

Human connection looks different for everyone – introverts do not need to become social butterflies! It's more about trying and discovering connection in the way that works best for you. As Brene Brown says, finding connection is the best way for us all to feel valued and accepted and like we've found a place of belonging. We know and understand this intuitively and now you have additional ways to find that connection with each other.

What can you do to stay connected as Individuals?

Start or join online groups or chats	Trivia Games	Set-up regular co-working calls	Virtual lunch, Virtual Pub Nights	Video calls with fun backgrounds
Buddy System	Fitness challenges	Collaborate on a document together in real time	Virtual Talent Show	

What can you do to stay connected as Leaders?

Regular global broadcasts	Skip-level check-ins	Executive check-ins	Weekly Performance Goals
Be flexible	Demonstrate your mental health breaks	Email, phone call check-ins with other teams	Consider different personalities
Personal note to meetings	Productivity Moments	Virtual Open Door Policy	Monthly Lunch & Learn

Stating our intentions is the best way to ensure we actually follow through on an action. To increase your probability of taking an action, complete the following sentence:

I intend to (behaviour) on (day & time) via (tool used to connect).