



## Behave: Why We Do the Things We Do

**Robert Sapolsky, PhD**

The Nueva School (Bay Meadows Campus),  
Sept 27, 2017, 9:30am  
Sacred Heart School, Sept 27, 2017, 7pm

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. He is the recipient of the MacArthur Foundation genius fellowship, and his teaching awards include Stanford University's Bing Award for Teaching Excellence and an award for outstanding teaching from the Associated Students of Stanford University. Dr. Sapolsky is also the author of several books, including *Why Zebras Don't Get Ulcers: A Guide to Stress-Related Diseases and Coping* and *The Trouble with Testosterone*.



## Creating Community & Connection Across Cultures

**Lee Mun Wah**

Harker Middle School, Nov 7, 2017, 9am  
Woodside Elementary School, Nov 7, 2017, 7pm  
Menlo School, Nov, 8, 2017, 7pm

"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 communities? 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. There is no shortcut in the journey to create community and connection with those we do not know or understand. We each must take the time to walk each other home.

Lee Mun Wah is an internationally-renowned documentary filmmaker, author, poet, Asian storyteller, educator, community therapist, and master diversity trainer. For more than 25 years he was a resource specialist and counselor in the San Francisco Unified School District. Lee Mun Wah is now Executive Director of Stirfry Seminars & Co.



## Common Ground Speaker Series 2017-2018

[www.commongroundspeakerseries.org](http://www.commongroundspeakerseries.org)



## Peaceful Parents, Happy Kids

**Laura Markham, PhD**

The Nueva School (Bay Meadows Campus),  
Jan 30, 2018, 9:30am  
Saint Andrew's Episcopal School, Jan 30, 2018, 7pm  
Trinity School, Jan 31, 2018, 9:30am

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, nagging 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 trained as a clinical psychologist, earning her PhD from Columbia University. She is the author of the highly successful *Peaceful Parent, Happy Kids* and *Peaceful Parent, Happy Siblings*. The founding editor of *AhaParenting.com*, Dr. Markham also serves as a parenting expert for many other websites, such as *Psychology Today* and *Mothering.com*. She has made numerous radio and TV appearances and has been featured in articles by *The Wall Street Journal*, *Redbook*, *Newsday*, and *Parents Magazine*.



## Emotional Agility

**Susan David, PhD**

Gideon Hausner Jewish Day School,  
Mar 13, 2018, 9:30am  
Yavneh Day School, Mar 14, 2018, 9:30am  
Saint Matthew's Episcopal Day School,  
Mar 14, 2018, 7pm

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. Emotional 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 and co-director of the Institute of Coaching at McLean Hospital, and CEO of Evidence Based Psychology, a business consultancy. She has been featured in numerous publications, including *The New York Times* and *The Washington Post*. Dr. David is also on the faculty of Homeward Bound, a global program aimed at increasing the influence and impact of women in the sciences, and which culminates in an all-women expedition to Antarctica.