

Courage to Connect
*Fostering Connection & Wellness
In a Hybrid World*

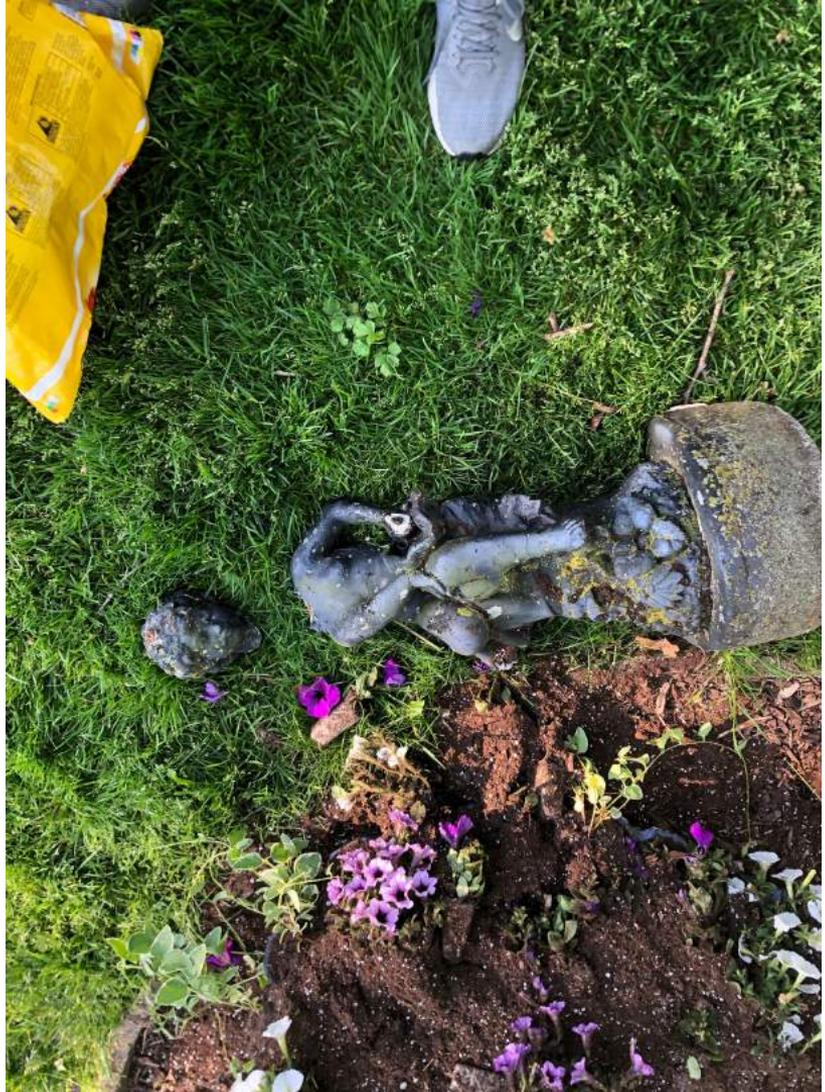


 **Mark Ostach**













GARDENING
ANGEL





Kintsugi = Resilience

**The Way We Connect
Requires Resilience!**



Goals for Today

- Learn how courage plays a part in how you connect
- Understand how to apply The BELL Method
- Encourage empathy within your teams
- Improve your digital & emotional wellness
- Get to know each other better!

Rose - Bud - Thorn











Connect

The root of the word **connect** is 'con' – the Latin word for **together**.

In one of its earliest forms, the word connect meant “To be united together physically.”

