

What people are saying about . . .

The Connection Practice

“We ought to all be taught this approach in kindergarten.”-A. Hartman

"I felt like a new world of possibility opened up for me to identify what might be going on for myself and the other person in conflicts. I've always had difficulty handling conflict. This gave me a safe process and a vocabulary to work with."

“In the afternoon of the second day of the BePeace [a.k.a. The Connection Practice] training, I needed to contact my ex-husband to discuss the childcare status of our son for the rest of my training day. At that time, he and I had not been able to have a productive conversation since our son was one year old, approximately 14 years prior. I am grateful to say that this phone call was the first time in 14 years that we were able to have a constructive conversation related to the topic we needed to discuss that did not derail into negativity, criticism or blame. Over the years, I have incorporated many spiritual practices into my life including meditation, prayer and more. However, given the timing of this terrific turn-around with my ex-husband, I believe that BePeace is a very powerful tool that generates real change in our lives quickly and powerfully. I am truly grateful for BePeace!” -Pauline P.

"Ellen's passion and enthusiasm for the Connection Practice, alongside her ability to provide a safe and supportive space creates a rich, fertile environment in which to explore and grow. She brings a deep understanding and command 'of the work' that is only attainable by someone who lives 'the work.' Ellen is a gift to anyone who wishes to gain greater awareness and clarity around the driving forces in one's relationship with self and others." — D. Gangloff

“What is amazing to me is that insights for conflicts occur nearly 100% of the time this technique is employed.” A. Riddile, Captain, U.S. Navy, retired" My time is extremely limited. Spending a big chunk of my free time was very worthwhile. I'm excited to learn more and continue with the practice."

"This is a way to tune into your mind and heart for more fulfilling connections with yourself and with others - on and off the table." - L. S. Rich

"The course was wonderful! I learned a lot both intellectually and emotionally (head and heart). It was paced well, clearly explained, and had well written handouts as support material. The science was important to me as it increased my faith in this kind of process (I can be quite a skeptic) . I'll be able to put it to use in my ongoing growth."

"Instead of just outwardly asking students to calm down, I now have a deeper way to speak to them about reaching their hearts." - P. Turner, M.Ed, C.A.S.

"I am truly grateful for this class. In a few short hours I learned powerful strategies I can implement in my life."