

inform engage inspire

Welcome to the Common Ground Speaker Series 2017-2018. We hope you will join us for a new season dedicated to inspiring strong families and engaging school communities through parent education.

BEHAVE: WHY WE DO THE THINGS WE DO

ROBERT SAPOLSKY, PhD

Wed Sept 27, 9:30am

The Nueva School
Bay Meadows Campus
131 E. 28th Ave
San Mateo

Wed Sept 27, 7pm

Sacred Heart Schools
Preparatory Campus
150 Valparaiso Ave
Atherton

CREATING COMMUNITY & CONNECTION IN A DIVIDED WORLD

LEE MUN WAH

Wed Nov 7, 9am*

The Harker School
Middle School Campus
3800 Blackford Ave
San Jose

Wed Nov 7, 7pm

Woodside Elementary
3195 Woodside Rd
Woodside

Thurs Nov 8, 7pm

Menlo School
50 Valparaiso Ave
Atherton

* Please note: this morning event is at 9am, not 9:30am

PEACEFUL PARENTS, HAPPY CHILDREN

LAURA MARKHAM, PhD

Tue Jan 30, 9:30am

The Nueva School
Bay Meadows Campus
131 E. 28th Ave
San Mateo

Tue Jan 30, 7pm

Saint Andrew's
Episcopal School
13601 Saratoga Ave
Saratoga

Wed Jan 31, 9:30am

Trinity School
2650 Sand Hill Rd
Menlo Park

EMOTIONAL AGILITY

SUSAN DAVID, PhD

Mon Mar 13, 9:30am

Gideon Hausner
Jewish Day School
450 San Antonio Rd
Palo Alto

Tue Mar 14, 9:30am

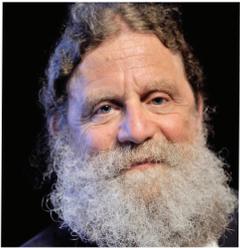
Yavneh Day School
14855 Oka Rd
Los Gatos

Tue Mar 14, 7pm

St. Matthew's
Episcopal Day School
16 Baldwin Ave
San Mateo

Please join us! All Common Ground Speaker Series events are free of charge to the parents, faculty and staff of our member schools. Adults not affiliated with a member school may attend for a \$20 fee at the door. Doors open 30 minutes prior to events and books may be purchased on site in partnership with Books, Inc.

ROBERT SAPOLSKY, PhD
Behave: Why We Do the Things We Do



Based on his latest book, *Behave: The Biology of Humans at Our Best and Worst*, celebrated neurobiologist and primatologist, Dr. Robert Sapolsky, will examine human behavior and attempt to answer the enduring question: Why do we do the things we do? Dr. Sapolsky will take us on a reverse journey in time

from the precise moment that a behavior occurs back through millions of years of evolution, explaining the role of neurobiology, endocrinology, the environment, culture, ecology, individual childhoods, and genetic makeup and how these factors together ultimately lead to our culminating behavior. Dr. Sapolsky's witty and entertaining tour of the science of human behavior will enlighten parents about their children's behavior and why they act in ways that often leave parents baffled.

Dr. Robert Sapolsky is Professor of Biological Sciences at Stanford University and Professor of Neurology and Neurosurgery in Stanford's School of Medicine.

LEE MUN WAH
**Creating Community & Connection
Across Cultures**



"To go fast, you must go alone. To go far, we must go together." This African proverb captures the essence of community and connection on a very intimate level; yet, the question that still demands an answer is: How do we find a way to connect with each other when we live in such separate and divergent communi-

ties? How do we acknowledge and let go of the assumptions and stereotypes we have accumulated about those who are ethnically and culturally different from ourselves? How do we break the cycle of fear and distrust, so that we can come together authentically, both multi-culturally and in friendship? These important issues must be openly discussed before we can truly come together at schools, as a community, and as a nation.

Lee Mun Wah is an internationally-renowned documentary filmmaker, author, poet, Asian storyteller, educator, community therapist, and master diversity trainer.

LAURA MARKHAM, PhD
Peaceful Parents, Happy Kids



Based on the latest research on brain development and clinical experience, Dr. Laura Markham will share how fostering an emotional connection with your child creates real and lasting change. When you have that vital connection, you can cultivate a parenting style that doesn't resort to threats, bribes, nag-

ging or punishment. Parents know there is no one-size-fits-all approach to raising children as they move through the various developmental stages. Each stage comes with its own unique set of challenges and opportunities. Dr. Markham will explain the crucial necessity to always stay calm, parent with healthy limits, and provide empathy and clear communication to raise a self-disciplined child. Parents will learn to grow and evolve alongside their children's own growth and development.

Dr. Markham is a trained clinical psychologist. She is the author of the highly successful *Peaceful Parent, Happy Kids* and *Peaceful Parent, Happy Siblings*, and the founding editor of AhaParenting.com.

SUSAN DAVID, PhD
Emotional Agility



Drawing on her extensive research, consultancy, and her own experiences, author of the highly acclaimed best-selling book *Emotional Agility: Get Unstuck, Embrace Change, and Thrive in Work and Life*, Dr. Susan David will show how anyone can thrive in an uncertain world by becoming emotionally agile. Emo-

tional agility is a roadmap for real behavioral change. By facing emotions and thoughts courageously and compassionately, with self-acceptance, clear-sightedness and an open mind, anyone can become unstuck, embrace change and move forward. Dr. David will be speaking about emotional agility and emotional intelligence as significant drivers of learning, creativity and well-being in children, and how these skills are best developed in school and at home.

Dr. Susan David is an award-winning developmental psychologist on the faculty of Harvard Medical School, the co-founder of the Institute of Coaching at McLean Hospital, and CEO of Evidence Based Psychology.