



# BUILDING CONNECTION WITH YOUR TEAM

## SOCIAL CONNECTION SIGNIFICANTLY IMPROVES THE HEALTH AND WELL-BEING OF ALL INDIVIDUALS

### Did you know?

- Loneliness is a serious mental health hazard.
- Findings show that loneliness is as bad as smoking and has profound effects on mental health, increasing the risks of heart disease, stroke and dementia.
- Poor relationships at work is a root cause of employee burnout. In fact, "workplace belonging can lead to an estimated 56 percent increase in job performance, a 50 percent reduction in turnover risk, and a 75 percent decrease in employee sick days."



# BUILDING CONNECTION WITH YOUR TEAM

Here's a simple exercise you can use in your workplace to build connection among team members

**Step 1:** Break your large group into smaller groups of 3-5 people.

**Step 2:** Ask the question "**How has your day been so far today**". Each group participant will take turns answering the question.

**Step 3:** Set the following ground rules before the groups start.

- One person speaks at a time.
- Everyone listens without interrupting the speaker.
- No follow up questions or advice giving.
- Each person shares for 1-2 minutes.
- After a person speaks, thank them for sharing and move to the next speaker.

A SIMPLE EXERCISE  
YOU CAN USE IN  
YOUR WORKPLACE

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