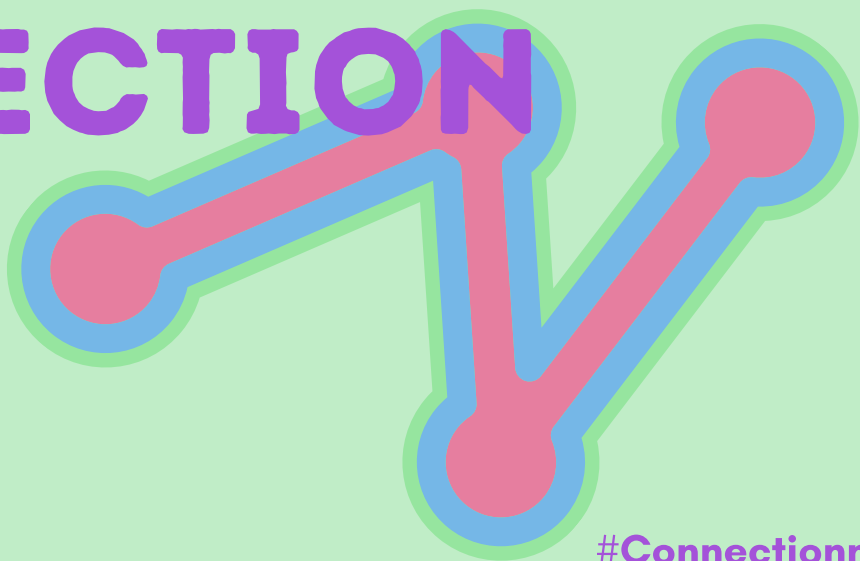


CONNECTION IS A VERB



#Connectionmatters

CONNECTION REQUIRES ACTION

DEVELOP

Developing social skills and gaining confidence with your skill set will attract and cultivate relationships.



ENGAGE

Placing yourself in environments, virtually and physically, can foster connection. Be the first to engage with a smile, look for common experiences and shared interest.

INTERPRET

It is important to try to interpret others' reactions and body signals and adapt.

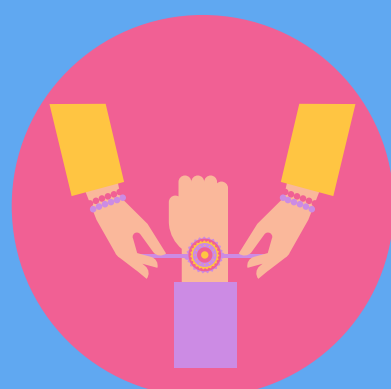


BUILD

Bonds are not created over night. Building a relationship takes time; both of you have needs and interests that emerge with trust.

NURTURE

Relationships are constantly evolving. They require action to make, keep and nurture development.



REPEAT STEPS REGULARLY TO
CULTIVATE A LIFE WELL-LIVED