



Exercise: Connecting with Your Team

In a busy work environment, it can be hard to make time to practice the finer elements of social interaction, like building a genuine connection with workers. But taking time to connect can help create loyalty among workers and build strong relationships, reducing the impact of negative emotions in the workplace. It can also just *feel good* for everyone involved.

Practice getting to know your team members. Convey genuine interest in them as people. Use their name when you speak to them, maintain good eye contact, and make a point of asking about things that are important to them (kids, pets, etc.). Sincerely ask them how they are (and make sure you wait for an answer).

Throughout the week ahead, make a point of individually and personally connecting with each of your workers. Try to learn (and remember) one thing about each of them that you didn't know before.