

Key Ingredients for Informal Connections: Catalysts for Change

#1

Strengths Based Conversations

- It is important to acknowledge and talk about the good things that are happening.
- When sharing challenging situations be solutions focused. For example: 'I wonder if the situation had been approached in this way, it might have been more helpful'



#2

Open Your Heart and Mind

- Believe in good intentions
- Be open to hearing different perspectives and viewpoints, ones that may be very different from your own



**Courage is what it takes to stand up and speak;
Courage is also what it takes to sit down and listen.**
Winston Churchill

#3

Listen to Understand

- When we are connecting on a human level, we are connecting without expectation of a decision to be made
- We can learn about and understand each other better when we share our stories.
- Be a curious listener



#4

Expect To Feel Uncomfortable

- Be willing to sit with and reflect on uncomfortable feelings.
- We need to be prepared to hear perspectives and ideas that do not always align with our current ways of thinking
- If things don't go well, take the time to reflect on why, and how it can be different next time



#5

Create Opportunities for More Connections

- Think about ways we can invite and include each other:
 - Opening up professional development events to everyone
 - Embracing social media as an avenue of connection
 - Be creative about meeting spaces



Strong connections happen when we truly understand each other. Let's create the space for this to happen!

