



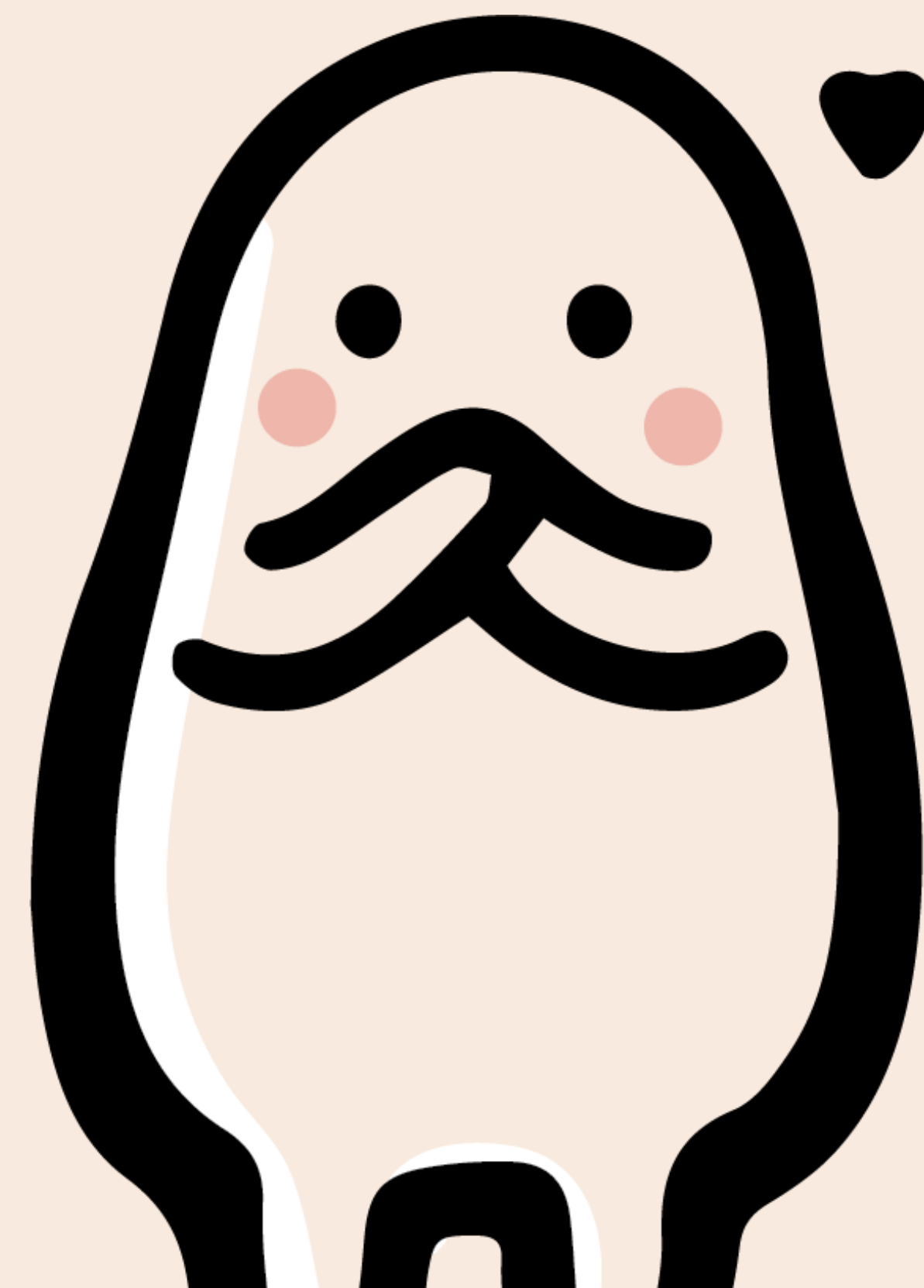
Humans 101

The Prequel

Speaker, Colleen Rinken

Disability Service Provider Network Conference

October 1, 2025



Mission

To recognize the expertise of humans in their own experiences, foster growth, and promote healing through collaborative learning and relationship building.

