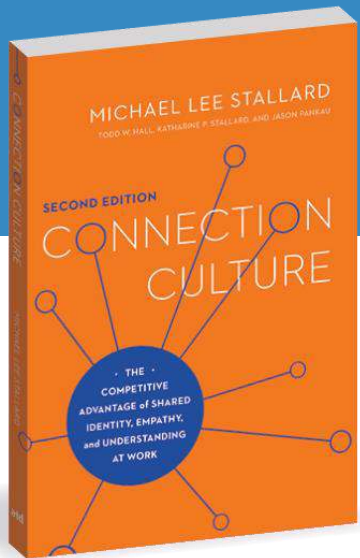


Remote Work, Rising Stress and the Critical Need for Connection

Michael and Katie Stallard



Hosted by  Terryberry



**CONNECTION
CULTURE
GROUP**

ConnectionCulture.com

PRESENTERS



Mike Byam

Author of *The WOW! Workplace*
Managing Partner, [Terryberry](#)



Michael Stallard

President and Cofounder,
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Katharine Stallard

Partner,
[Connection Culture Group](#)

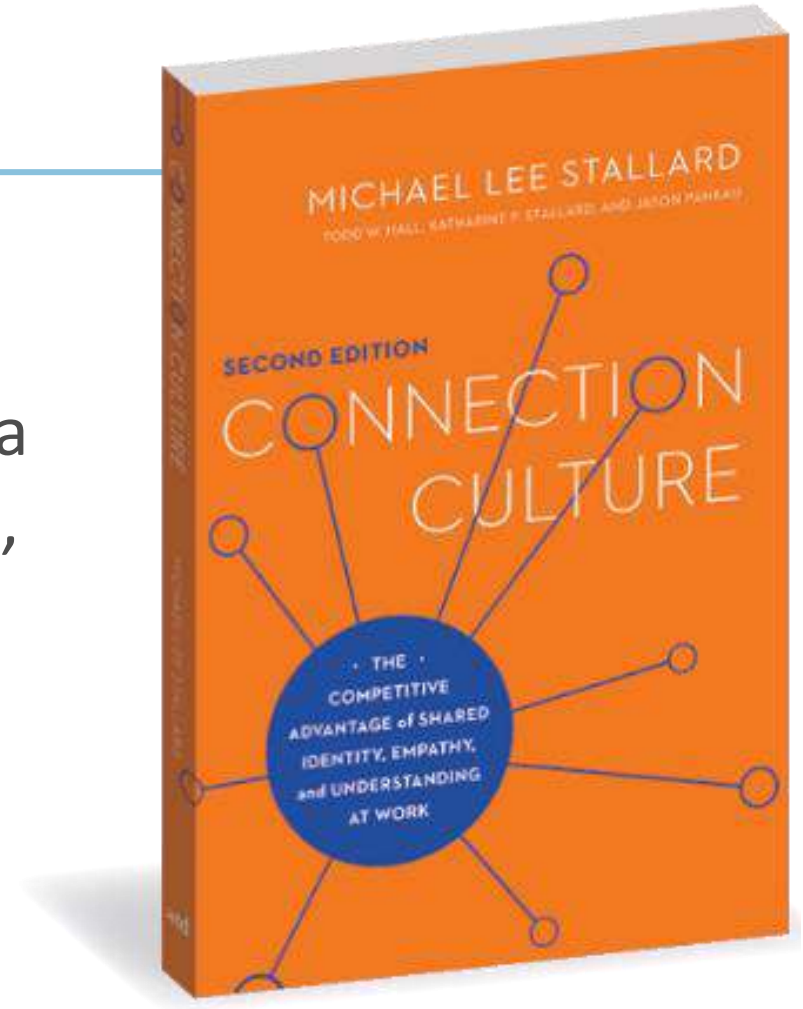
HAVE A QUESTION?

