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**CONNECTING
LEADERS
.....
CELEBRATING
COMMUNITY**



**JUNE 25-27
DULUTH**

**DULUTH ENTERTAINMENT
CONVENTION CENTER**

[LMC.ORG/AC25](https://lmc.org/ac25)

A Celebration of Strength in Community, Connection, and (yes) Chaos

Presented by:
Karith Foster

IN  VERSITY



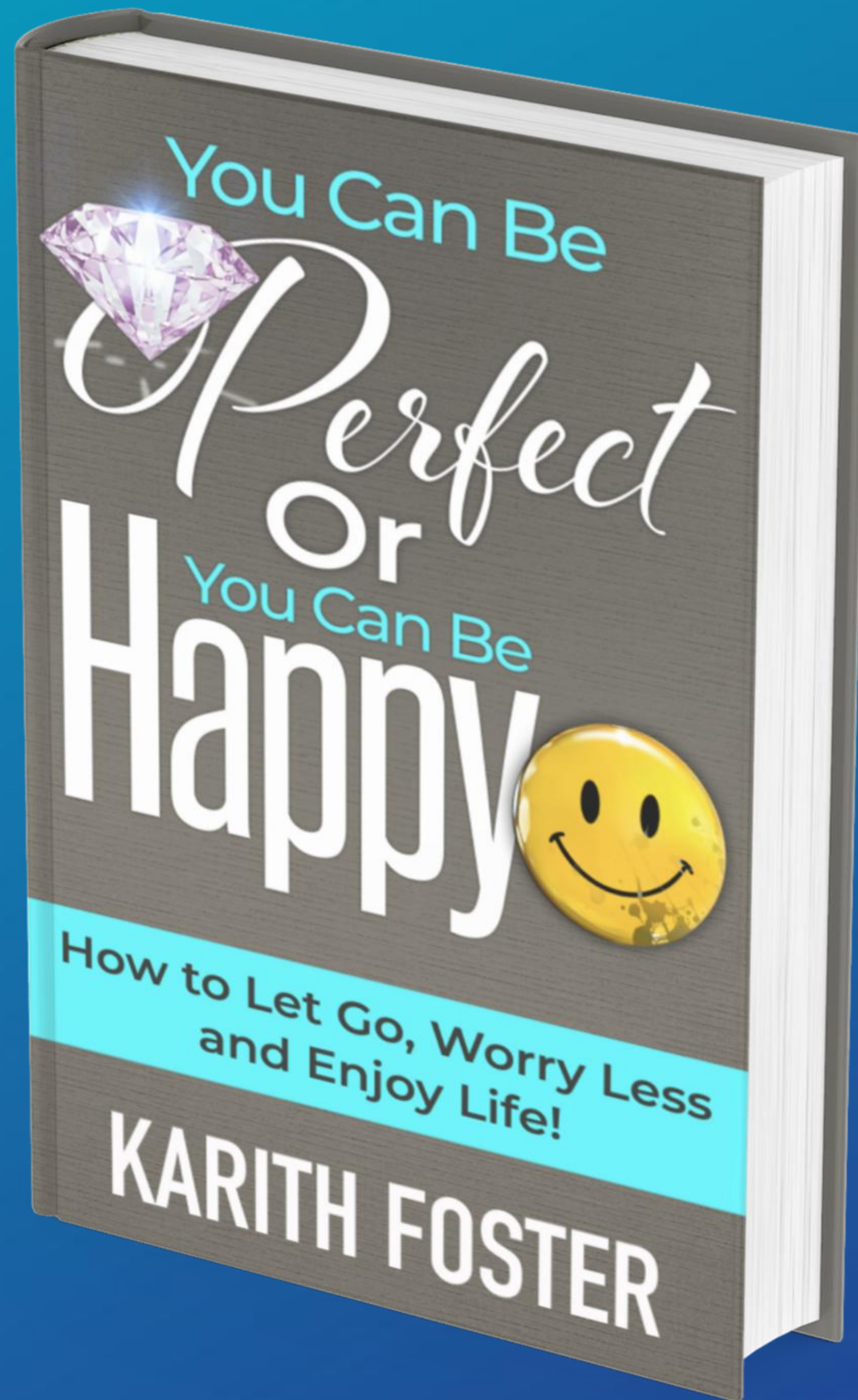


Who is Karith Foster

- Corporate/University Lecturer
- Fortune 500 HR Exec Admin
- Author
- Radio & TV Personality
- Comedian/Humorist

Shameless Book Plug

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Who is Karith Foster

- Corporate/University Lecturer
- Fortune 500 HR Exec Admin
- Author
- Radio & TV Personality
- Comedian/Humorist
- Mommy



