



# Human Dynamics : A New Framework for Understanding People and Realizing the Potential in Our Organizations

*By Sandra Seagal*

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## Human Dynamics : A New Framework for Understanding People and Realizing the Potential in Our Organizations By Sandra Seagal

Based upon 17 years of ongoing research involving more than 40,000 people from over 25 cultures, extensively field-tested, and adopted internationally by Fortune 500 companies, Human Dynamics? is a developmental system that demystifies the complexities of how people function and interact with one another. Human Dynamics presents a powerful framework for understanding the distinct ways in which we process information, learn, communicate, relate with one another, manifest stress, maintain well-being, and develop as human beings. At the heart of Human Dynamics are the three universal principles we all share in different capacities--mental, emotional, and physical--fundamental threads that cross culture, age, race, and gender to unify us all. As we learn to appreciate our commonalities and differences, we can use our unique gifts and apply new understanding to enrich our relationships, heighten "collective intelligence", communicate more effectively, work together more productively, enhance creativity, optimize team learning, and strengthen organizational performance. Actual accounts from major companies including Intel Corporation, Intermountain Healthcare System, and London Life Insurance Company document how Human Dynamics can optimize business relationships, organizational learning, teamwork, and communication.

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#### Review

"An incredible revelation that helps us realize our individual worth, that of others, and how we might work together..." -- *Bob Barkley, Jr., manager, National Center for Innovation, National Education Association*

"Human Dynamics has deepened my understanding of my own work and transformed my relationships with other people..." -- *Danah Zohar, physicist, philosopher, and author of THE QUANTUM SELF and THE QUANTUM SOCIETY*

"What a brilliant book! Powerful implications for planners and practitioners in business, education, healthcare, and other organizations." -- *Dee Dickinson, CEO, Horizons for Learning*

#### About the Author

Dr. Sandra Seagal has been engaged in original investigation in the new field of Human Dynamics since 1979, and development of Human Dynamics training programs for business, education, parenting, healthcare, and cross-cultural understanding. She is founder and president of Human Dynamics International and executive director of Human Dynamics Foundation. Her work has been lauded by such luminaries as the late Buckminster Fuller, who nominated her for a MacArthur Prize Fellowship. Dr. Seagal's expertise is rooted in her background of education and psychology, with extensive service as a teacher, school psychologist, and psychotherapist. David Horne has been devoted to the study of Human Dynamics since 1983. Having served for over 25 years as a therapist, administrator, writer, and producer of training films in the fields of psychology and special education, his contributions in the areas of research, training, and development have been instrumental in furthering study of Human Dynamics and its advancement as an ever-growing field. He is a partner in Human Dynamics International, and co-director of Human Dynamics Foundation, a non-profit organization devoted to education and scientific research.

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**Rosemary Lilly:**

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