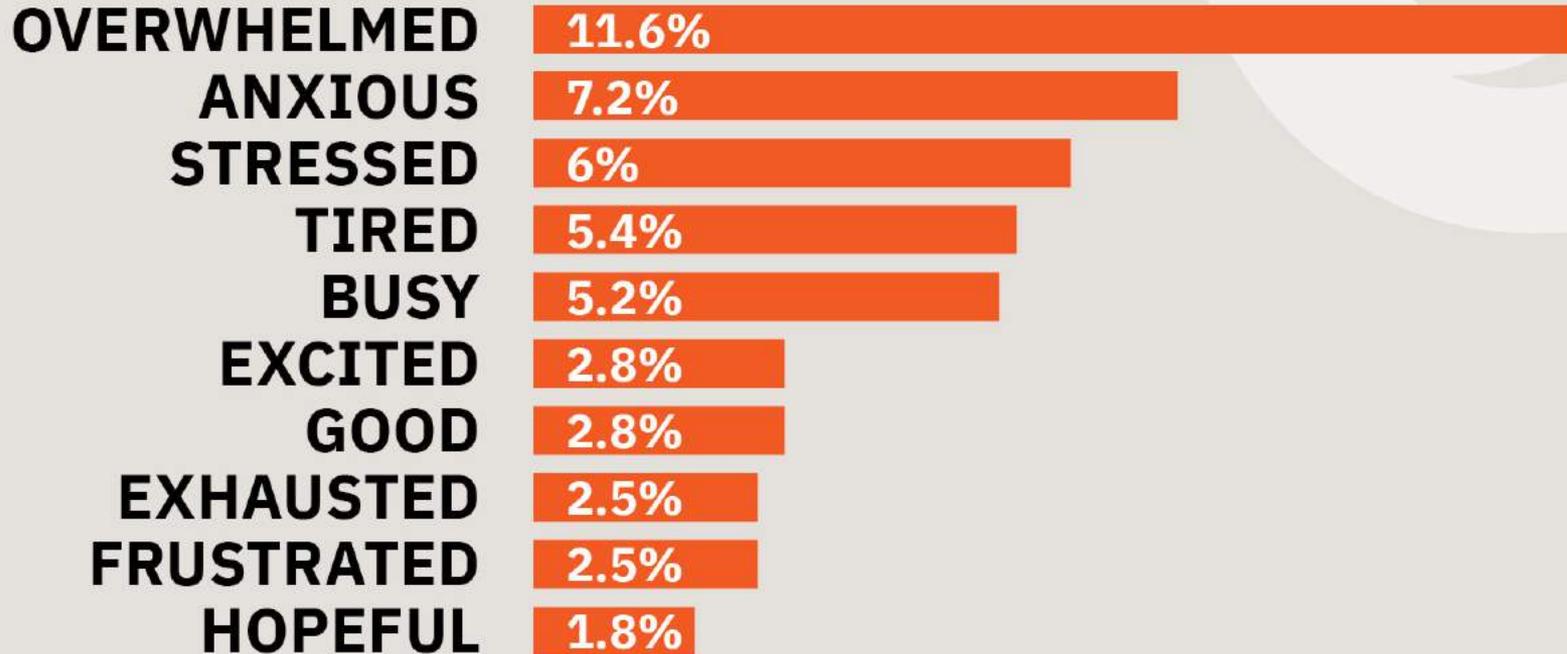


2020/2021



THE EMOTIONAL STATE OF THE VIRTUAL WORKPLACE

Top 10 words *(Global Survey)*



If you have more than

**25 video meetings a week
you are 2x more likely**

to have poor emotional health.









Doom Scrolling

5 Ways To Improve Your Digital Wellbeing

1. No digital gadgets at meal time.
2. Sleep device free, get a real alarm clock!
3. Take a digital fast at least 1 hour a day.
4. Make eye contact when talking.
5. End your digital day 1 hour before bed.



