

Your Connection Toolbox

Seek The Good



Spot Strengths

Look for people's strengths and share with them what you see and how this helps others.

Make The First Move



Say Hello

Make eye contact and say hello to at least one stranger today.

Create Safe Spaces



Be Fully Present

When you're talking to someone, turn your phone over, your emails off, and really listen.

Choose Kindness



Be Compassionate

Remind yourself that people are generally doing the best they can, with what they have, in this moment.



Appreciatively Inquire

Call a friend and ask them an appreciative question about how they are doing.



Invite Someone New

Invite someone who thinks differently to you to be part of a conversation or new project.



Encourage Play

Catch up with others, just for the joy of connecting and have some fun together.



Reach For Kindness

Do one kind act each day to help someone that you work with.



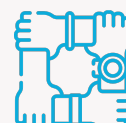
Be Grateful

Thank one person each day for how they make your work a little better or easier.



Check In

Check in on someone you haven't seen/talked to for a while and ask how they are doing.



Offer Trust

Demonstrate your trust in another's knowledge by seeking their input and acting upon what you hear.



Make Time

Make the time to return someone's call or respond to their email, show them they matter.