

Who is on your A-Team?

The Greater Good Science center at UC Berkeley reports that social connections are integral to our health and happiness. Connections come in many different forms; a lifelong friendship feels different than an acquaintance you make at an event or a friend you find through social media channels. We need both weak ties and strong ties in order to build "social capital," defined by researchers as the web of relationships in our life and the tangible and intangible benefits we derive from them.

What might these connections look like? We've identified a few below. The list is not exhaustive, and you may find yourself to be a hybrid of a few, depending on the connection in question. These are the connections that make up your "A-Team", or the group of connections building your social capital.

Acquaintance

Someone known, but not a close friend. May not know personal details.



Ally

Deeper knowledge on personal details, act together and protect one another



Advocate

A supporter, will champion and speak in favor of you



Ambassador

Openly and actively looks for opportunities to advance you