Health in 2023





Former Definition of Health

The absence of disease and disorder = Health



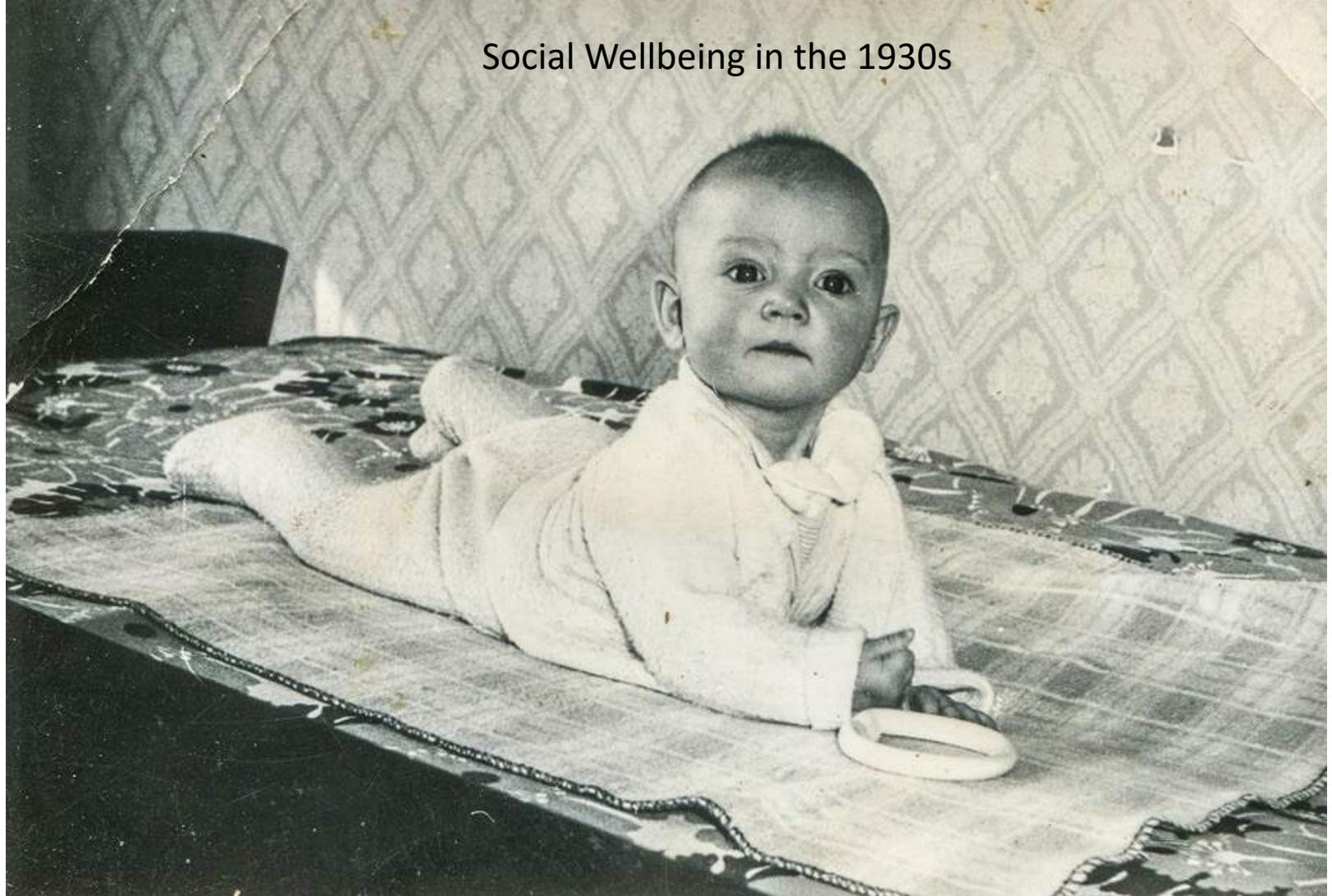


New Definition of Health in 2022

Physical Health + Mental Health + Social Wellbeing = Overall Health



Social Wellbeing in the 1930s



The BELL Method

Belonging

Empathy

Listening

Love





Courage

The root of the word **courage** is ‘cor’—the Latin word for **heart**.

In one of its earliest forms, the word **courage** meant “To speak one’s mind by telling all one’s heart.”



If You Really Knew Me...

An exercise to encourage vulnerability



If You Really Knew Me...

