

What Connection is...

*"An exchange that builds or enhances communication or relationships."*

What Connection is NOT...

## WHY CONNECTION IS CRITICAL

- 1** IT SUPPORTS OUR HEALTH
- 2** IT'S FUNDAMENTAL TO ENGAGEMENT
- 3** IT'S HOW WE ARE SHAPED AND IMPROVED

### 5 People Important to Me & My Work

How connected do I feel to \_\_\_\_\_?

what's the challenge in feeling more connected?



What's one small action step I can take?

# CONNECTING IN A DISCONNECTED WORLD

## 3 CONNECTING PRINCIPLES

# 1

**CONNECTING  
IS ABOUT  
OTHERS**

# 2

**CONNECTING  
GOES BEYOND  
WORDS**

# 3

**CONNECTING  
REQUIRES  
ENERGY**

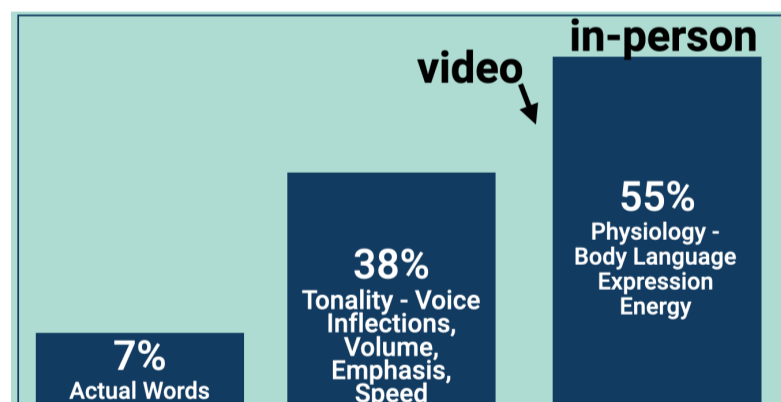
### CONNECTING IS ABOUT OTHERS & PUTTING OTHERS FIRST

Do I care enough about this person/  
situation?

Am I willing to prioritize taking time?

Am I being proactive or reactive?

### CONNECTING GOES BEYOND WORDS



Is this about connection  
or completion?

How can I better connect going beyond  
the words I am saying?

Can I try something unique or  
different?

# CONNECTING IN A DISCONNECTED WORLD

## CONNECTING REQUIRES ENERGY

*“Connectors get out of it what they put into it.”*

### ENERGY BOOSTERS

DOING SOMETHING NEW OR DIFFERENT

SHIFTING YOUR ATTITUDE UP

CHANGING UP THE LOCATION OF A MEETING OR OUTING

BEING INTENTIONAL

DOING OR ADDING SOMETHING UNEXPECTED

\_\_\_\_\_

SLOWING DOWN TO FOCUS MORE INTENTIONALLY

\_\_\_\_\_

**Where (and with whom) do I make the most effort to connect?**

\_\_\_\_\_

**What benefits would I see with \_\_\_\_\_ by adding more energy?**

\_\_\_\_\_

**How can I incorporate a bit more energy with \_\_\_\_\_?**

\_\_\_\_\_

## TIPS TO INCREASE CONNECTION

- 1 **IDENTIFY COMMON GROUND OR A COMMON GOAL:** With a connection that is less than optimal, find something in common (interests, hobbies, vacation spots, etc.), OR identify what goal on this project or on this team that you both hold highly. Use this info as a bridge to a connecting conversation.
- 2 **GAUGE IMPORTANT VS URGENT:** Sometimes we move too fast and miss an opportunity to connect because the situation feels urgent. Pause to gauge how important the person is to you (your boss, your child, a client) against how urgent something else is that is detracting from your ability to meaningfully connect at that moment.
- 3 **MANAGE YOUR STATE:** Stop for a second and audit your current energy state - is it low, is it flat, is it high? With a pause we can gauge where our energy lies before we cast it onto another person or situation. You have the ability to shift your mindset and energy up or tame it down, depending on what's happening.

## WEEKLY ASSIGNMENTS

1

**WEEK ONE: AUDITING MY CONNECTEDNESS**

COMPLETE THE WORKSHEETS PAGES 1-3 AS A START TO AUDIT HOW CONNECTED YOU CURRENTLY FEEL (OR NOT) AND WITH WHOM. THEN, CONSIDER THE FOLLOWING QUESTION.

*End of week reflection (consider this question at the end of the week):*

WHERE IN MY LIFE WOULD I LIKE TO FEEL MORE CONNECTED? WHAT'S ONE STEP I CAN TAKE?

2

**WEEK TWO: TRACK YOUR CONNECTING ACTION STEPS**

USE THIS LIST AS AN IDEA STARTER FOR STEPS YOU CAN TAKE TO REACH OUT AND EITHER MAKE OR DEEPEN CONNECTIONS.

- INVITE A CO-WORKER TO HAVE VIRTUAL COFFEE ONE WEEDAY MORNING
- INVITE A NEW EMPLOYEE TO A SHORT MEET AND GREET MEETING
- TURN YOUR VIDEO ON AND SMILE AT THE START OF MEETINGS
- SHIP YOUR FAVORITE BOOK TO A CO-WORKER YOU HAVEN'T SEEN IN A WHILE
- STAND UP DURING MEETINGS 30 MINUTES OR SHORTER
- TAKE A DEEP BREATH AND SMILE EVERY TIME YOU ANSWER YOUR WORK PHONE.
- KEEP AN ENERGY JOURNAL - WHEN/WITH WHOM IS YOUR ENERGY HIGHEST/LOWEST?
- HANG POST-IT ON YOUR COMPUTER MONITOR THAT SAYS, "PUT OTHERS FIRST."
- \_\_\_\_\_
- \_\_\_\_\_

## WEEKLY ASSIGNMENTS

3

**WEEK THREE: IMAGINE DEEP CONNECTIONS**

VISUALIZING OUR IDEAL LEVEL OF CONNECTION WITH OTHERS CAN BE A GOOD PLACE TO START. FOR THIS WEEK, SPEND 10 MINUTES IMAGINING DEEP, AUTHENTIC, MEANINGFUL CONNECTIONS WITH THE 5 MOST IMPORTANT PEOPLE IN YOUR LIFE.

IMAGINE WHAT WOULD THOSE RELATIONSHIPS LOOK LIKE? HOW WOULD CONVERSATIONS GO? WHAT WOULD MEETINGS OR TIME TOGETHER LOOK AND FEEL LIKE?

BRING THESE DEEPER CONNECTIONS TO MIND THEN, CONSIDER THE BELOW QUESTIONS.

*End of week reflection (consider these questions at the end of the week):*

HOW FAR OFF IS CURRENT REALITY FROM THE CONNECTION I IMAGINED?

WHAT WOULD I ATTRIBUTE ANY GAP TO?

WHAT'S AT STAKE WITH THIS PERSON OR THIS RELATIONSHIP IF WE CONTINUE AT THE SAME LEVEL OF CONNECTION WE ARE TODAY?

CAN I USE THE IMAGINED STATE OF DEEPER CONNECTION AS A STARTING POINT, AND WHAT WOULD THAT LOOK AND FEEL LIKE?