



**The
Power of
Connection**

**Together
We Can Do
What we
Cannot do Alone!**



Connecting to Self...

Self Awareness:

Self-awareness is the ability to focus on yourself and how your actions, thoughts and emotions align with your internal standards.

Well, we like to think of ourselves as a laid-back group, which we are, unless there's lightning and thunder...

Or, fireworks! then we freak out, and **Toby**, here, has to bite someone.



Reynolds 2014

The Self-Aware Group

**Support
Leaders
Strengthen
People.**

Self Aware

Insight

Confidence

Self Control

Influence

Competence

Self care

Inspiration

Courage



Connecting with Others...

Harvard School of Psychiatry - 80 year old Study (1930). The study teaches our social connections are responsible for our well being – Knowing we matter helps us to thrive.

Kahneman and Deaton from Princeton University (2010) – What truly improves your life is your emotional well-being – the emotional quality of an individual's everyday experience – the connection they have to their world.

The Close Relationship Lab , Michigan State conducted one of the largest and most comprehensive studies ever done to date to track friendship and well-being – those with high quality connections lived longer.

The Act of “Friendship” – While Family and Romantic partners are important having someone who chooses to help you, not from a familial obligation, helps us to flourish...we perceive ourselves as being worthy....

LONELINESS & SOCIAL ISOLATION:

**Dr Etienne Krug Director, Social Determinants of Health
World Health Organisation.**

Consulting with colleagues, experts, governments, and partners, to decide on the best strategy to address social isolation and loneliness as a global public health issue....

Major contributor to morbidity, health issues & depression.

“We hope that within 5 to 10 years, we’ll have a global coalition of governments and international and civil society organizations, donors, and media, who will drive up the issue on the political agenda. A suite of cost-effective solutions, interventions, and policies that can be scaled, and an increasing number of countries that have fully funded national strategies that include cost-effective solutions.”

Psychological Safety:

A shared belief by members of a Group.

Accepted. Respected - Seen, Heard, Known, Valued.

Results:

Stronger Connection - more engagement and motivation.

Satisfaction – believe in their contribution matters. Feeling worthy.

Fosters a Culture of continuous learning & improvement.

Source: Project Aristotle – Google/Harvard –

30 Statistical models/100 variables...who was on team mattered less than how the team worked!

COLLABORATION:

The Act of Working together to achieve something....

Purpose.