THE SECRET TO
CREATING A CULTURE OF
CONNECTION & BELONGING
IN A HYBRID WORKPLACE.

MARK OSTACH



Why Foster Vulnerability?

Integration of
Vulnerability & Empathy
Into the Workplace Makes an Impact



IMPACT ON RETENTION

90% of employees are more likely to stay with an organization that empathizes with their needs.



IMPACT ON PAY

66% of employees indicate they would be willing to make trade-offs on pay if it mean working for a more empathic employer

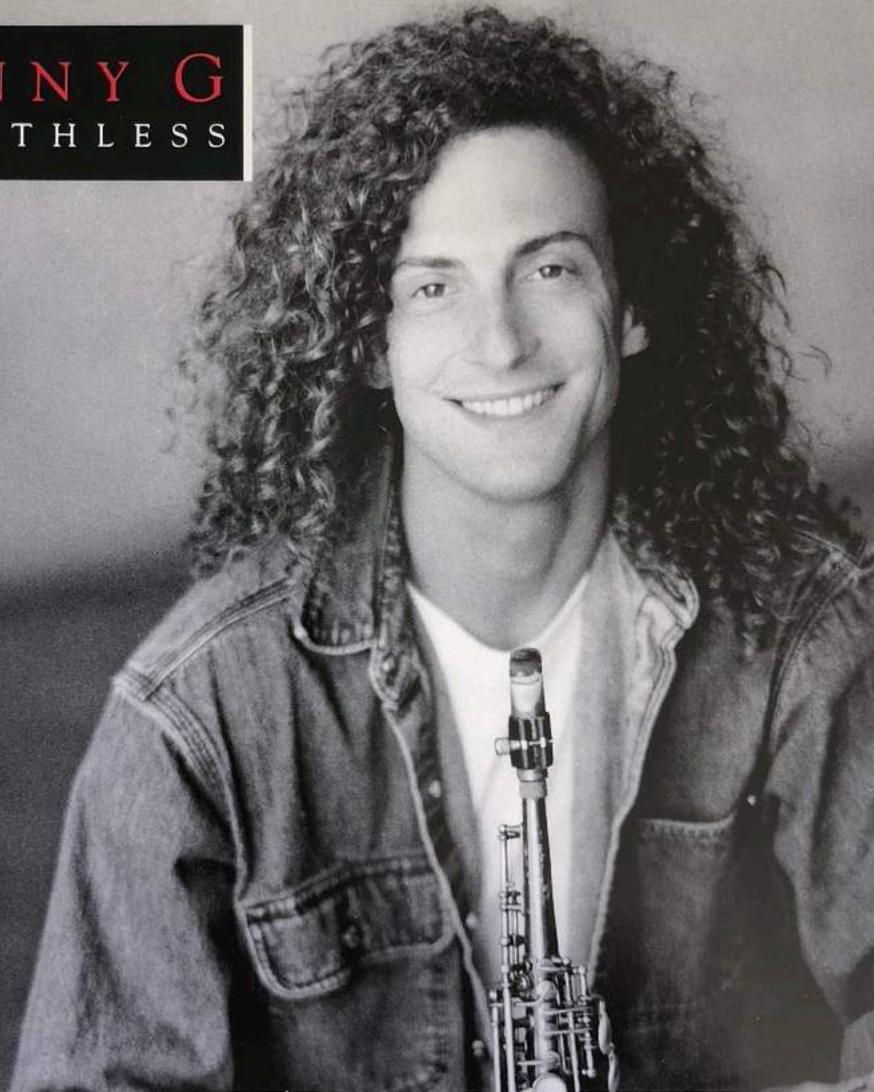


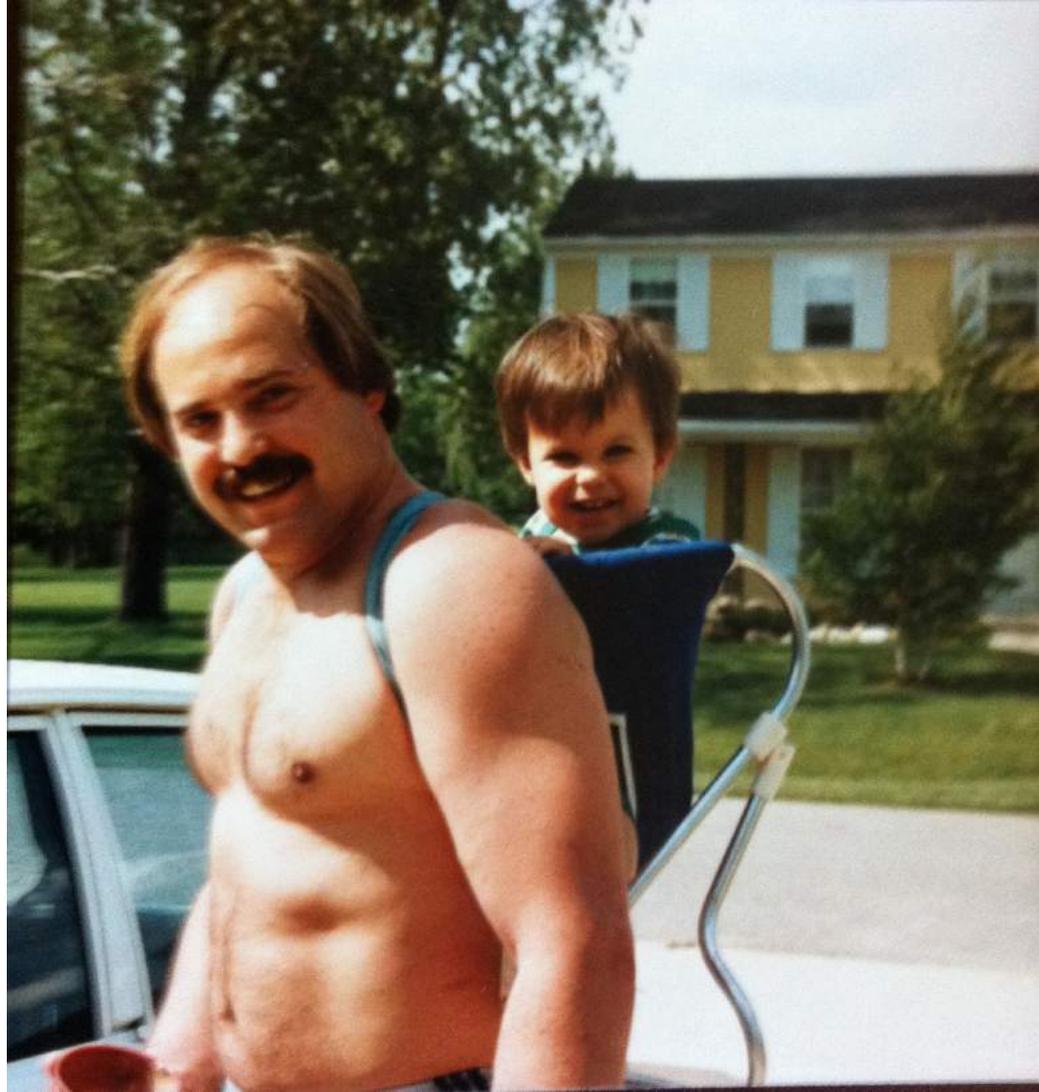
IMPACT ON PRODUCTIVITY

81% of employees reported a greater willingness to work longer hours for an empathic employer



KENNY G
BREATHLESS







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THE
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RAIN

Recognize, Allow, Investigate, Nurture

R*ecognize what is happening*

A*llow the experience to be there, just as it is*

I*nvestigate with interest and care*

N*urture with self-compassion*



**5 Seconds of
Energy Freedom**
#Rejoice!





Listening

*“make an effort to hear something;
be alert and ready to hear something.”*

The BELL Method 



***How do you listen when
you are overwhelmed?***



H.A.L.T

Are You Hungry Angry Lonely Tired?





