



Lead in Alignment & Wholeness Program

A neuroscience-based leadership and life skills training to mindfully align thinking, decisions, and behaviors with desired positive outcomes.



calmclarity.org

The Problem

Economic insecurity, high rates of adverse childhood experiences, exposure to gun violence, and the lack of infrastructure to provide culturally sensitive mental health services are having a devastating impact on low-income, under-resourced communities.

Traumatic experiences during childhood are categorized by researchers as 'Adverse Childhood Experiences' (ACEs). Common ACEs include:

- verbal, physical, or sexual abuse and domestic violence
- an incarcerated, mentally ill, or substance-abusing family member
- absence of a parent because of divorce or separation

Severe trauma is defined as having 4 or more ACEs and is associated with:

- lower educational attainment
- higher rates of mental health conditions such as substance abuse, addiction, depression, and suicide rates
- higher incidence of asthma, diabetes, cancer, cardiovascular, and respiratory diseases
- higher incarceration rates

Unfortunately, federal, state, and local mental health systems lack the capacity and infrastructure to support the vast numbers of people who have experienced 4 or more ACEs.

The National Association of School Psychologists recommend a ratio of 1 school psychologist for every 500 students.

- Pennsylvania has one for every 1,078 students
- Philadelphia has one for every 1,800 students
- Across the US, there are 30 psychologists per 100,000 people

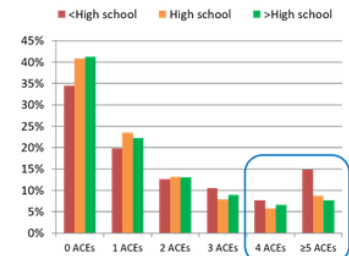
Most organizations serving under-resourced communities lack the expertise to study and integrate scientific research on the psychological and neurobiological impact of trauma and gun violence into their programming model.

Most community-based non-profits are small organizations without sufficient budget to have mental health professionals on-staff. Very few have the capacity or resources to provide training to develop self-awareness, impulse control, emotional regulation, and conflict de-escalation skills.

There is an urgent need for a scalable, effective science-based training that can be deployed through community-based organizations to rapidly build local capacity, understanding, and skills to address the neurobiological and economic impact of trauma.

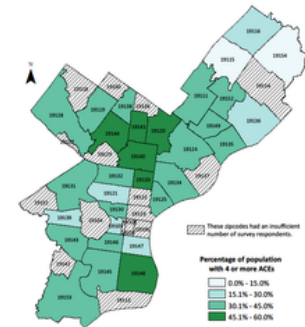
The Negative Impact of Adverse Childhood Experiences Are Concentrated in Under-Resourced Communities

Higher ACE Scores Impact Educational Attainment



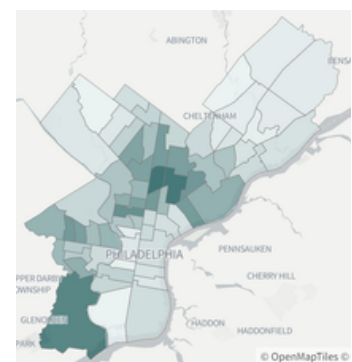
Source: CDC Study "Adverse Childhood Experiences Reported by Adults --- Five States, 2009"

Percentage of Population with 4 or More ACEs by Zipcode, Philadelphia Urban Ace Survey, 2013



Source:
<https://www.rwjf.org/content/dam/farm/reports/reports/2013/rwjf407836>

Philadelphia shooting victims by voting ward, 2021



Source:
<https://billypenn.com/2021/12/13/philadelphia-gun-violence-map-shooting-hot-spots-election-wards/>

Our Neuroscience-Based Solution

Calm Clarity founder, Due Quach ('Zway Kwok'), first turned to neuroscience as a first-generation, low-income college student at Harvard University. Having grown up as a refugee in inner-city Philadelphia, Due needed effective science-based tools to manage the symptoms of complex PTSD, depression, and anxiety, which prompted her to withdraw and shut down in reaction to stressful challenges.



The techniques Due developed enabled her to graduate from Harvard with honors, get an MBA from the Wharton School of Business, and rise to leadership positions in management consulting and private equity investments.

In 2013, Due started Calm Clarity to bring neuroscience from the ivory tower into inner-city communities to address the neurobiological effects of marginalization, trauma, poverty, and scarcity. Due began by running programs for high school students, first-generation college students, and workforce development programs.

Calm Clarity training provides practical tools and exercises that empower participants to discern and rewire reactive survival patterns by strengthening the neural systems underlying attention, meta-awareness, resilience, and healthy connections. Participants immediately apply what they learn to improve their lives, their families, and their communities.