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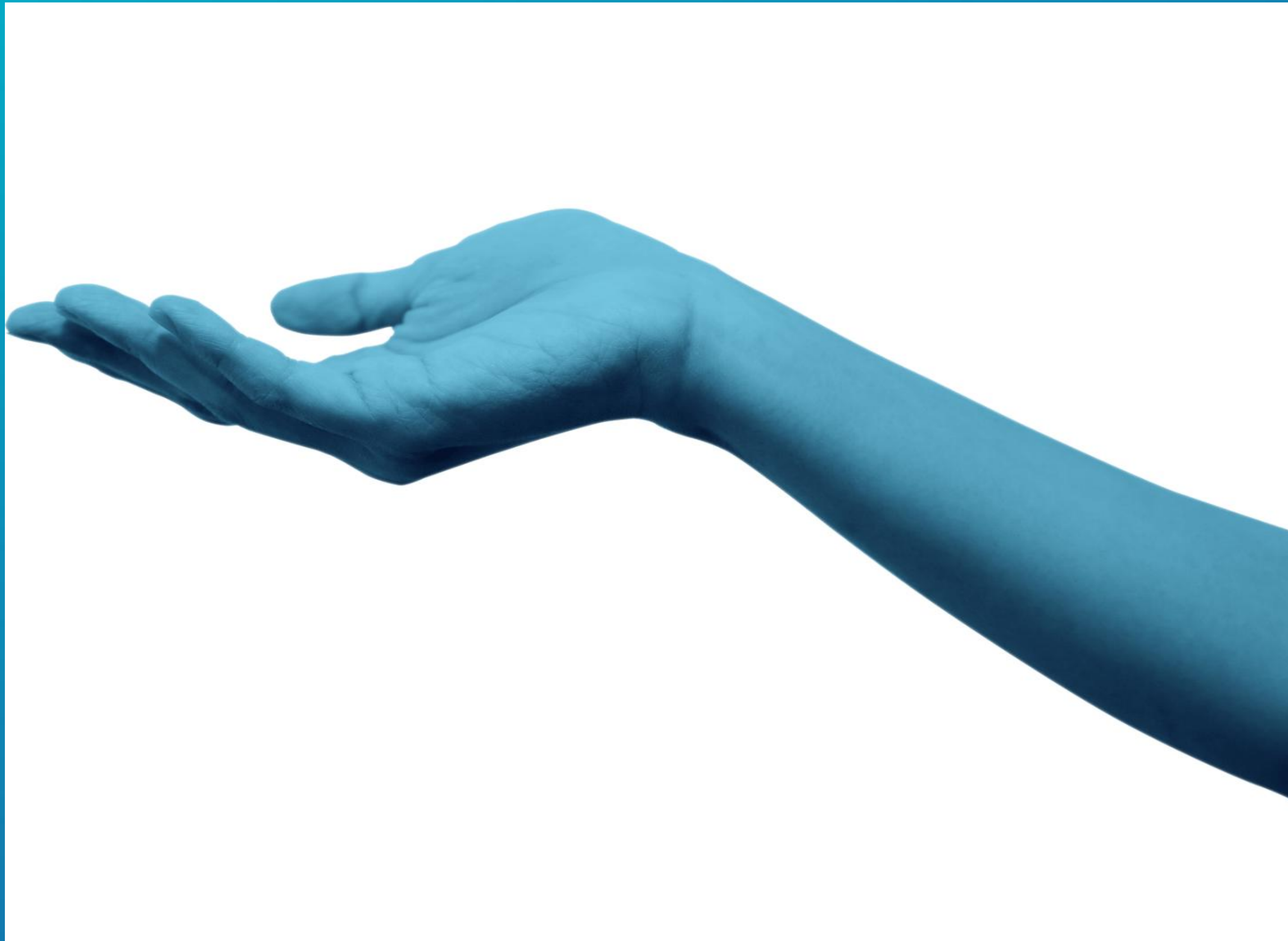


