1 2.4%	2 4.9%	9 22.0%	18 43.9%	11 26.8%	Total: 41
Level of Compassion when interacting with your co-workers (i.e. ability to have concern for others and take action)	1 2.4%	2 4.9%	5 12.2%	22 53.7%	11 26.8%	Total: 41

Question 1 - After your participation in the sessions, how would you describe your:

Variable	Very Low	Low	Moderate	Good	Very Good	
Ability to deal with stress in the workplace?	0 0.0%	1 2.6%	4 10.3%	25 64.1%	9 23.1%	Total: 39
Ability to concentrate and maintain your attention at work?	0 0.0%	0 0.0%	6 15.4%	26 66.7%	7 17.9%	Total: 39
Emotional balance at work?	0 0.0%	0 0.0%	4 10.3%	20 51.3%	15 38.5%	Total: 39
Level of Empathy when interacting with your co-workers? (i.e. your ability to put yourself in their position or understand their perspective)	0 0.0%	1 2.6%	5 12.8%	20 51.3%	13 33.3%	Total: 39
Level of Compassion when interacting with your co-workers (i.e. ability to have concern for others and take action)	0 0.0%	1 2.6%	3 7.9%	19 50.0%	15 39.5%	Total: 38

Prison Project


Surrey Correction Center



Chris [redacted] [redacted]
[redacted]

I felt calm and at peace,
I was able to think clearly
and work out some inner
problems.

I enjoyed the session and
am eager to do it again.

Thank you Sunita. 

Chris
[redacted]

I feel glowing

- happy

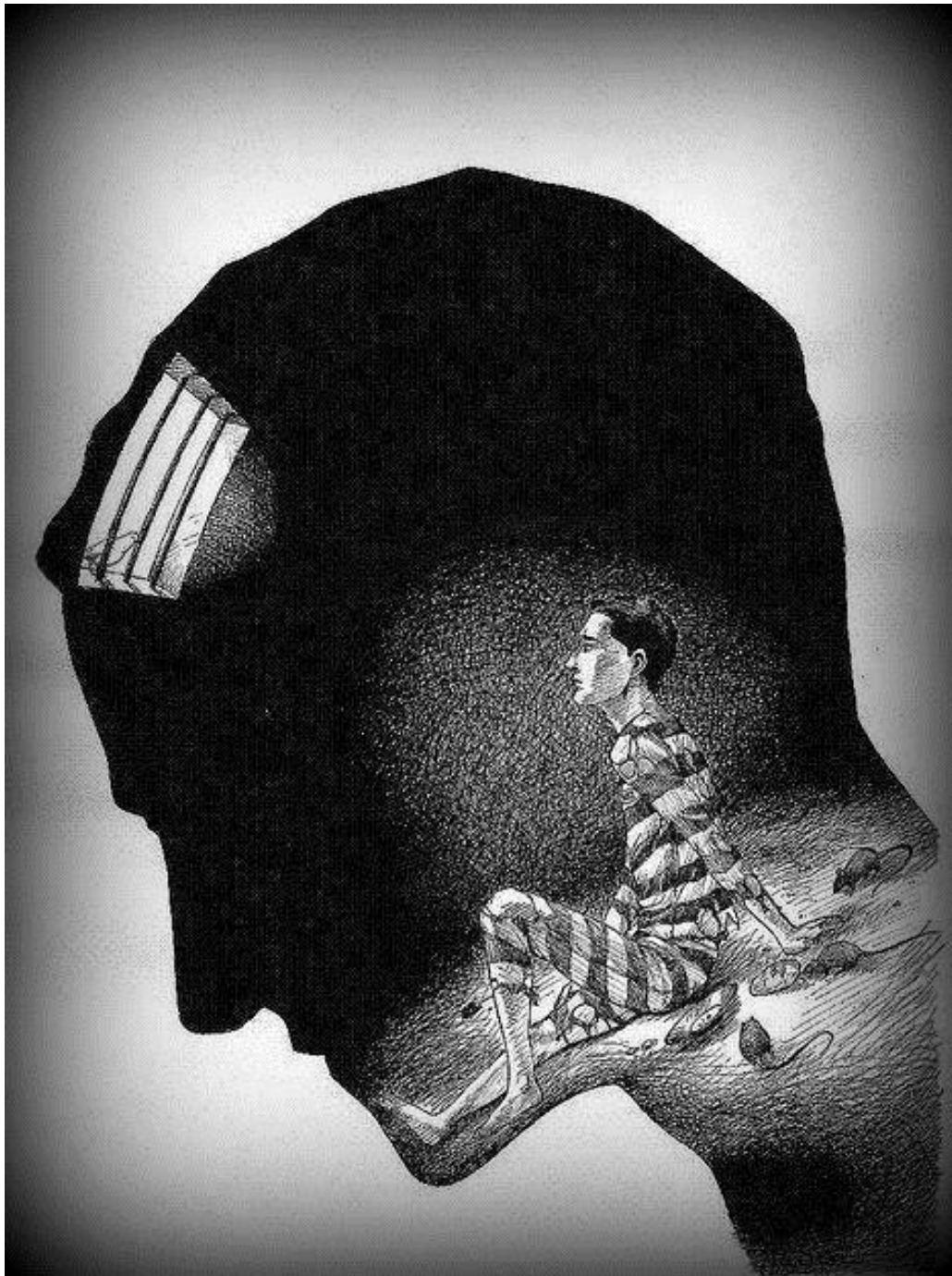
- mellow

- excited

- rested

- aware

- at peace



Source, Not Re-Source



Sookshma - Microcosm

Re:Invent Human Potential

- Take time every day to care for the **self**
- Smile and empower the **self**
- No matter what, work on the **self**



BREATHE & SMILE



Dr. Richard Davidson, Harvard Neuroscientist
Center for Investigating Healthy Minds



In the next 20 years, people will regard mental exercise in the same way as physical exercise



Let's take the Brain to Gym & Be the Change



Thank you for your Precious Time

www.peacetree.ca

www.sookshma.ca

Hope is a good thing, perhaps the best ever thing, Good things Never Die

Ancient Sage for Silicon Age



Sookshma
A Path to
Wellness, Fullness, Oneness

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