



Mark Ostach

Courage to Connect

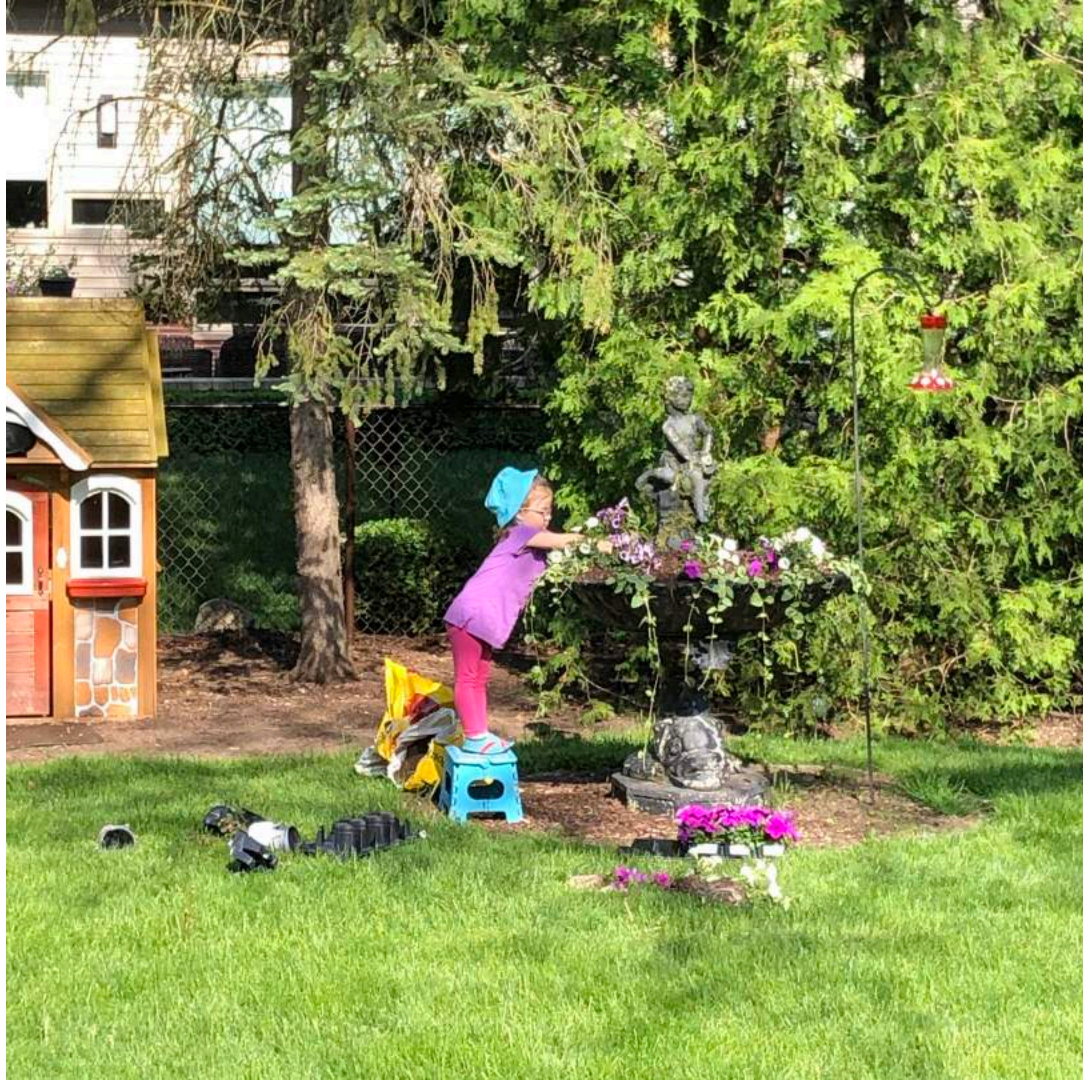
Fostering Connection & Digital Wellness



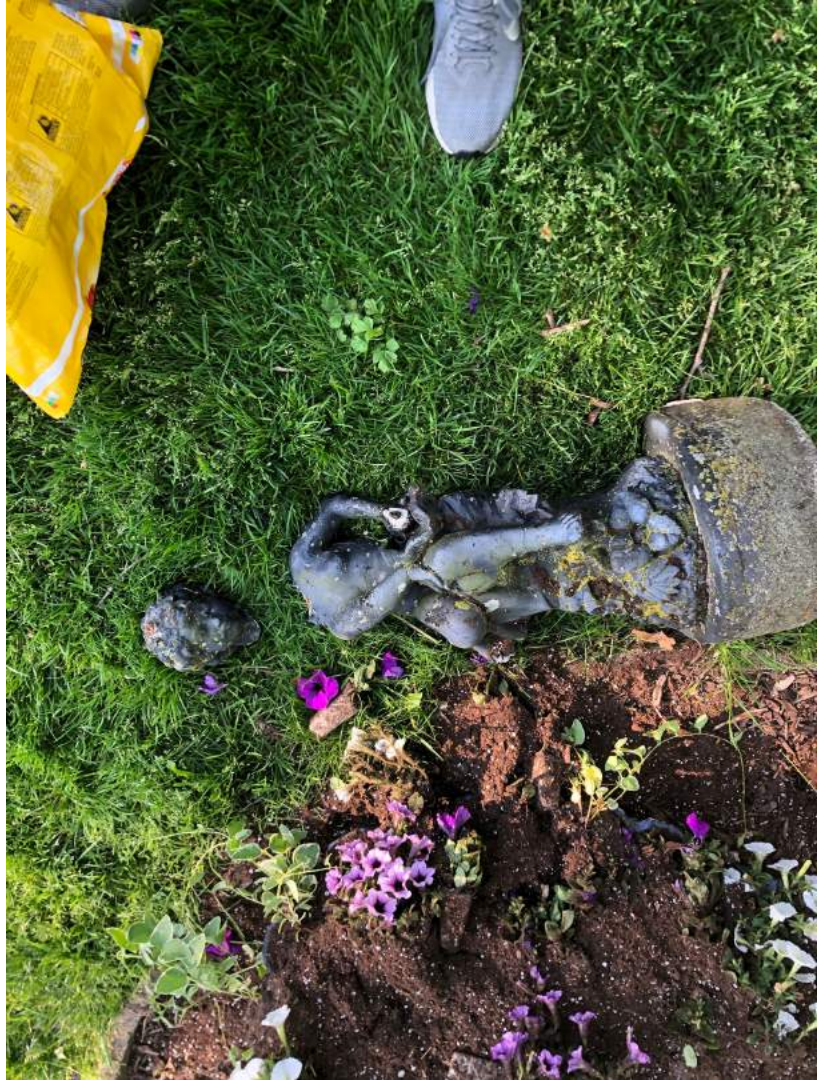




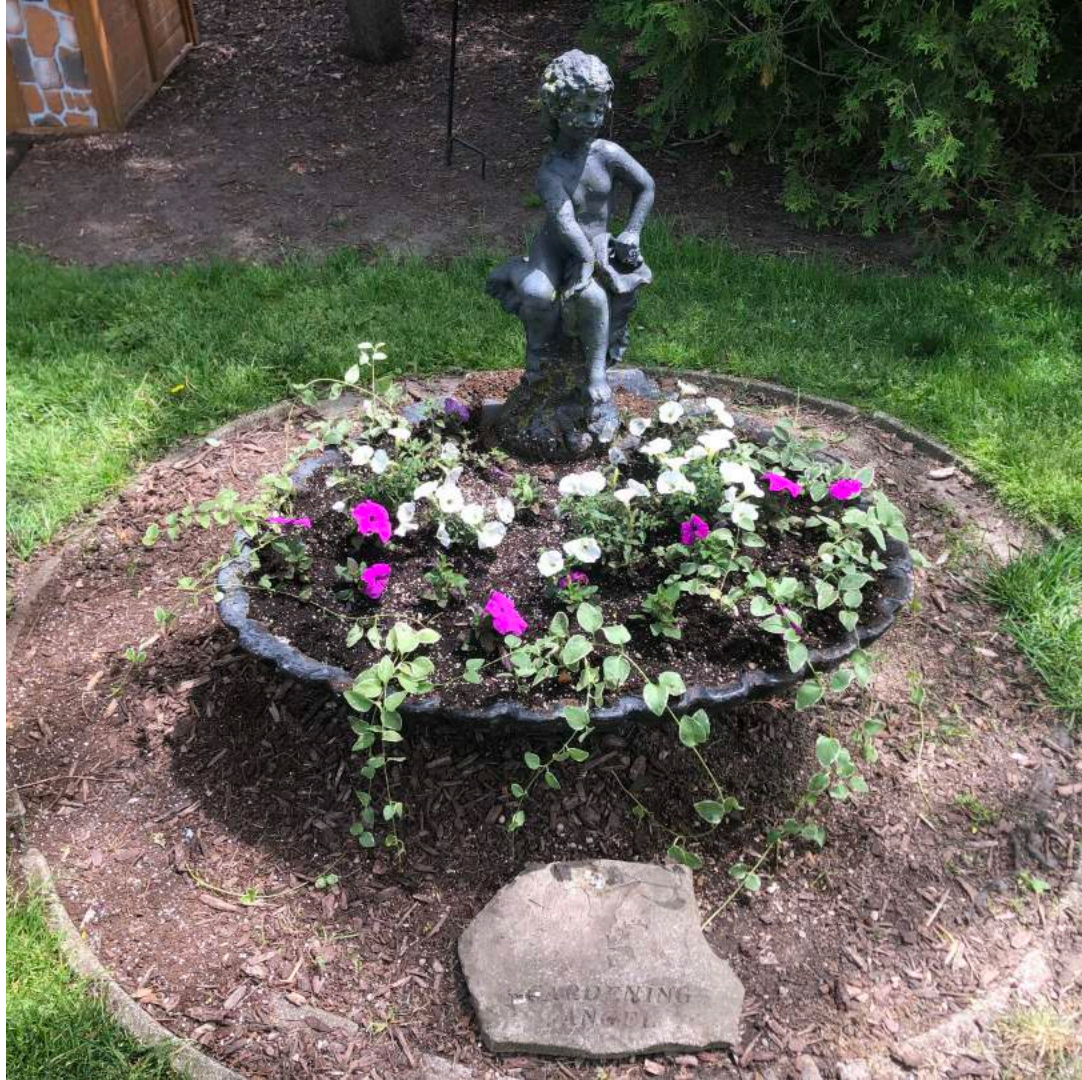
