CHAT IN your questions and receive feedback from our chat experts

PARTICIPATE

If we address your question live, you'll receive a complimentary copy of Michael Stallard's book, ***Connection Culture***, 2nd edition (2020)!

Submit your questions any time for your chance to win!





OUR CLIENTS

Yale
NewHaven
Health

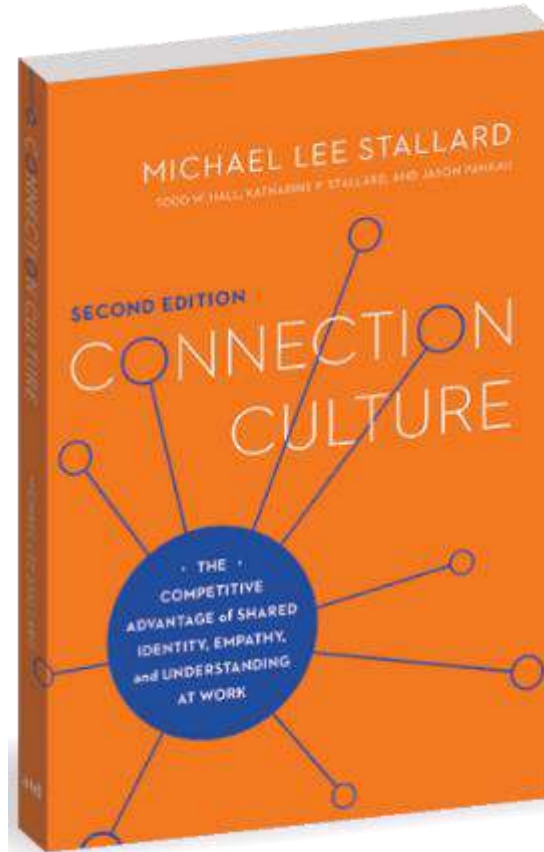
COSTCO
WHOLESALE



Memorial Sloan-Kettering
Cancer Center

The Best Cancer Care. Anywhere.

