



Hardwired for Connection

Zoë Coyle

***In the past jobs were about
muscles, now they are about
brains, but in the future they
will be about the heart.***

*Minouche Shafik
Director London School of Economics*





Dr Brené Brown









Opp. Kerner

Chicago Globe.

WEDNESDAY, APRIL 2, 1902.

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NEW SURVEY FOR
CITY OF CHICAGO.

TO THE SURVEY OF THE CITY OF CHICAGO.
The survey of the city of Chicago, which was begun in 1887, and which has since that time been continued by the city of Chicago, is now being completed. The survey was made by the city of Chicago, and the results of the survey are now being published. The survey was made by the city of Chicago, and the results of the survey are now being published.

TUESDAY NIGHT, APRIL 1, 1902.

WHO LITERATURE.

We find in the literature of the future, a new and original source of information. The literature of the future is a new and original source of information. The literature of the future is a new and original source of information.







The Connection Between Happiness and Success

Productivity rises 31%

Creativity triples

Intelligence rises

You're 40% more likely to get a promotion

You're 39% more likely to live into your 90's



The Ripple Effect of Happiness

1. Gratitude (Emmons and McCullough, 2003)
2. Journaling
3. Fun/ play
4. Exercise
5. Mindfulness



Social connection is the greatest predictor we have of long-term happiness. It is as clear a predictor of how long you will live as obesity, high blood pressure and smoking.

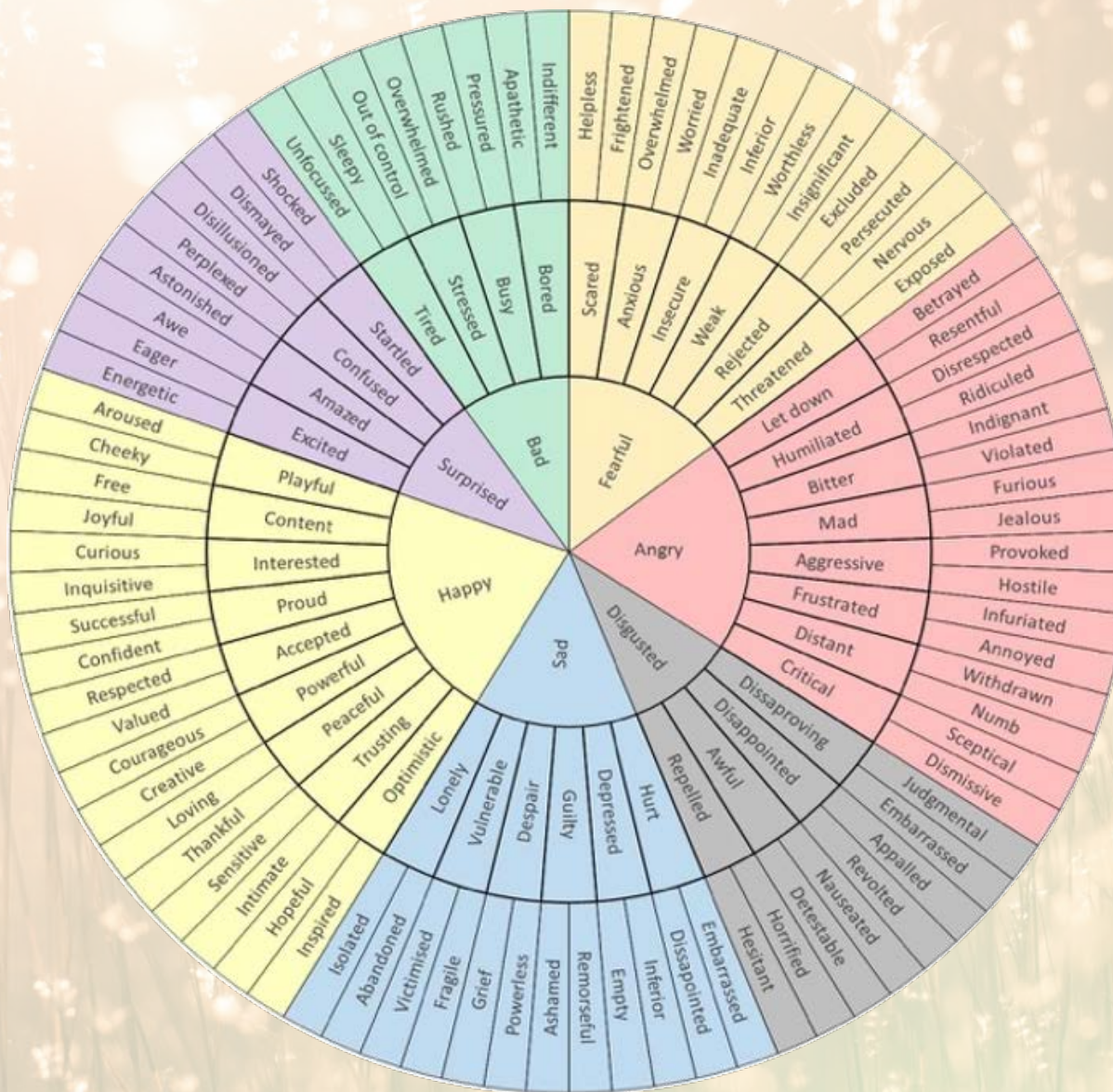




Teresa Wiseman's Attributes of Empathy

1. Perspective Taking
2. Staying out of Judgement
3. Recognising emotion
4. Communicating emotion
5. Practicing Mindfulness (Kristin Neff)

Plutchik's Wheel of Emotions





Empathy Misses

#1: “I feel sorry for you.” *Sympathy vs. Empathy*

#2: “You should feel shame!” *Judgement*

#3: “You’ve let me down”. *Disappointment*

#4: “This feels terrible. Who can we blame? You?” *Discharging discomfort with Blame.*

#5: “Let’s make this go away.” *Minimise/ avoid.*

#6: “If You Think That’s Bad!” *Comparing/ competing.*

#7: “Don’t upset people or make them uncomfortable.” *Speaking truth to power.*

#8: “I can fix this and I can fix you.” *Advice giving/ Problem solving*



***Do you believe people are
doing the best they can?***



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