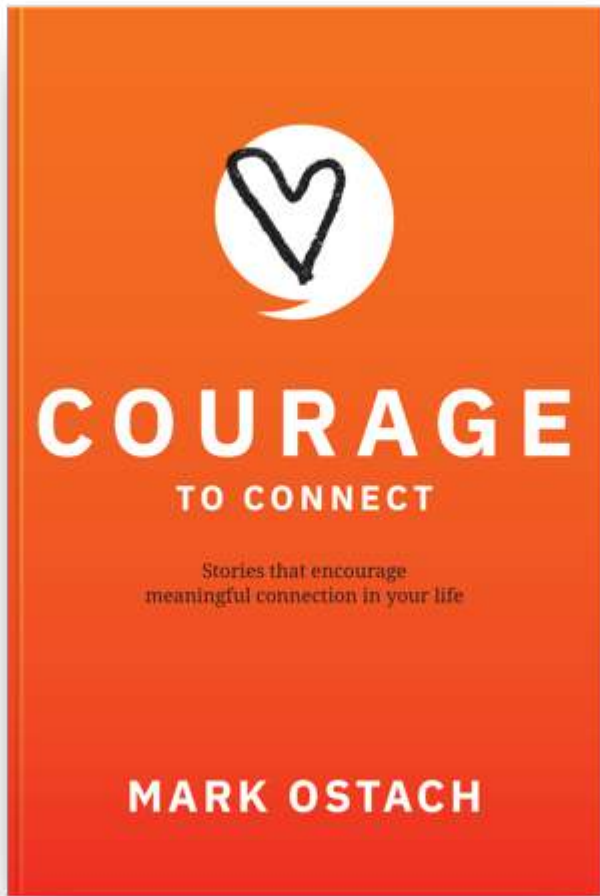
Kintsugi = Resilience

**The Way We Connect
Requires Resilience!**



Goals for Today

- Learn how courage plays into how you connect
- Understand how to apply The BELL Method at work & home
- Model empathy as a way to create a culture of connection
- Improve your emotional and digital wellbeing
- Be in community together! 😊



A free eBook download



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.”