TCU




Turner



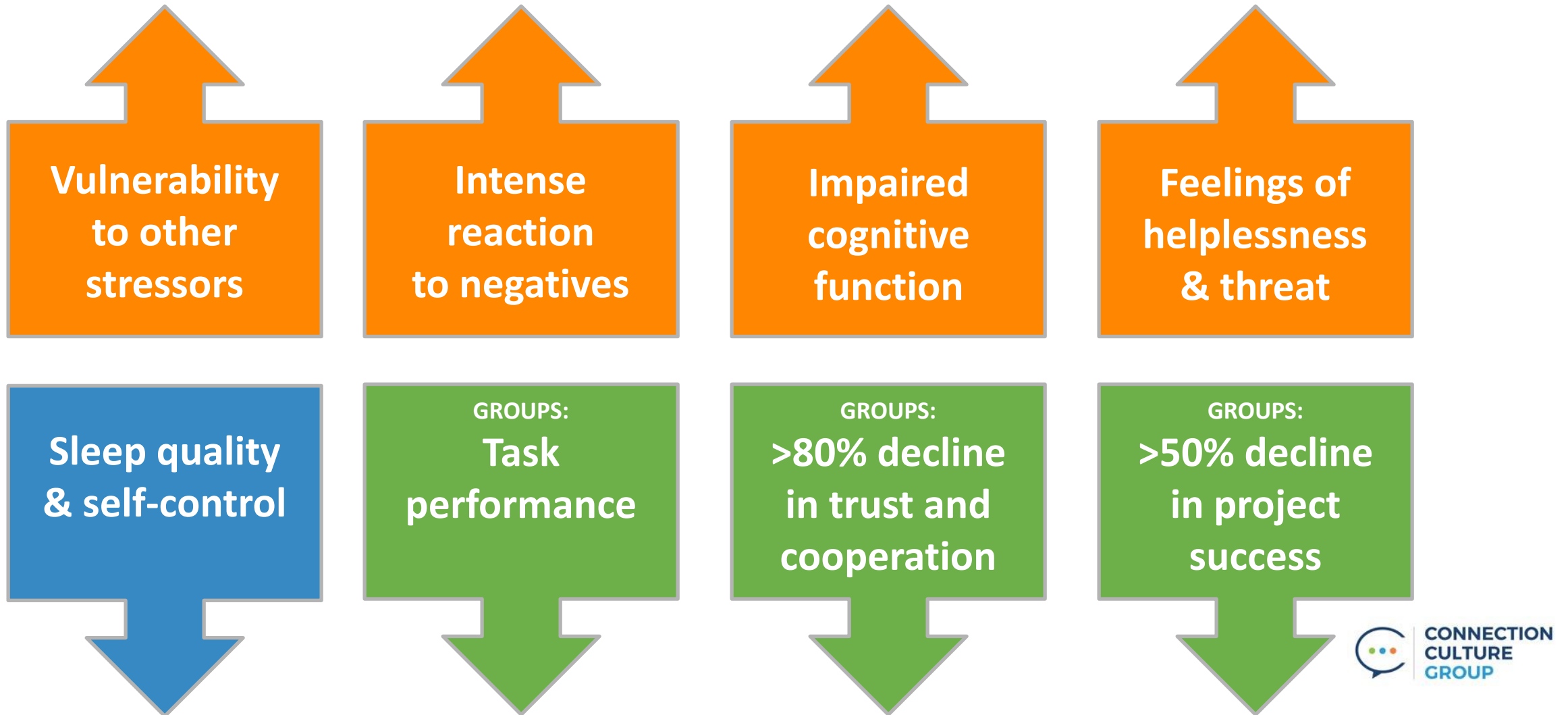
Qualcomm



A black and white photograph of a person wearing a face mask, focused on a laptop screen in a dark setting. The person's hands are on the keyboard, and the laptop screen is the primary light source. The overall mood is somber and reflective.

