

# CREATE THE RIPPLE – Connection Cards

We create moments that matter through the connections we make



## Core connection

These cards help you reflect on your connection with yourself. What can you change in your behaviours to become more grounded?

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Knowing yourself is the beginning of all wisdom.

Aristotle

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We often forget that we are nature. Nature is not something separate from us. So when we say that we have lost our connection to nature, we've lost our connection to ourselves.

Andy Goldsworthy

”



## Focus on self-development



Personal growth involves continually learning so we can be the best version of ourselves.

How can we gain new insights and perspectives to help us better understand our drivers and make positive changes in our lives? Self-exploration can also help us feel even more connected to our values.



Seek out books on subjects you want to explore: maybe emotional agility, resilience or communication skills.

The internet is a great resource for discovery. It's packed with articles from experts in psychology, relationships and personal development. Also, talk with others; people love to share their knowledge, so tap into it!



## Connect with nature



Nature has a way of bringing us back to the present moment and helping us to develop perspective.

When we acknowledge the beauty around us, we can foster a sense of connection to something larger than ourselves. This, in turn, helps us feel calmer and more centred.



Spend time in your local park, visit a beach, a woodland, or another natural area.

Take in the sounds and smells. Maybe gardening is your thing or you might spend time tending to houseplants. Connecting with nature doesn't have to be large scale: you can grow your own herbs in a window box.



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## Connection with others

The focus of these cards is our connections towards others. What can you do to create a greater connection with people?

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Connection is the energy that is created between people when they feel seen, heard, and valued; when they can give and receive without judgment.

Brené Brown

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Be genuinely interested in everyone you meet and everyone you meet will be genuinely interested in you.

Rasheed Ogunlaru

”



## Focus on empathy



Improved communication, greater understanding, compassion and kindness can all be achieved through empathy. It's a powerful tool! By seeing things from another's perspective and feeling compassion for their experiences, we build strong, connected relationships at work and at home.



Seek to understand others' perspectives and experiences, even if they differ from yours.

Ask questions or simply listen with an open mind. Put yourself in their shoes by considering how you'd feel. Sometimes all we need is a friendly face and a listening ear to feel understood. Never underestimate the difference you can make by connecting with another person.



## Giving presence



By giving others our full attention, we show them that they are valued and that we care about what they have to say.

This can create an environment of mutual respect and support. Yet in the distracting world we inhabit, being present really is a skill we need to practise!



Start by pausing, slowing down, and dialling up your consciousness about how present you really are in the moment.

Put away distractions like phones or laptops and make an effort to fully engage with others by showing interest in what they have to say and asking questions.

Feel the difference it makes.



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## Building connections

These help you build connections within a group of people. How can you apply these ideas to foster connection within a tribe?

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Every time we interact with another person, we have a choice to make: do we try to claim as much value as we can, or contribute value without worrying about what we receive in return?

Adam Grant

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## Connection culture

These help you learn ways to foster connections in the wider community or workplace. How can you work towards a broader culture of connection?

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None of us, including me, ever do great things. But we can all do small things, with great love, and together we can do something wonderful.

Mother Teresa

”



## Take responsibility



When we are accountable it makes us all responsible by promoting personal ownership.

It reduces conflict, builds trust, encourages us to try new things and inspires confidence in our leadership. Accountability enables us to build more trusting, long-lasting bonds with each other too.



What can you do to support greater accountability? Maybe it's a goal-setting initiative with tracked progress towards shared objectives. Or holding each other accountable for meeting commitments through regular check-ins. Find a way to recognise and appreciate each other's efforts, maybe with a handwritten note or a recognition programme. Remember to be trustworthy and trusting - empower others to take ownership.



## Mentoring and guiding



All members of our community or business will have different skill sets.

A formal mentorship programme can be a real boost to a group, sharing our specialisms and educating others so that we all benefit through growth.



Create a space where people's valuable skills and knowledge can be shared with others.

You can do this at home or work. Make a list of who has which skill and encourage individuals to approach them directly. Set up a podcast or group chat for people to collaborate or consider offering a role-shadowing programme in the office.