Health In 2023

Let's Explore *Social Connection*



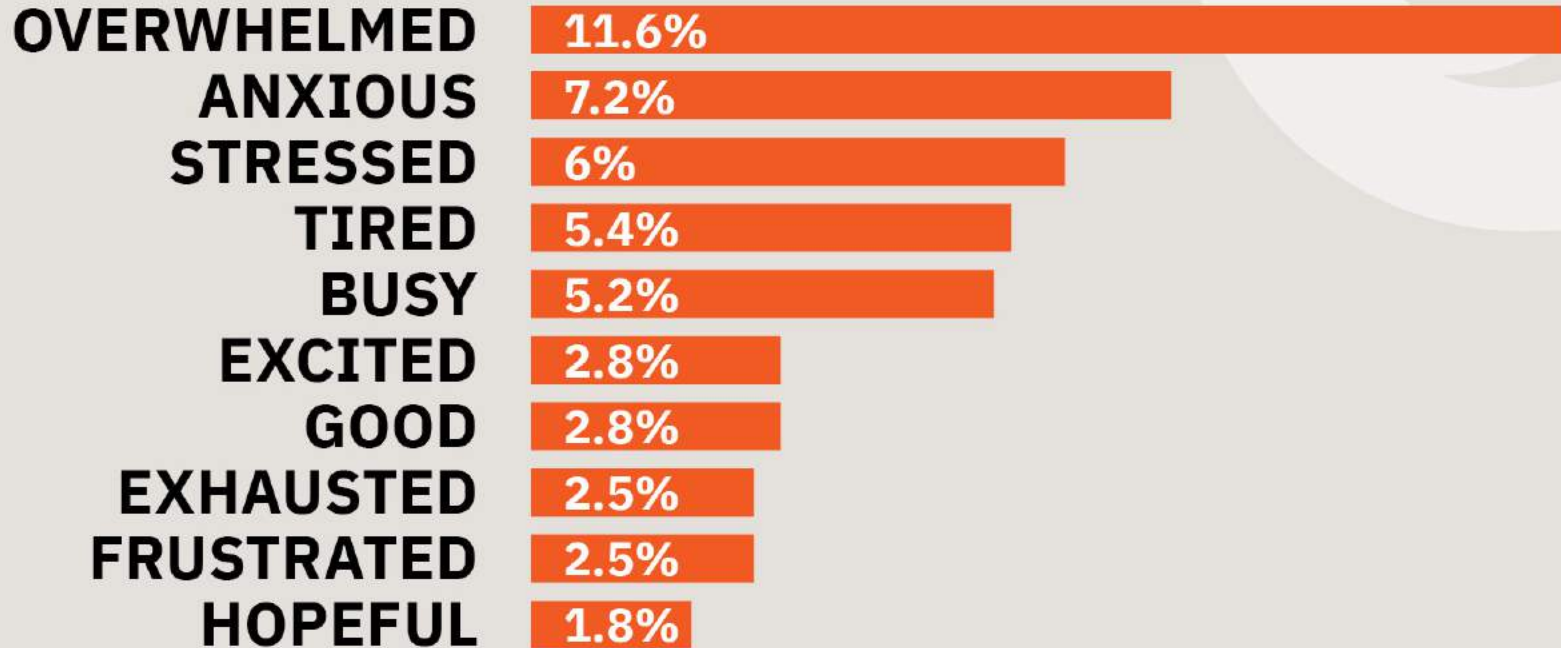


2020/2021



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.



Belonging

Empathy

Listening

Love





Belonging

*“feel accepted, included,
or a part of something else.”*

The **BELL** Method 









*Belong Amongst
Your Differences!*



3 Questions to Cultivate a Culture of Connection

1. How are you doing?* (*pause & listen*)
2. What are you looking forward to?
3. How can I support you?





*What is the state of
your/their heart?