Executive Director Testimonials

"This is something that can benefit people in my personal and professional life. This program could be a game changer for the violence prevention work that we do and I'm excited to partner with Calm Clarity."



Cory Long, Founder & Executive Director, Making a Change Group



"The curriculum addresses challenges that our young people face in their everyday lives as they live in chronically traumatic situations. We believe this training may also have a profound impact on our staff."

Joshua Klaris, Executive Director, North 10 Philadelphia

About Calm Clarity

The mission of Calm Clarity is to use neuroscience to develop the leadership capacity of human beings to co-create a world where every person thrives.



Calm Clarity was created in 2013 to manifest a vision of a world free of violence, exploitation, marginalization, and disparities—a world where everyone can realize their full potential and become the highest expression of who they are.

We have now supported thousands of people, from inner-city schools to corporate boardrooms, to rewire their brains to more effectively navigate challenges and collaborate to generate insights and create solutions that positively impact the world around them.

Learn more about our work at www.calmclarity.org.

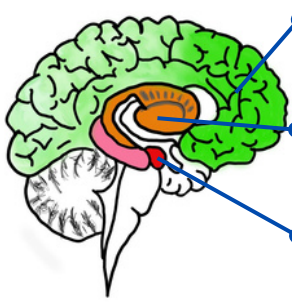
Read our Op-Ed: "[Can Neuroscience Solve Philly's Economic Mobility Crisis?](#)"

We also offer online courses, speaking engagements, and workshops on a variety of topics that may benefit your organization.

Contact Due Quach:
due@calmclarity.org

The Core Calm Clarity Framework

We train participants to observe and discern three general modes in which the brain's default mode network (DMN) constructs a mental model of the world and serves as an inner narrator that guides them to navigate through their daily life.



Brain 3.0: Your brain functions in an optimal state of integration. Your DMN guides you to see a bigger picture, connect and build bridges, and reframe challenges into opportunities for growth and development.

Brain 2.0: Your dopamine system drives your DMN. You tend to anxiously chase dopamine hits that make you feel good in the short term but may create negative consequences in the long term.

Brain 1.0: Your threat system drives your DMN, making you feel hypervigilant, unsafe, helpless, and isolated. You tend to anticipate and protect yourself from negative outcomes by armoring up, withdrawing, and shutting down.

Under stress, people default to Brain 1.0 or Brain 2.0, but need Brain 3.0 to be effective.

Unfortunately, by reacting to challenging situations in Brain 1.0 and Brain 2.0, we tend to create negative spirals. Our reactive behaviors can shut down support, escalate conflicts, and push away loved ones.

By cultivating our capacity to navigate challenges in Brain 3.0, we access our full cognitive capacity and emotional intelligence. This enables us to bring our “Higher Self” to the situation, build on each other’s strengths, and support each other to flourish.

Examples of Our Science-Based Exercises and Tools

1. **Your Default Mode Network:** Use our self-assessment to identify the strongest patterns of your DMN in Brain 1.0, Brain 2.0, and Brain 3.0.
2. **Your Interactions:** Recognize how you interact differently in Brain 1.0, Brain 2.0, and Brain 3.0. Identify what factors make it easier or harder to interact in Brain 3.0.
3. **Resilience and Your Body Battery:** What signals from your body alert you that Brain 1.0 or Brain 2.0 is activating? Boost resilience by regenerating your body battery.
4. **Your Triggers:** Recognize daily triggers that pull your DMN into Brain 1.0, Brain 2.0, and Brain 3.0. Build habits to activate Brain 3.0 on a daily basis.
5. **The Voice in Your Head:** Write down what your DMN says in Brain 1.0, Brain 2.0, and Brain 3.0 about a challenging situation. What wisdom can you gain from examining these messages?
6. **Tend-and-Befriend Your Parts:** Give nicknames to recurring stories in your DMN, connect them to Brain 1.0, Brain 2.0, and Brain 3.0, and discern how they are trying to help you.
7. **Your Future Self:** Discern how your DMN predicts different futures in Brain 1.0, Brain 2.0, and Brain 3.0. Use Brain 3.0 to envision a positive Future Self.
8. **Forgiveness in Brain 3.0:** Compassionately process and release the past to move forward. Apply the REACH Forgiveness technique.
9. **Minding Your Autopilot:** Strengthen your attention and meta-awareness systems to observe and retrain your autopilot.
10. **Listening to Deepen Connection and Understanding:** Practice mindful listening in Brain 3.0 to attune to people and support them to emotionally process their experiences.

To bring the benefits of Calm Clarity to your organization or community, contact us at training@calmclarity.org

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