**Stress
Loneliness
Social Isolation**

DISCONNECTION: A SUPER-STRESSOR



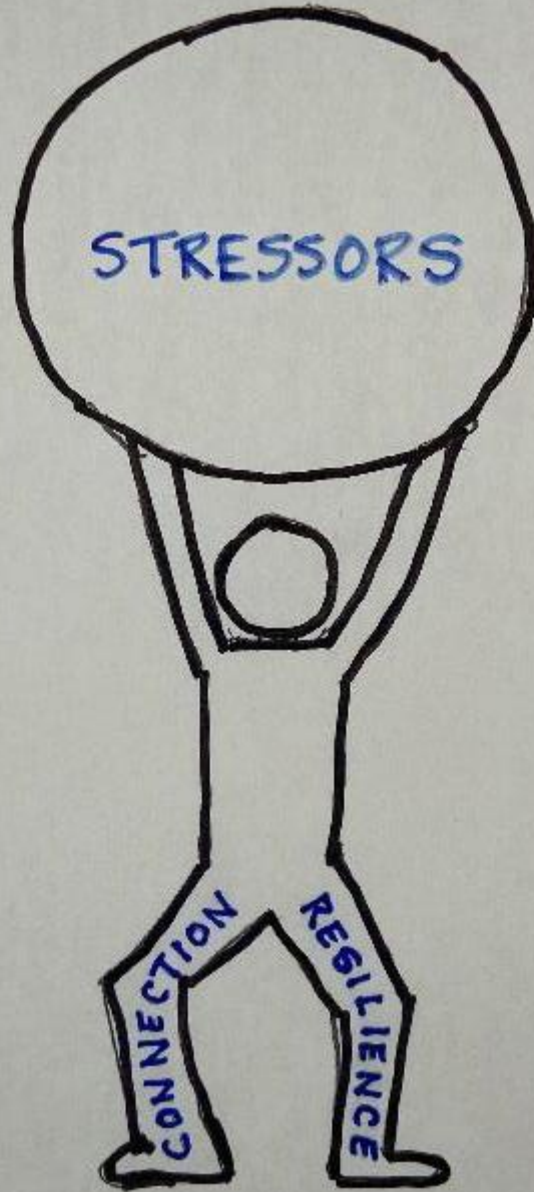
CONNECTION: A SUPERPOWER



EXERCISE



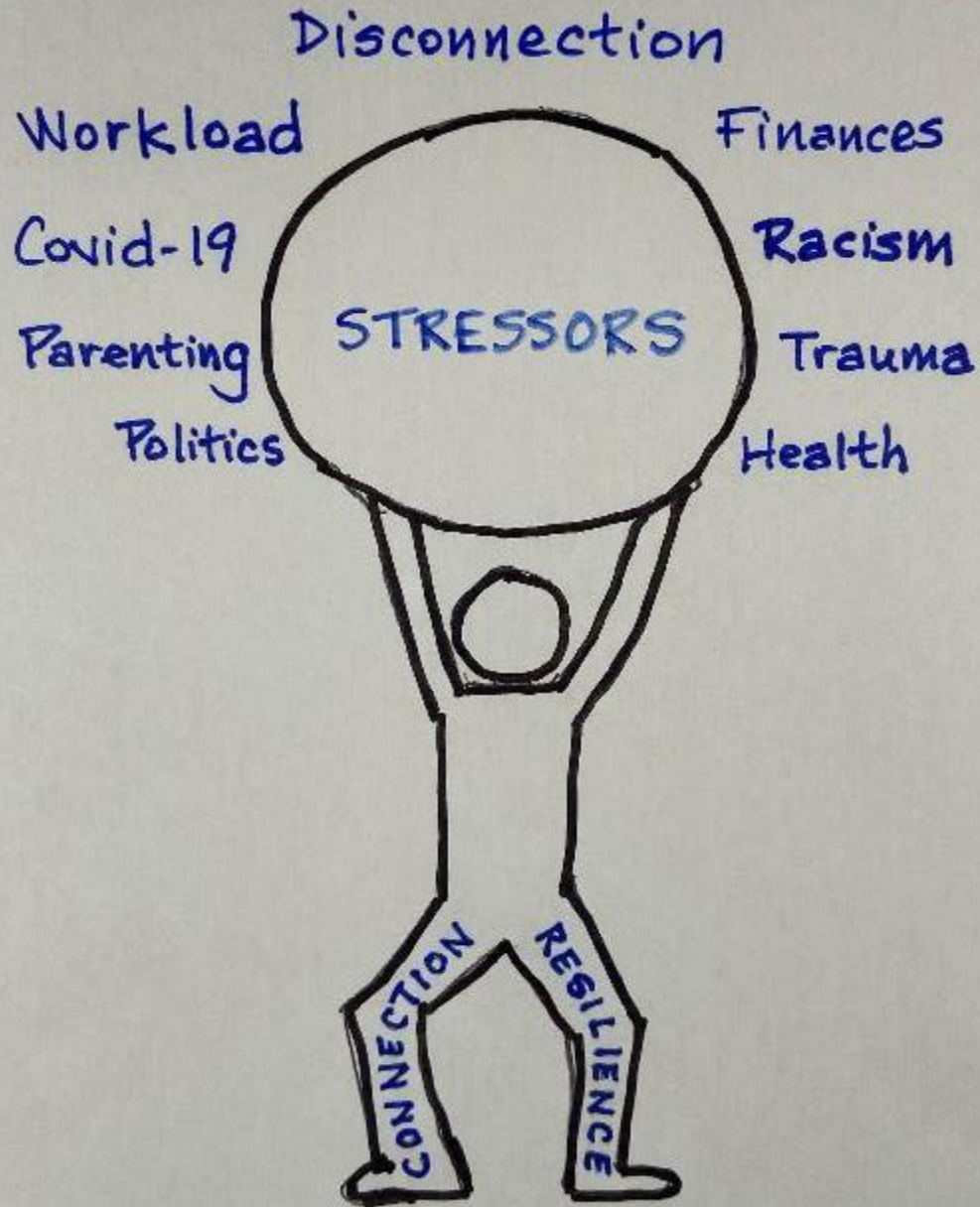
EXERCISE



EXERCISE

Step 1:

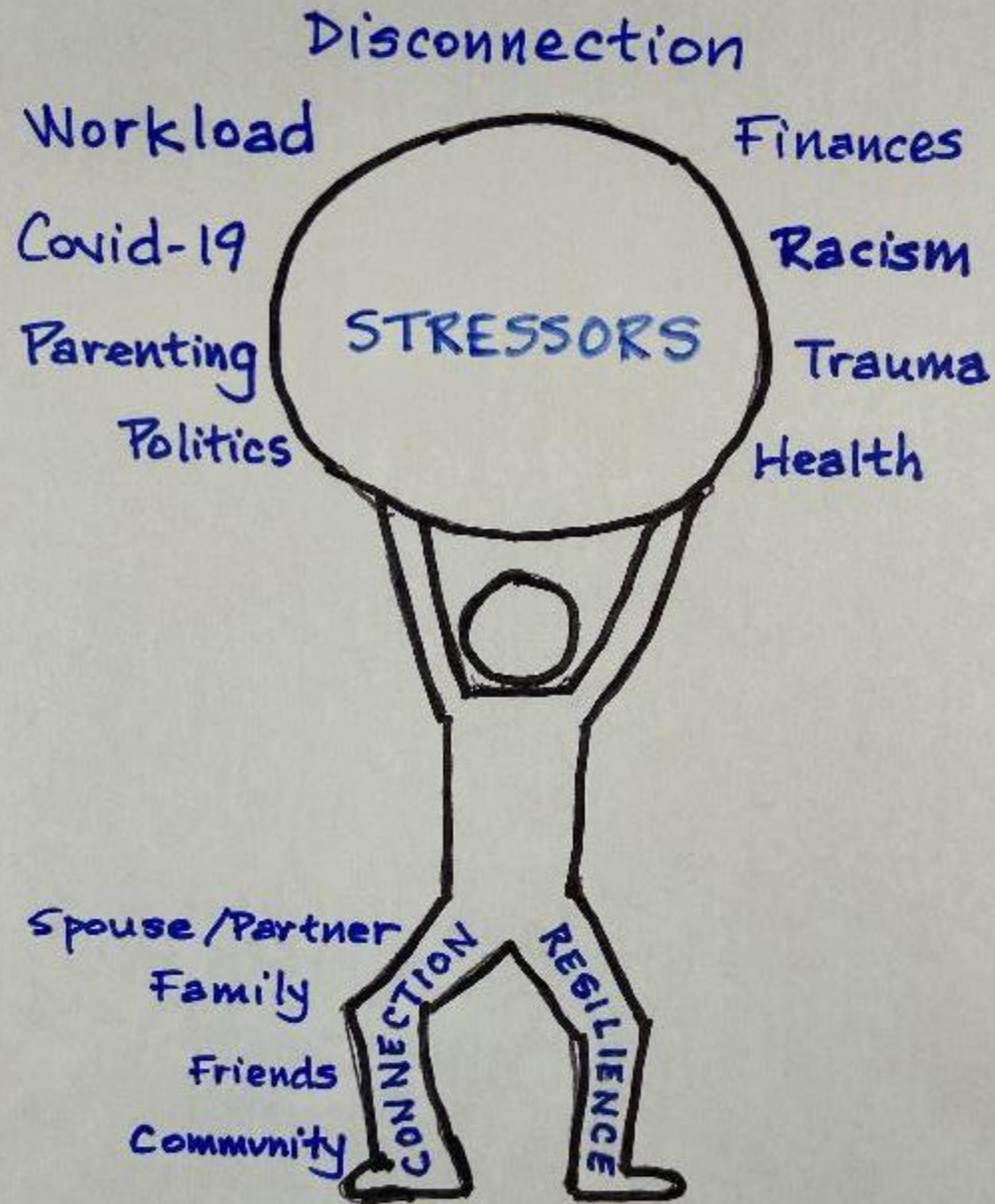
Add your
stressors



EXERCISE

Step 2:

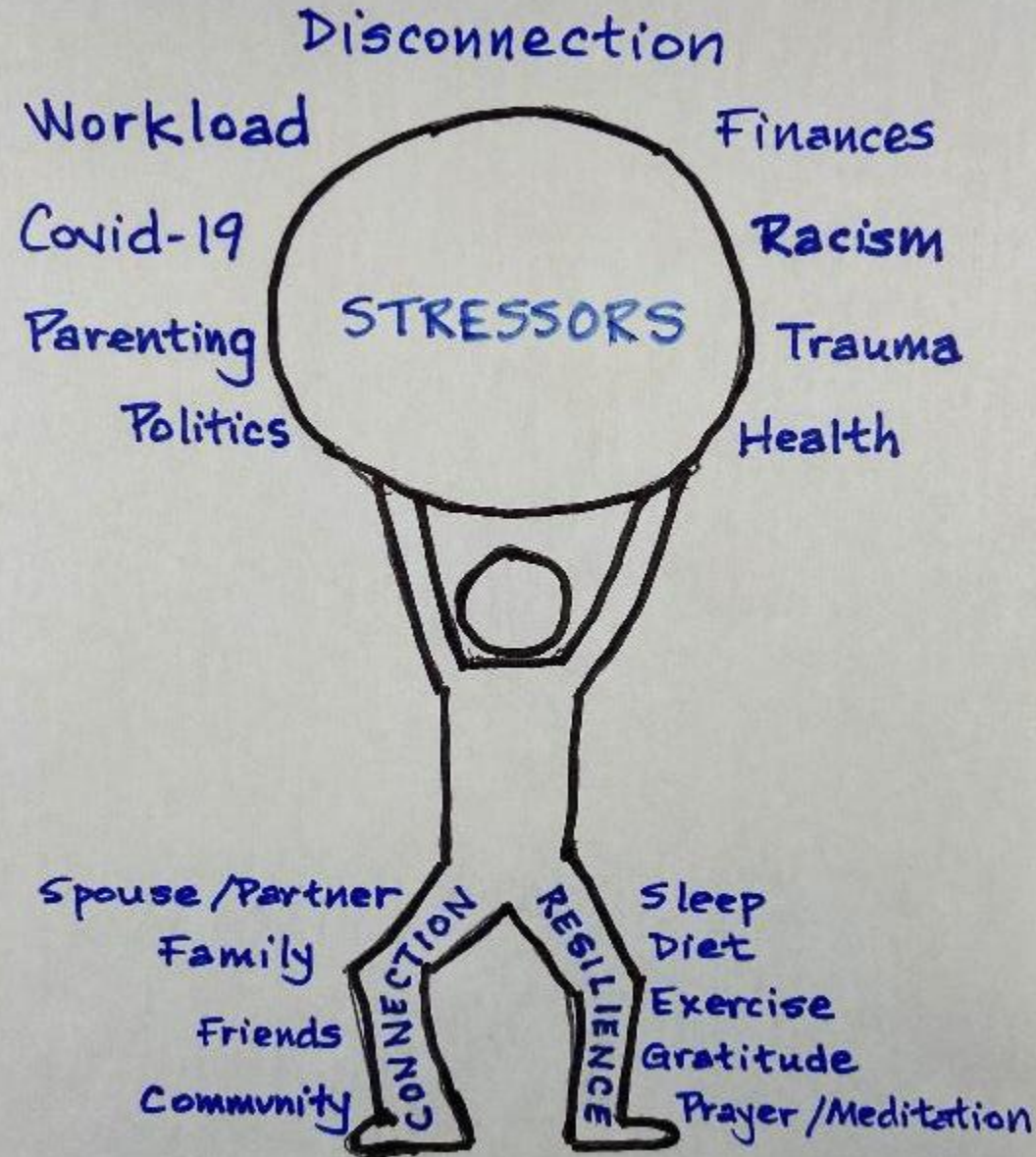
Add people
or groups with
whom you
connect