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.”





Empathy

*“The ability to understand
and share the feelings of another.”*

The **BELL** Method 



If You Really Knew Me...

An exercise to encourage vulnerability



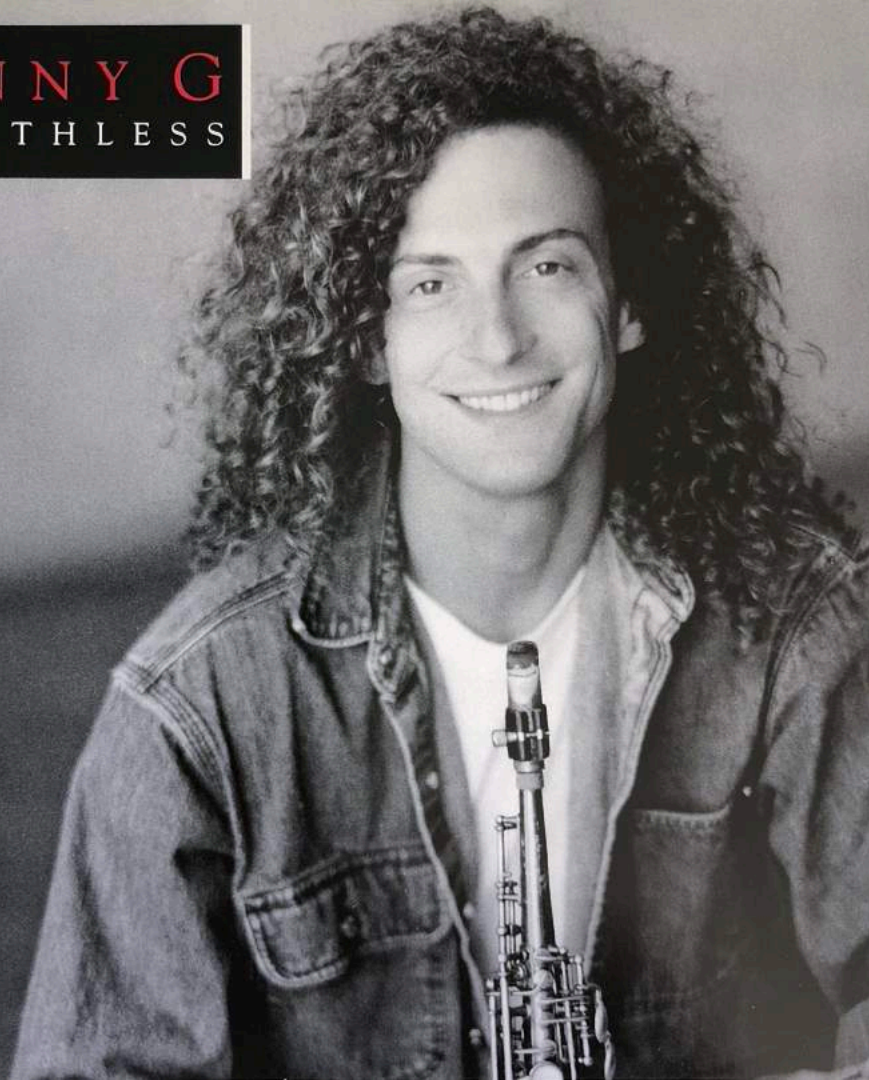
If You Really Knew Me...