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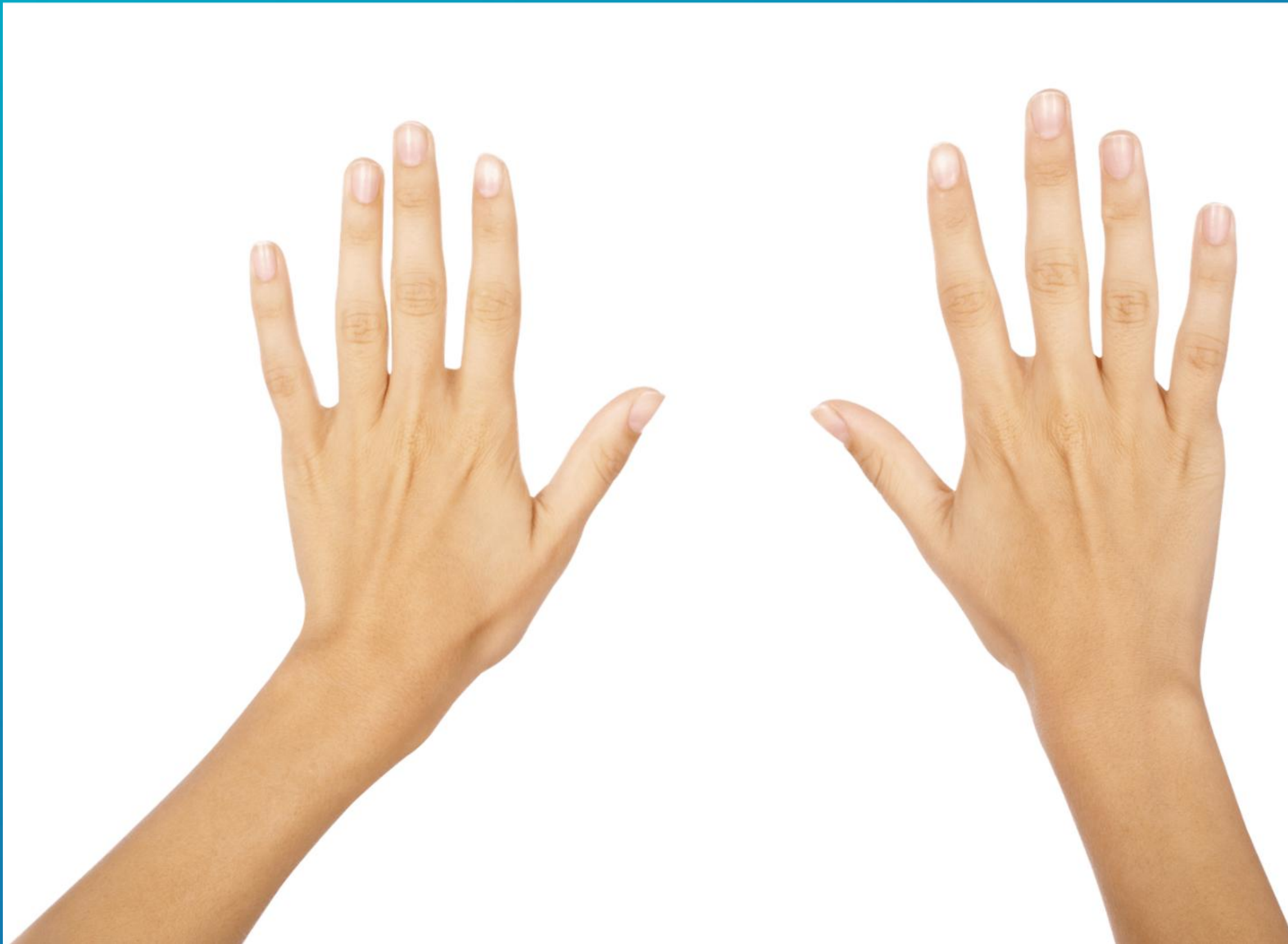
Now is the perfect time to celebrate all who make up our vast communities of Minnesota Cities. Now is the time to utilize our “superpower” soft skills to strengthen relationships, bonds and connection to one another and those we serve. While change and chaos are inevitable, they are merely opportunities to recenter, refocus and stay the line of putting people first. Karith Foster will reignite your passion and offer insightful ways to stay on this honorable and exciting mission of celebration and support.