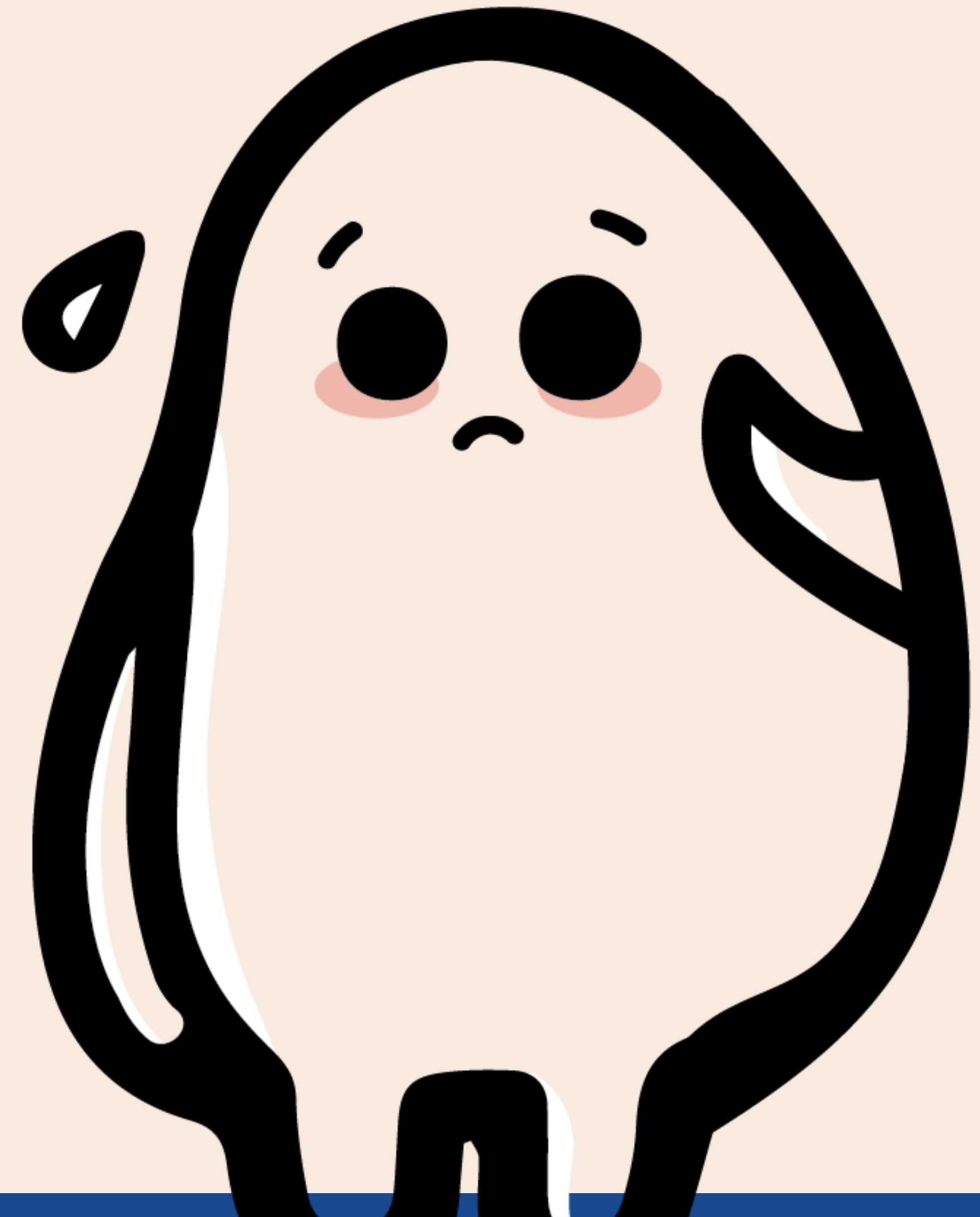
Vision

By moving from policy to people,
whole humans will see whole humans.

Feelings

Facts About Feelings:

- Some are positive
- Some are negative
- Everybody has them
- All are normal



Examples of Feelings

Sad



Internal feelings were meant to be shared

Event occurs

Feelings about it
based on our
perception and
history

Share feelings

Verbally or physically

Fact versus what is learned

Fact:

Positive and negative feelings are O.K.

Learned:

Feelings are Good or Bad

Good Feelings=O.K.

Bad Feelings=Bad



Defenses

- All are normal
- Positive and negative
- Everybody has them
- Protect feelings
- Are subconscious
- For emergencies only



Subconscious Defenses



Parts of the Brain

Reptile

- The reptile-automatic brain, the one we share with lizards and snakes.



Parts of the Brain

Animal

- The animal-feeling brain contains all our feelings, positive and negative, and it thinks, but only concretely.



Parts of the Brain

Human

- The human-thinking brain, we are born with it, but it is not yet developed, and it can take 25 years! It thinks intellectually.