EXERCISE

Step 3:

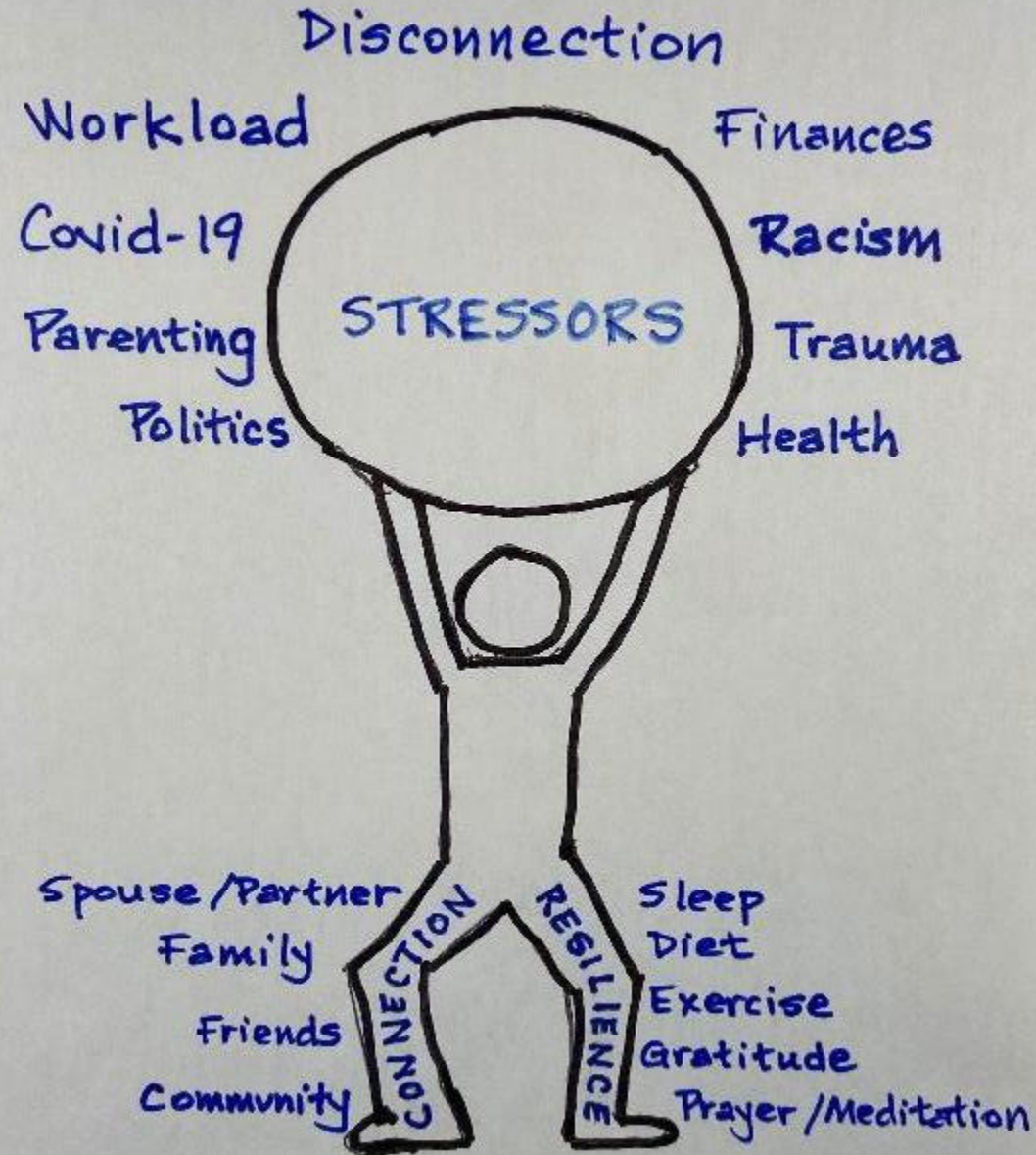
Add **resilience** factors



EXERCISE

Next steps:

- Rate each
- Drill down
- Discuss



WHAT IS CONNECTION AT WORK?

Connection is a **positive bond** based on **shared identity, empathy, and understanding** that moves individuals toward group-centered membership.

Disconnection is anything less than a positive bond.

7 UNIVERSAL HUMAN NEEDS AT WORK



3 TYPES OF RELATIONAL CULTURES

Culture of Control

Culture of Indifference

Connection Culture

CONNECTION CULTURE MODEL

**Task
Excellence**



**Relationship
Excellence**



**Sustainable
Superior
Performance**

CONNECTION CULTURE MODEL



VISION

When everyone in the organization is motivated by the mission, united by the values, and proud of the reputation



VALUE

When everyone in the organization understands the needs of people, appreciates their positive, unique contributions, and helps others achieve their potential