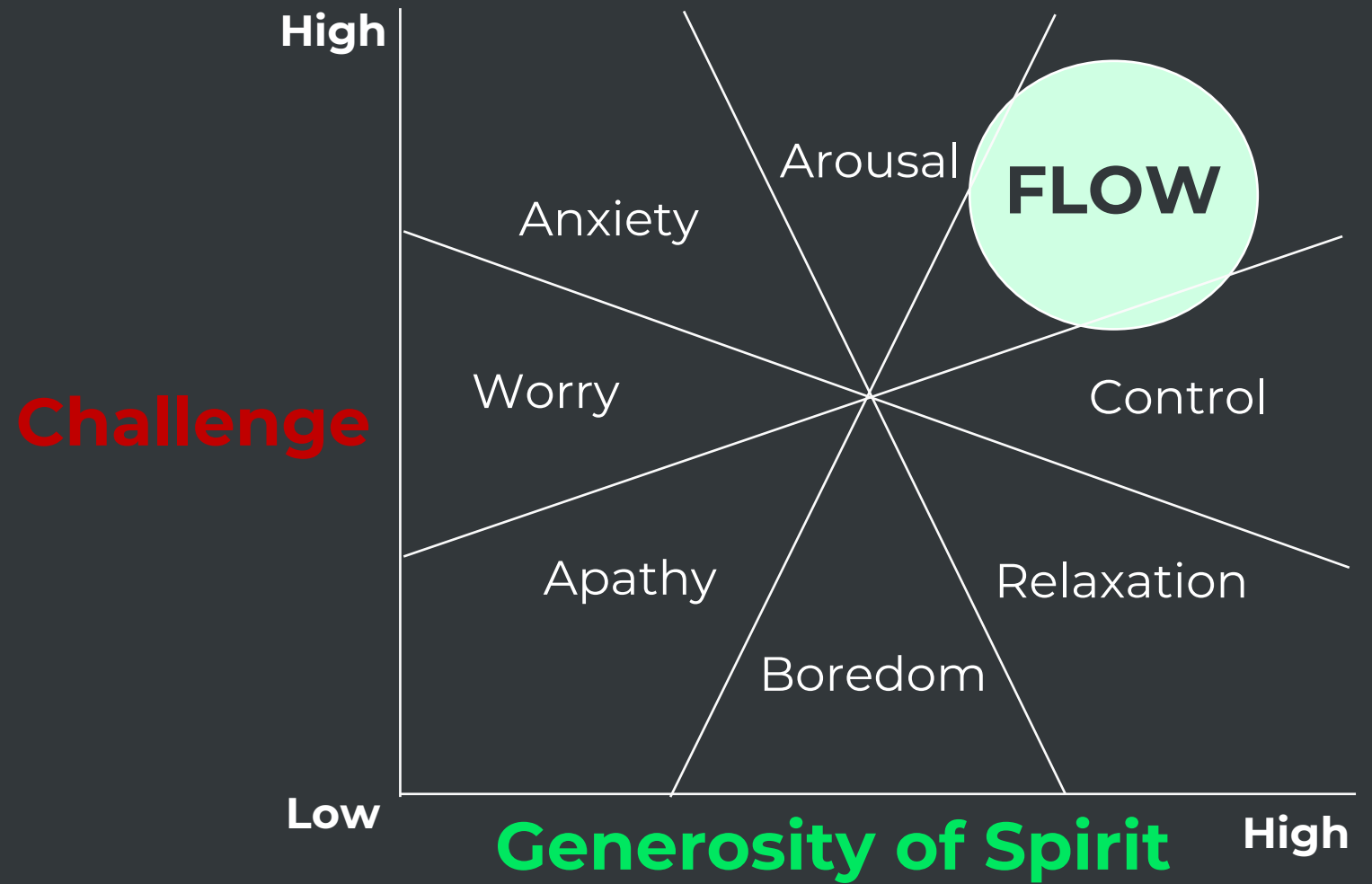
Commitment.

Trust.

Empathy.

Honest Communication.

Generosity of Spirit.



Sources: Adapted from Massimini and Carli 1988; Csikszentmihalyi 1990.