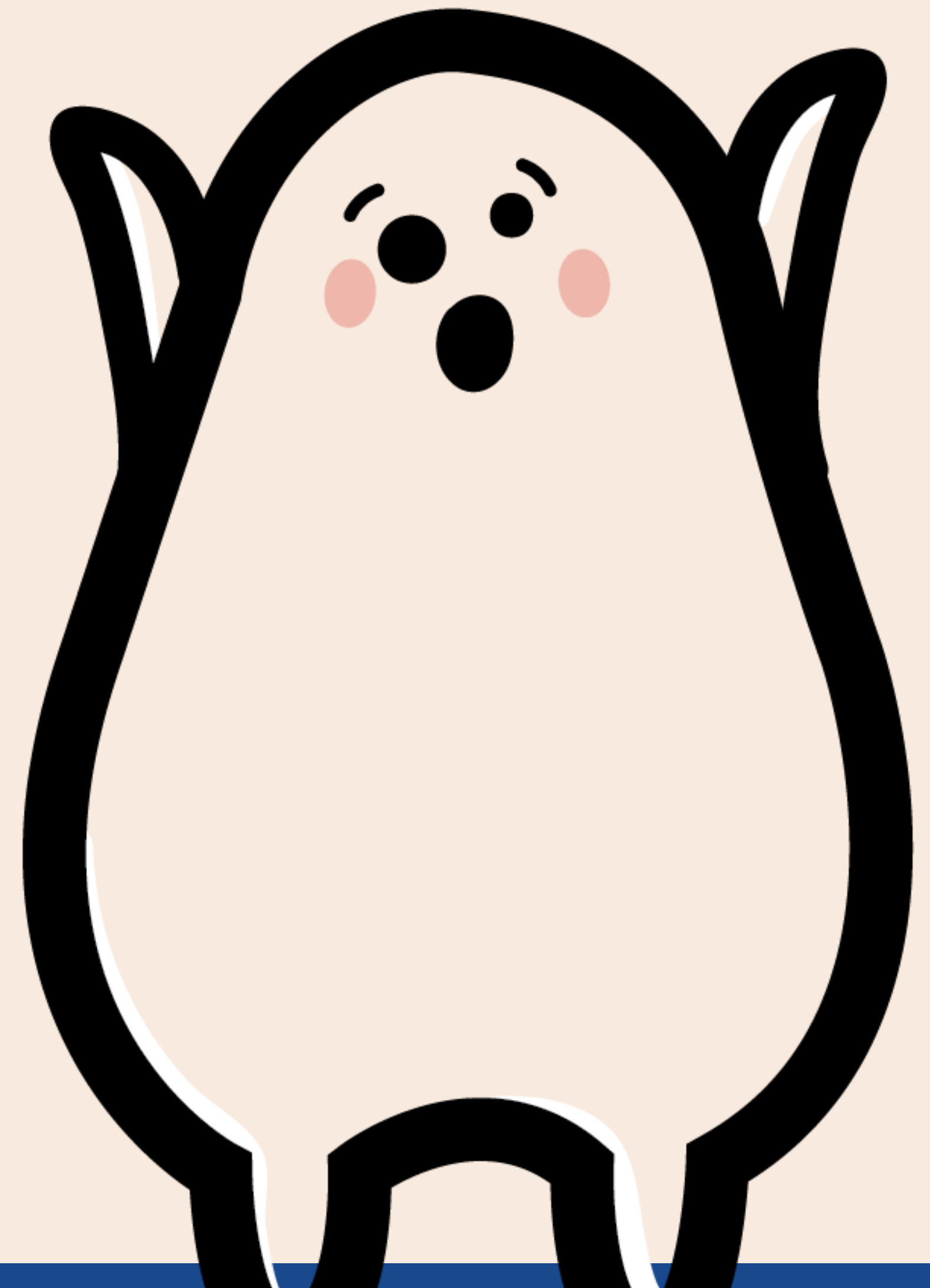


The Three Parts of Communication

7% Words – What we say

38% Tone of Voice – How we say it (volume, pitch, speed)

55% Body Language – Facial expressions, gestures, posture



$$\boxed{E} + \boxed{R} = \boxed{O}$$

EVENT occurs we **RESPOND** results in **OUTCOME**

The only part we have control over is how we **RESPOND**



Learn More

www.positivelyhumanconsulting.com



Contact Us

welcome@positivelyhumanconsulting.com