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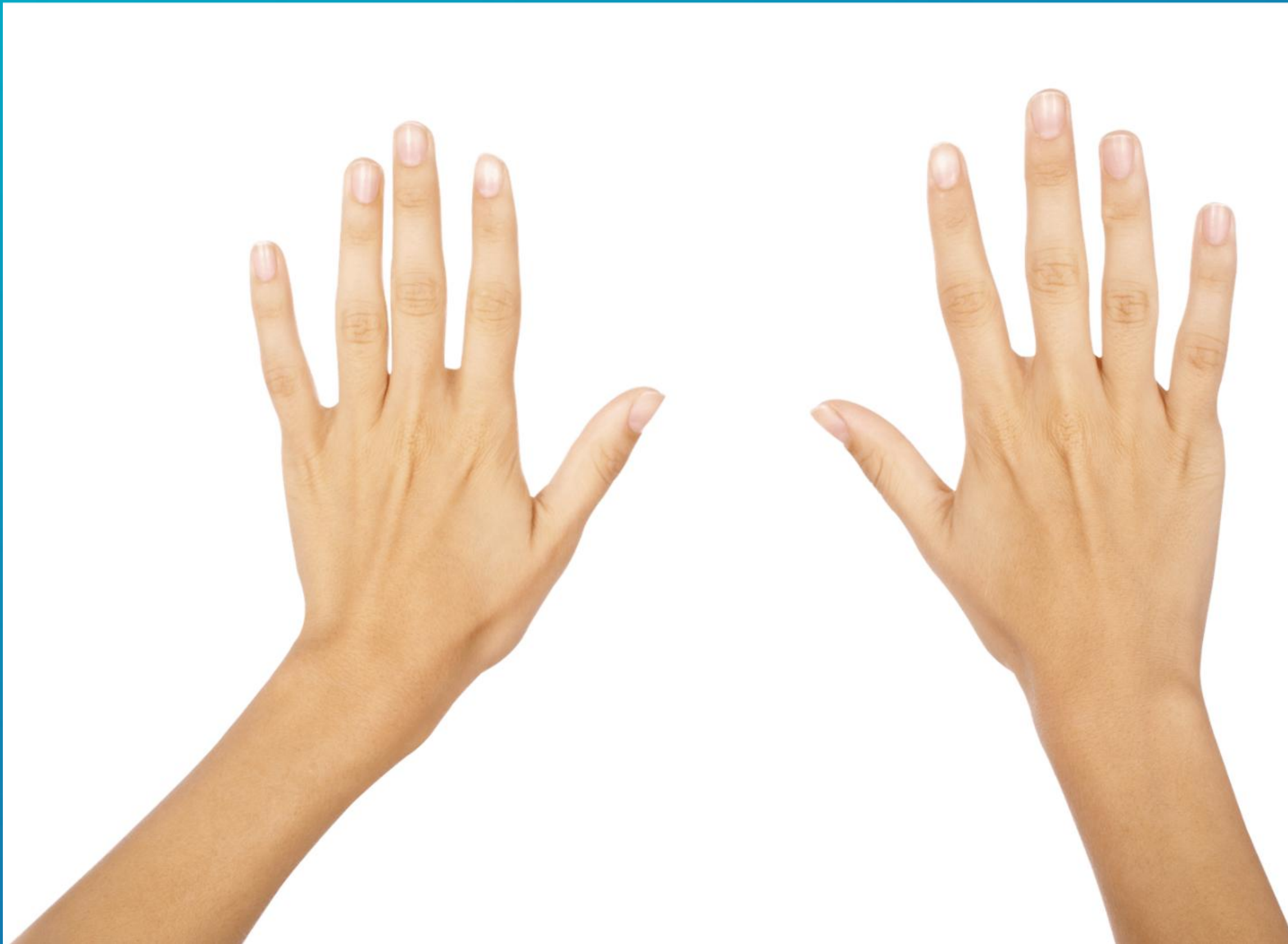
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GROW BIGGER

8x

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IN^VERSITY

Go Back to
Normal
6x

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IN VERSITY PRINCIPLES





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Awareness

Knowing and having acute understanding of a person, subject or situation



INVERNESS UNIVERSITY



Were you aware...?



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Awareness

Ability to see what was
unseen before



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Were you aware...



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What are you
aware of about
owls?



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Were you aware
of this?

Our Epidemic of Loneliness and Isolation



2023

The U.S. Surgeon General's Advisory on the
Healing Effects of Social Connection and Community



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**DIV:
DIVIDE
DIVEST
DIVORCE**

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A New Way to Talk
~~Diversity~~