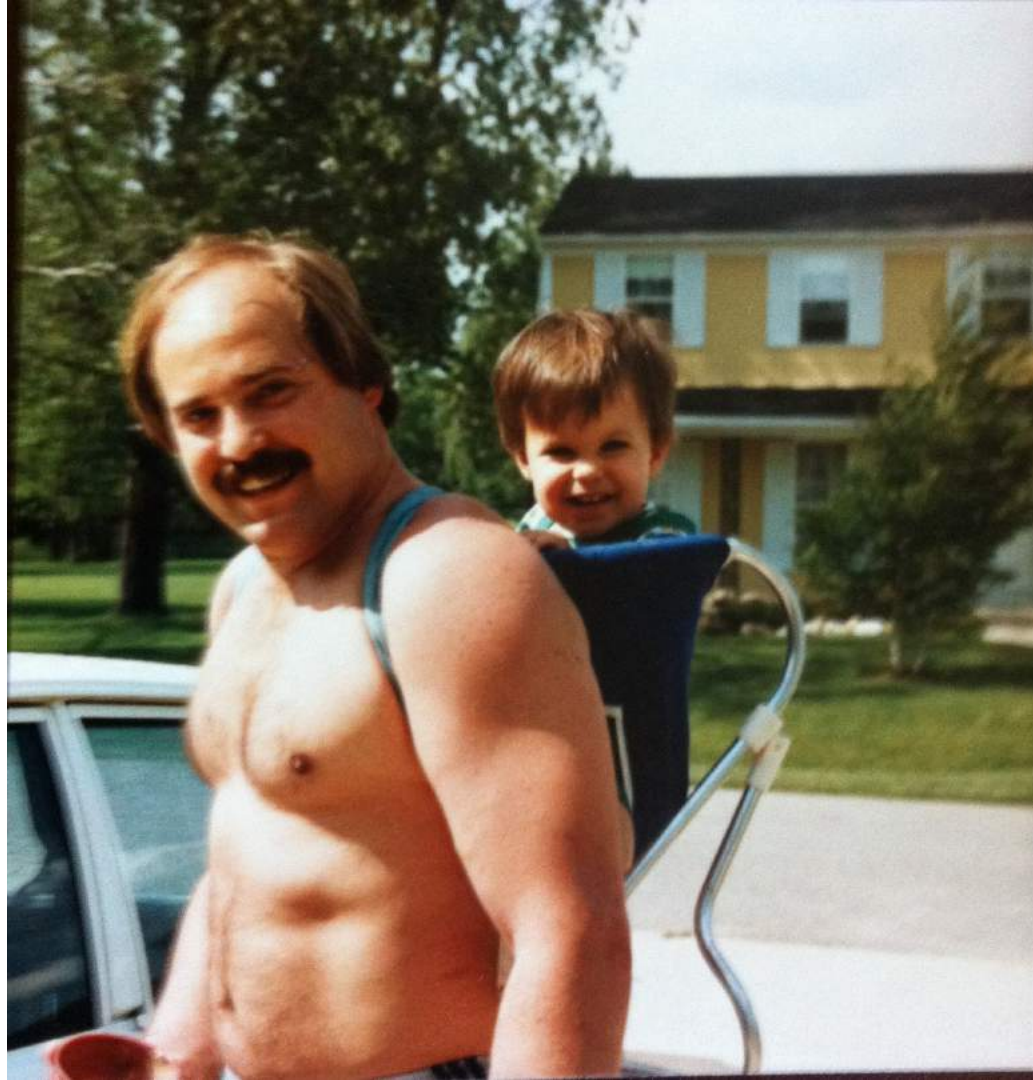
THE SECRET TO
CREATING A CULTURE OF
CONNECTION & BELONGING
IN A HYBRID WORKPLACE.

MARK OSTACH



KENNY G
BREATHLESS







RIGHT
PRODUCTIONS

THE
RIGHT
PRODUCTIONS

THE
RIGHT
PRODUCTIONS

THE
ARETHA

ARETHA

ARETHA

RIGHT
PRODUCTIONS

RIGHT
PRODUCTIONS

THE
RIGHT
PRODUCTIONS

ARETHA

THE
ARETHA

RIGHT
PRODUCTIONS









THE
ARETHA

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 



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....







Love

"An intense feeling of deep affection."

The **BELL** Method 

Prioritize
Sacred Space
In the Morning







Prioritize Sacred Space In the Morning

#Find-Your-Dew!



5 Ways to Cultivate Connection & Digital Wellness

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





FOSTERING CONNECTION & WELLNESS IN A HYBRID WORKPLACE

This 3-hour self paced course is designed to support leaders and teams navigating ways to stay connected in the workplace.



Free Course Download:
LD2024