VOICE

When everyone in the organization seeks the ideas of others, shares ideas and opinions honestly, and safeguards relational connections



COSTCO



INSTITUTE FOR HEALTHCARE IMPROVEMENT



PHOTO: Online Marketing on Unsplash



MEMORIAL SLOAN KETTERING



Memorial Sloan-Kettering
Cancer Center

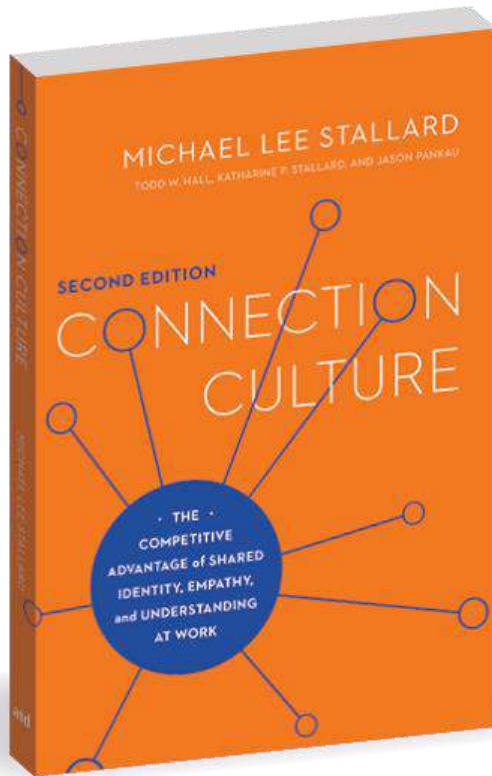
The Best Cancer Care. Anywhere.

CONNECTING DURING THE PANDEMIC

- Develop a connection mindset
- Make sure all workers know they need connection and remote workers are especially at risk
- Never worry alone (amygdala → cortex)
- To serve is to live (helper's high)
- Count your blessings (gratitude)

FREE RESOURCES

Email Katie@ConnectionCulture.com to receive:



- *90+ Ways to Connect* e-book
- Monthly email newsletter
- Sample chapter

www.ConnectionCulture.com

QUESTIONS



This program is pre-approved for ONE HRCI Credit, and ONE SHRM PDC



HRCI ORG-PROGRAM:
537937



SHRM Activity ID:
20-3E3J6