INVERSITY™

INVER



SITY

**We don't have a
“diversity” problem.
We HAVE a
connection
problem.**

~Karith Foster

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Superpower Soft Skills

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Set Intention



Optimism



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Remove Fear



Laughter



Empower

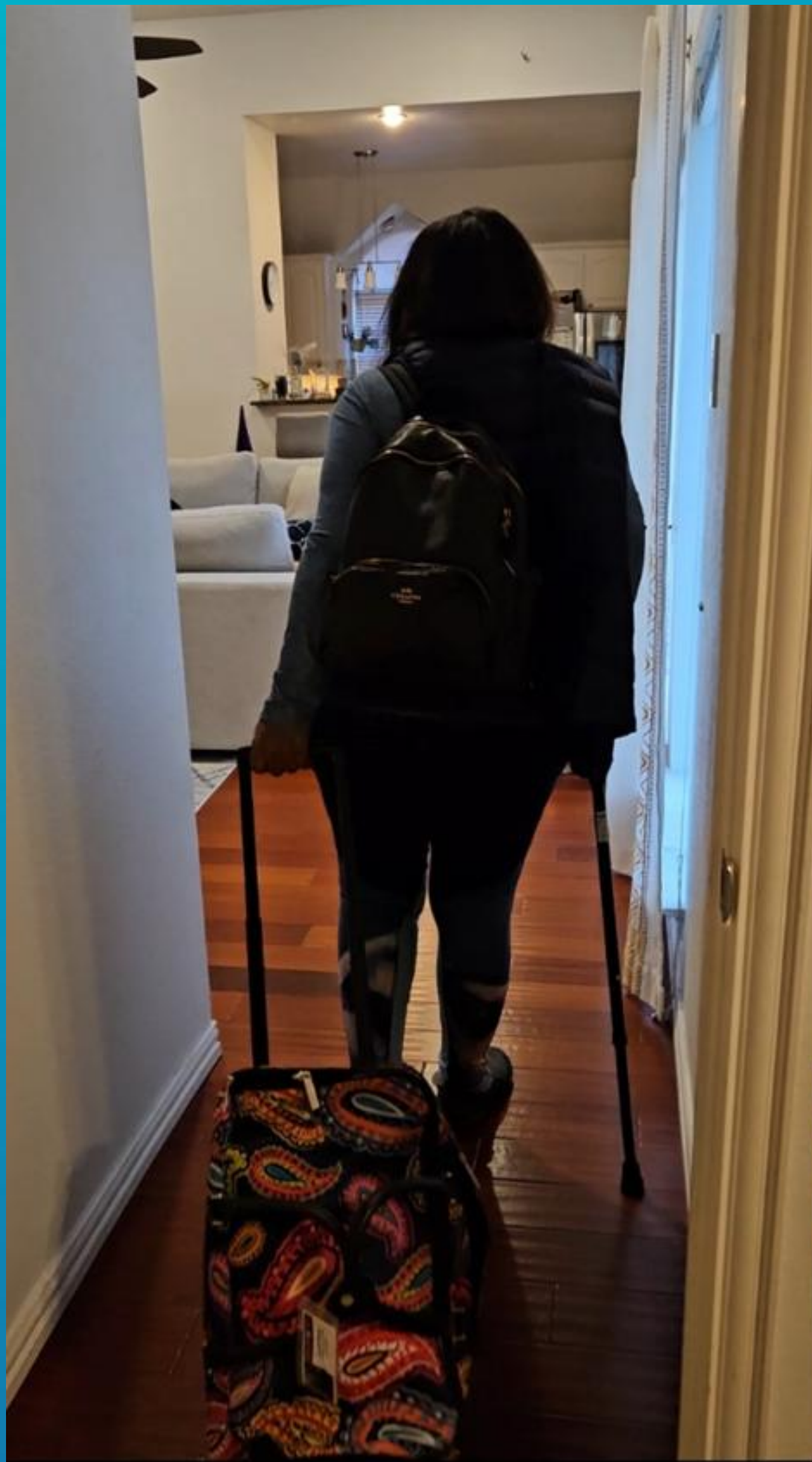


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Let's Talk Chaos



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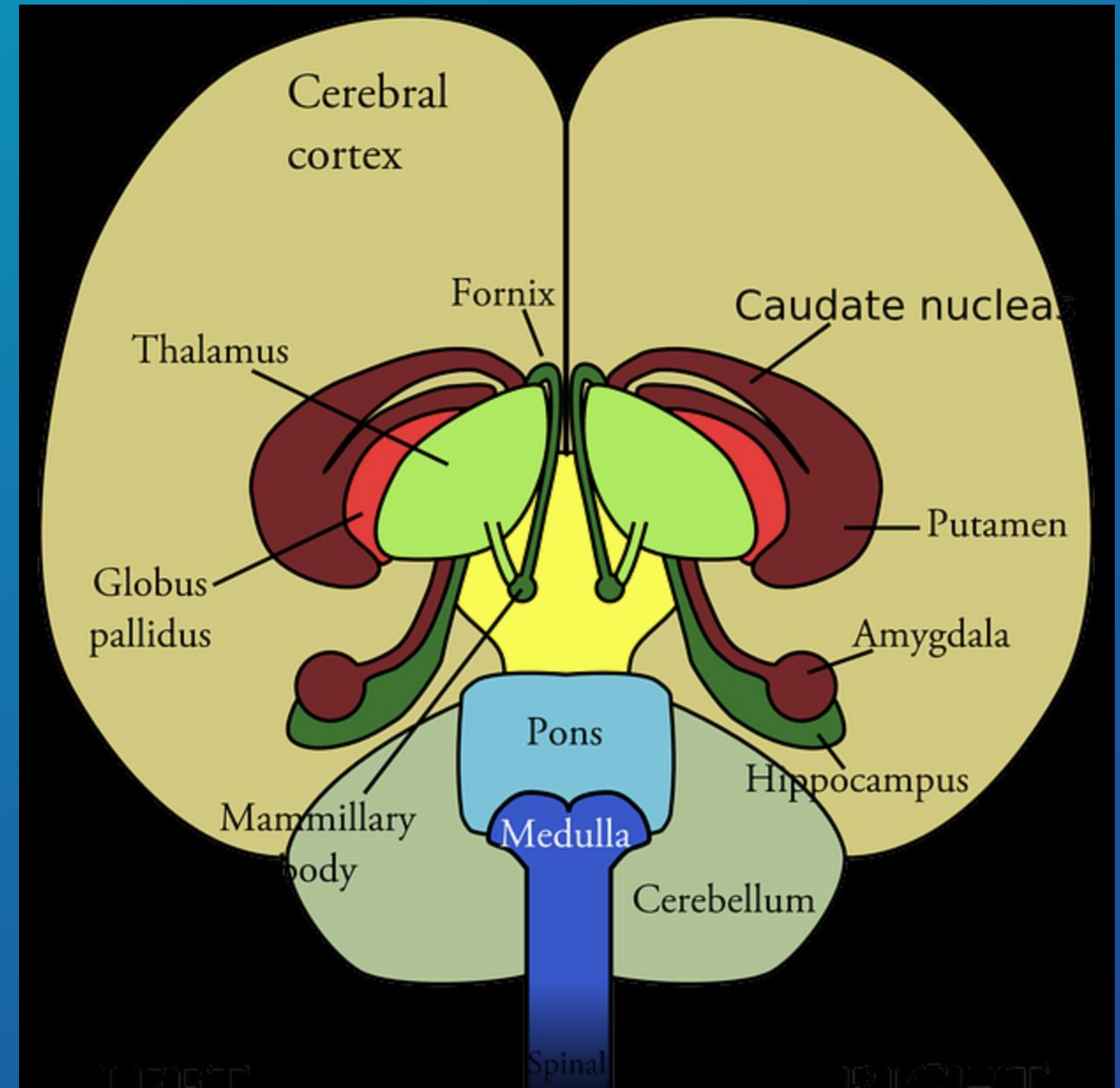


