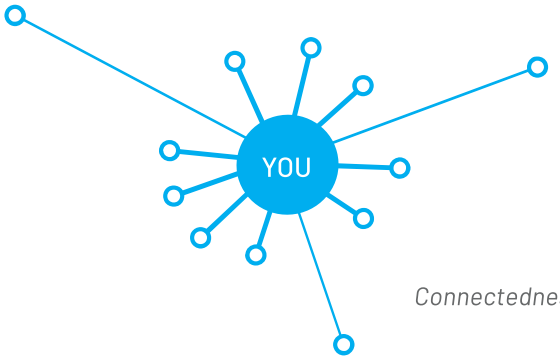
healthyminds™
Workplace Connectedness

Take Away Messages

- Workplaces are held together by an invisible thread.
- You are more powerful than you think:
  Remember the MULTIPLIER EFFECT!
- Workplace connectedness is an under-utilised protective factor against anxiety and depression in workplaces.
- Your 'working alliance' with colleagues and staff is the strength of the rapport, goodwill, value, importance and understanding in the relationship between you and each of your 'connections'.



Connectedness

- Remember, rapport building is not about *liking*, and validating is not the same thing as *agreeing with*.
- The building blocks of rapport:
  - ☑ Use emotional labour
  - ☑ Be a curious listener
  - ☑ Show empathy
  - ☑ Ask open questions
  - ☑ Validate
  - ☑ Use reflections to check for understanding
- Connectedness creates **Psychological Safety**
- Build your connectedness with your ***least connected*** person

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