

WAYS TO CONNECT

Be present.

Look people in the eye.

Smile.

Connect in person whenever possible.

Use their name—especially when it's a new relationship.

If appropriate, a gentle touch on the arm.

Listen-deeply.

Observe.

Ask questions.

Share how you feel.

Be vulnerable and authentic.

Don't try to fix things unless it's requested.

Put away your phone whenever possible.

If someone pops into your head, reach out to them.

Spend quality time with those you care about.