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Neuroscience

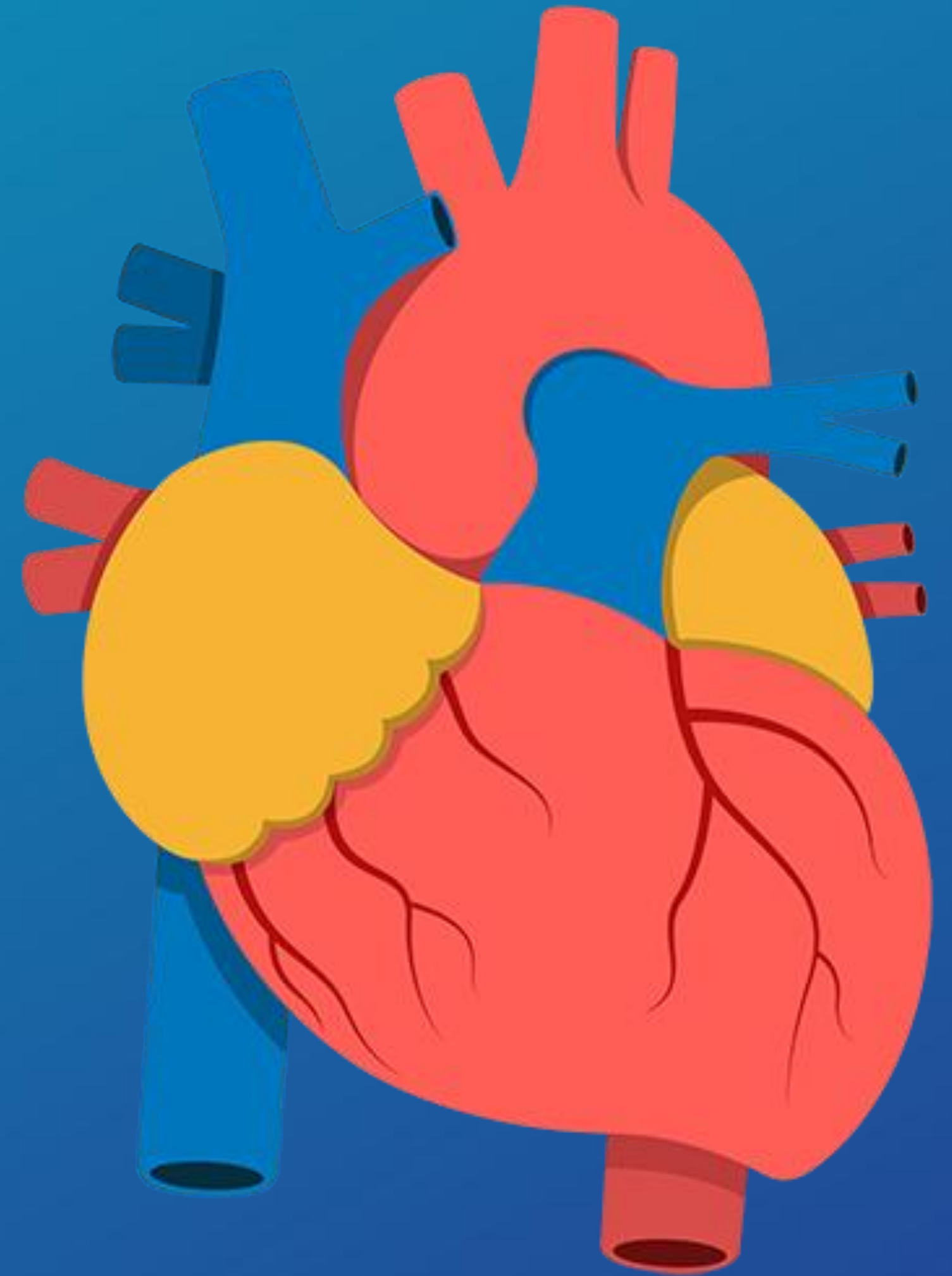
- Amygdala
- Filters information regulated by our emotional state
- Calm = Clarity
- Fear = Fight, Flight or Freeze

