



CREATING SOCIAL CONNECTIONS

MATERIALS:

Cards with discussion topics (x8) (we recommend using one pack per table)

OBJECTIVE:

Reflecting on a positive moment creates a fun connection with another individual in the room.

INSTRUCTIONS:

Pick up a card from the deck and use the prompt to begin your story. Introduce yourself and swap stories with someone new. You may also use your own memory, unprompted, of course.

DISCUSSION:

When you tell your story consider including the following:

- Who was the person you connected with?
- What was the connection?
- How did it make you feel?
- What impact did it have on you?

You'll be surprised how much you learn about others just by having a simple conversation with them!

*Did you
know?*

Developing positive connections at work impacts the achievement of both individual and organizational outcomes.

TheWellnessSandbox.ca

Sources: Ferris, G.r., Liden, R.C., Munyon, T. P., Summers, J.K., & Basik, K. J. (2009). Relationships at Work: Toward a Multidimensional Conceptualization of Dyadic Work Relationships. *Journal of Management*, 35(6), 1379-1403. Retrieved from: <https://doi.org/10.1177/0149206309344741>.

Geue, P. E. (2018). Positive Practices in the Workplace: Impact on Team Climate, Work Engagement, and Task Performance. *The Journal of Applied Behavioral Science*, 54(3), 272-301. Retrieved from: <https://doi.org/10.1177/0021886318773459>.

**On my first
day...**

**I felt
recognized
when...**

**We were a
team when...**

**I made a new
connection when...**

**A simple thank
you I received
was...**

**A time we
celebrated was...**

**I felt
supported
when...**

**I made a friend
at work when...**