The Flow Factor

A framework for Support

Feedback

Fair

Feelings

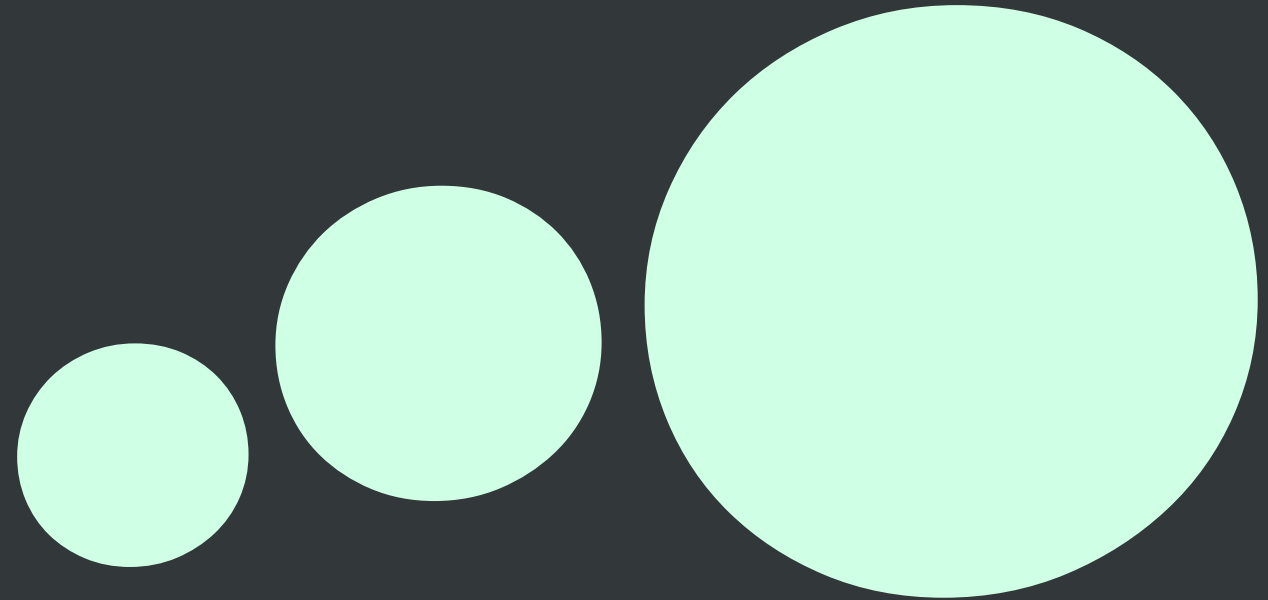
Firm

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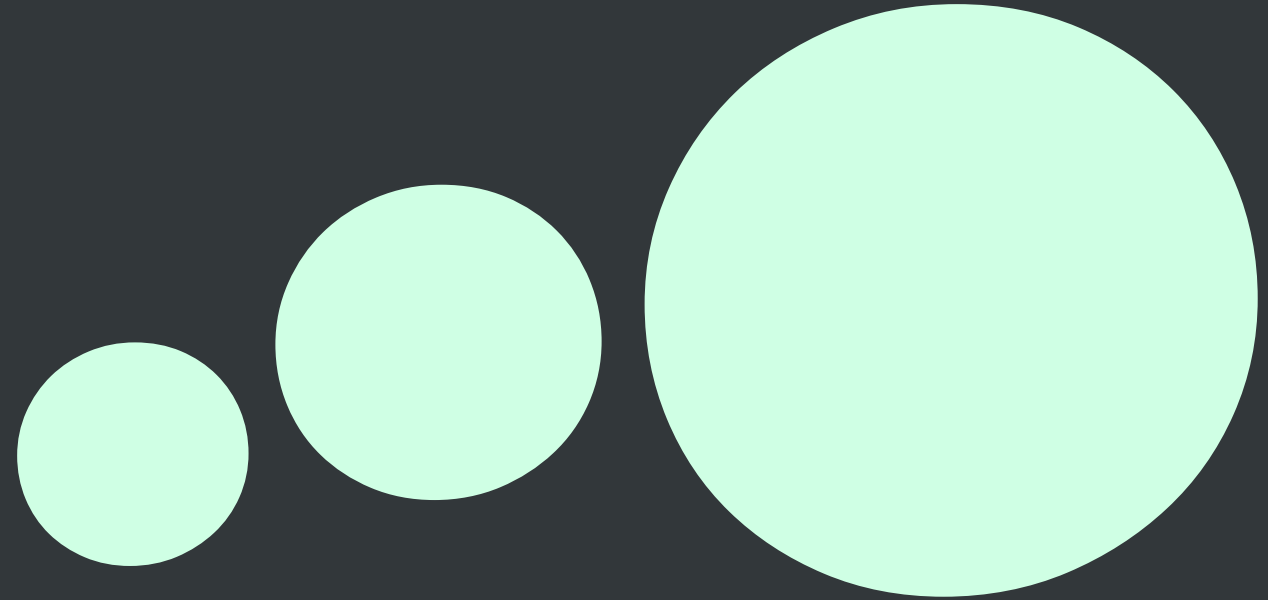
Friendly

Success And Significance

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**Thank You
For Being The
Difference.**



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