*The MindUp Curriculum. [brain-focused Strategies for Learning and Living].
New York, NY: Scholastic, 2011. Print.*



Neuroscience

The Human Heart



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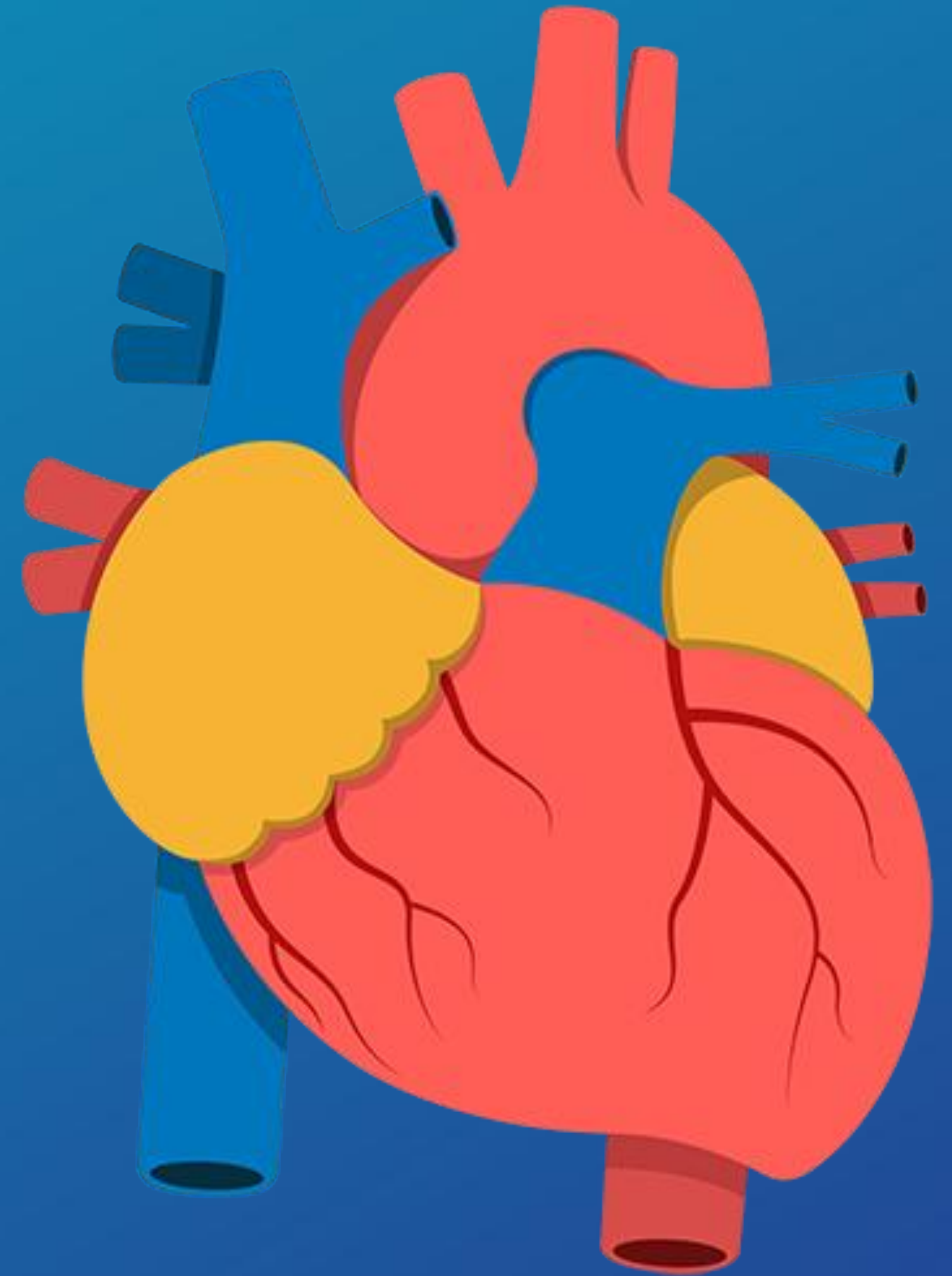
Neuroscience

