

Creating Sticky Connections

1 Connection is incremental, not monumental
Think of simple steps. Suggestions? Bookend your time, make time in 1:1s, share balcony & basement moments.

2 Connection is about quality AND quantity
Research shows we need both weak ties and strong ties to build the “social capital” for tangible and intangible benefits.

3 Go old school with your connections
Shelve convenience and maximize meaning by picking up the phone, video calling, meeting up, or writing letters.

4 Block your time or your time will block you
Our lives are in constant motion. We've all said, “Let's get together!” and somehow missed out. Schedule things immediately and make time to connect.

5 Connect others without benefitting yourself
Sometimes we are reticent to connect because it doesn't feel genuine. The best way to beat that is to focus on how you help the other person.

6 Consider who is on your A-Team.
Remember Tip #2? We all need Acquaintances, Allies, Advocates and Ambassadors in our lives. Also, ask yourself what role you play in other's lives.

7 Be patient, be kind, be open
Ok, that might be three tips. Connection doesn't happen overnight, so be patient with yourself. Be kind to others—not everyone will be your cup of tea (and vice versa) but being open opens doors.

WHAT IS CONNECTION?



The experience of feeling close and connected to others, including a sense of belonging.

CONNECTION BENEFITS



50% increased chance of longevity

lower rates of **stress** and **anxiety**



better **emotion regulation** skills

increased chances of **promotion** at work



increased **immunity** and faster **recovery**



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