Turn Down Techniques

1. Physical
2. Easy
3. Flexible
4. Fun
5. Free



Turn Down Techniques

- Running
- Assembling LEGO sets
- Getting Coffee with a friend
- Making lists
- Accomplishing minor tasks
- Jump rope
- Playing music
- Swimming laps
- Other things....

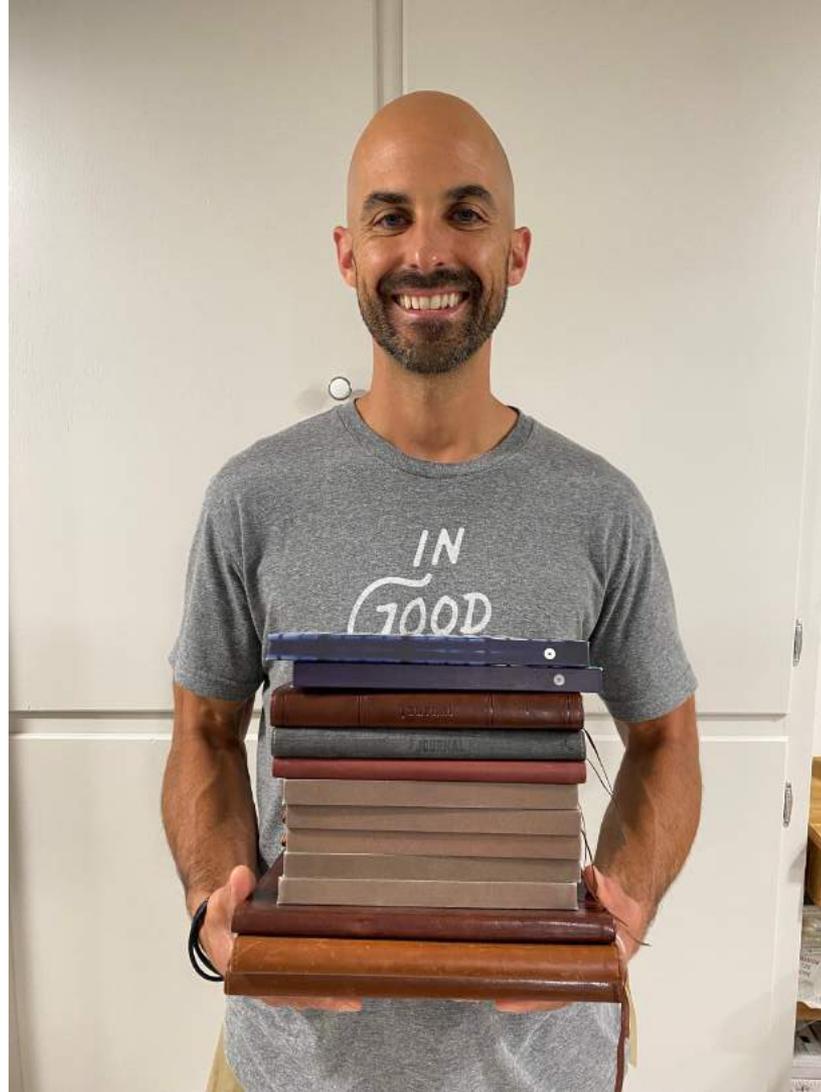




Prioritize Sacred Space



10 Years of Journaling





Write a note of encouragement to yourself.

Be sure to include your “One-Word” to help guide you for the start of the year.

Sign & Date It!

***Tuning Out the
Distractions
Reflection Writing Exercise***



5 Ways to Cultivate Social Connection With The BELL Method

1. **Belong** Together Among your Differences
2. **Empathize** in the Joy & the Sorrow
3. Take Care with Turn Down Techniques
4. **Listen** to Your Needs and Practice being Present
5. Do Your Best to **Love** Yourself & Others





If You Really Knew Me...

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Free download!

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***What's One Takeaway
You Learned From Today***