40,000 sensory neurites
(like brain cells)

Learn ♥ Feel ♥ Reason
♥ Sense ♥ Remember

*1991 Discovery by J.A.Armour, J.L.Arielle Neurocardiology
(Oxford Univ. Press 1994)*

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**HOW DO WE
CREATE
WORKSPACES &
CULTURES OF
BELONGING,
INTENTION AND
RESPECT?**

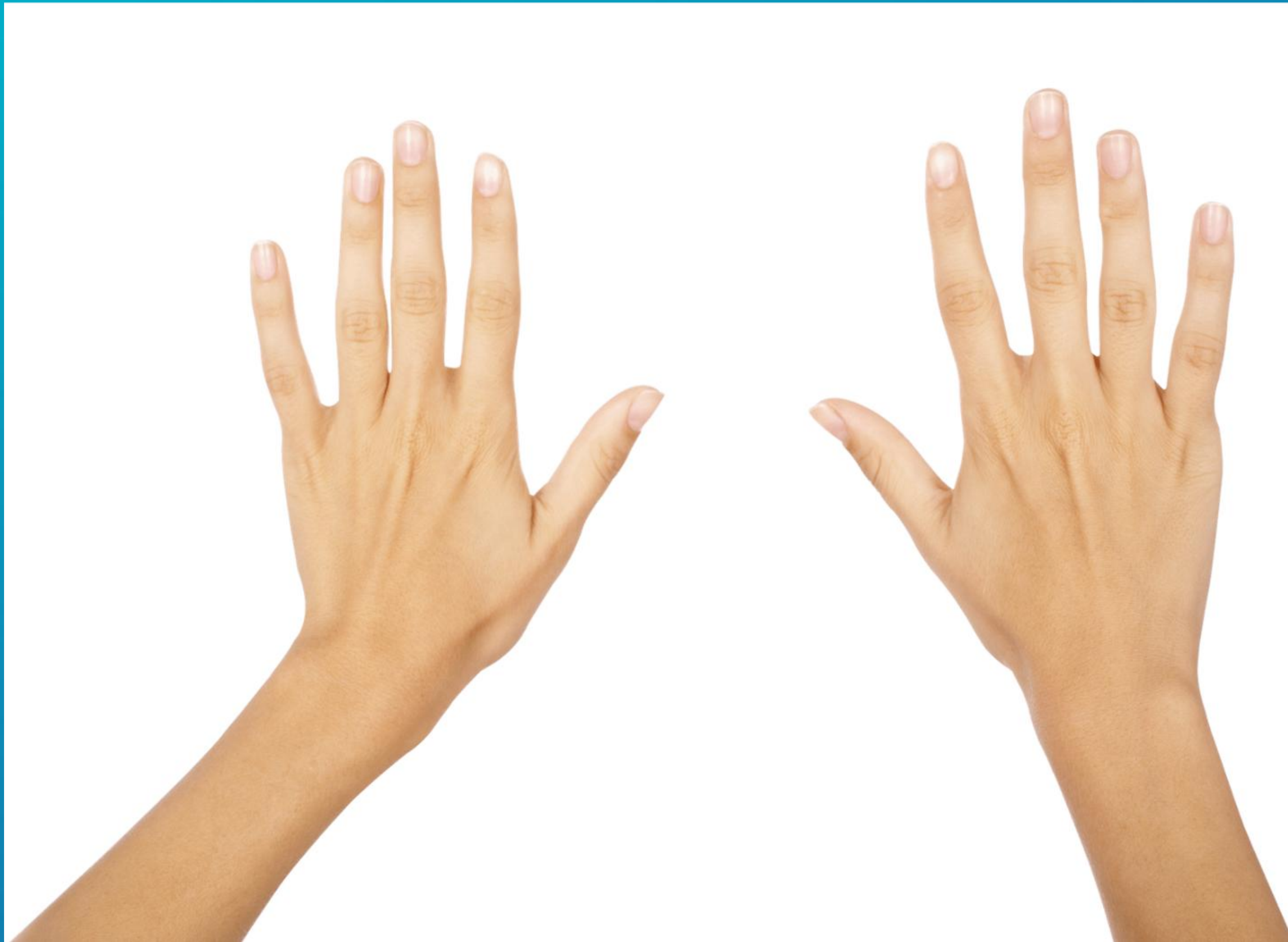


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The INVERSTY™ Solution

**CHANGING
BEHAVIOR FROM
THE INSIDE OUT**

INVERSTY



**Whenever
you feel
unsure.**

**Look at your
amazing
hands.**

THANK YOU



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