



The Foundation Dyad Program

Reconnect to yourself,
others and humanity.



In our virtual world, where people are hyper-linked but experiencing increasing rates of stress, loneliness, anxiety, and polarization, Humanize takes a unique approach: utilizing healthy technology to cultivate real connection through short partner-based mental practices — the Humanize Dyads.

The Humanize Dyads reconnect people with themselves, others and humanity and help strengthen resilience and social capacities such as empathy, compassion and social connectedness.



What is the Foundation Dyad Program?

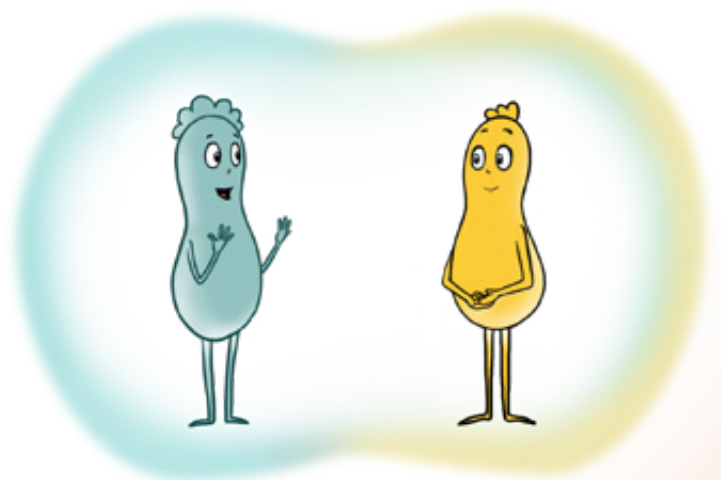
The Foundation Dyad Program is a live virtual course introducing and teaching the practice of the Humanize Dyad and exploring underlying concepts from psychology as well as social and contemplative neurosciences.

The program has three main components:

- Two live 2.5 hour teacher-led onboarding sessions
- Eight weekly live 90-minute teacher-led training sessions
- Daily 15-minute Dyads with a classmate

The course will teach you how to be:

- **More connected with yourself** through greater body awareness, better coping with stress and challenging emotions, and the cultivation of care and gratitude.
- **More connected with others** to create relationships of authentic, deep connection through increased empathy and improved non-judgmental listening skills. You will also cultivate a better understanding of social patterns that can separate us or connect us to others.
- **More connected to humanity and the broader world** around you by learning to relate across differences from a place of more tolerance and empathy – remembering shared humanity and recognizing interconnection.



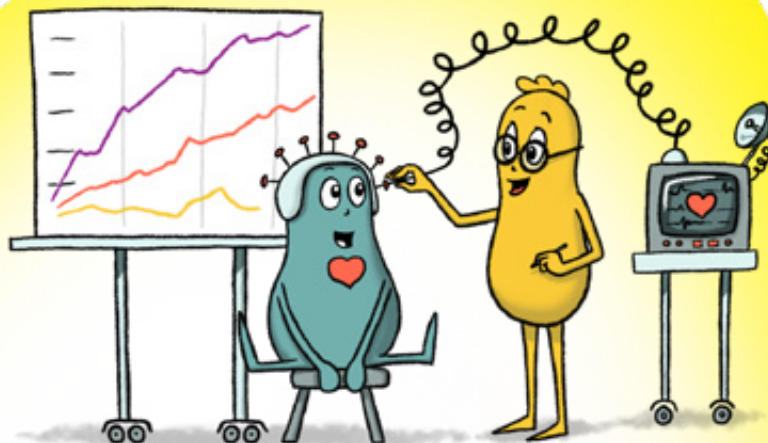


A daily practice with the power to change the brain and increase well-being and social cohesion.

Plasticity is the ability of our brains, our bodies and our behaviors to change through skill learning. The Humanize Foundation Dyad is designed to use the power of plasticity to strengthen resilience, improve mental health and build social skills and relational well-being.

The Humanize Dyad cultivates the following skills:

- Empathy, as well as empathic and non-judgmental listening.
- Accepting difficult emotions and coping with stress.
- Interoceptive body and emotional awareness.
- Understanding and regulating emotions.
- Resilience through gratitude, care and acceptance.
- Social connecting and a deeper sense of shared humanity.
- Decreasing polarization and ingroup/outgroup bias.





Science-based, inspired by contemplative traditions.

Humanize Dyads and Foundation Dyad Program are science-based and are largely inspired and backed up by the psychological and neuroscientific work of one of the world's leading empathy and compassion researchers, Prof. Dr. Tania Singer, scientific head of the Social Neuroscience Lab of the Max Planck Society in Berlin, Germany.

During Dr. Singer's 20 year scientific career in world-renowned scientific institutions in the UK, Switzerland and Germany, she and her respective teams developed and investigated the effects of diverse mental training programs, with the *ReSource* project and the *CovSocial* project being her most prominent mental training studies. By combining insights from interpersonal meditation retreats and dialogues with great contemplative masters with her scientific research, she helped develop the innovative partner-based daily skill practice known as the Contemplative Dyads (Kok & Singer, 2017; Malvika et al., 2021).

In her function as Scientific and Curriculum Advisor to Humanize, Dr. Singer provides guidance to the Humanize curriculum development team on how to adapt and scale these deeply transformative dyadic practices and programs for the benefit of people around the world.



What former participants had to say about the Humanize Dyad.

“I connected with people I would never have connected with and realized they are just as human as me.”

“I developed more curiosity, more kindness towards myself and others, and more awareness of fears and limiting beliefs that get in the way of healthier connection in my life.”

“I feel more comfortable and less impatient in social interactions – more able to observe and witness, and a weakened impulse to insert myself, react or judge. And my partner noticed!”



To learn more about the Foundation
Dyad Program, visit humanize.com.