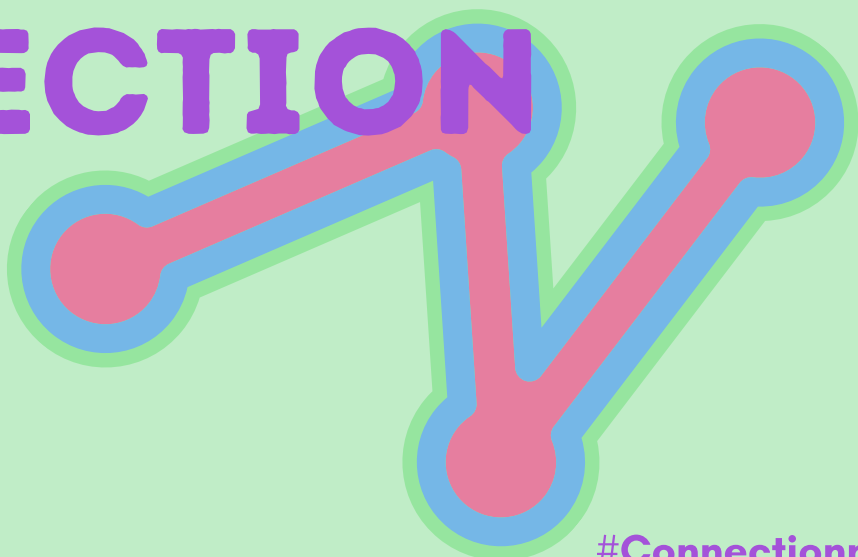


# CONNECTION IS A VERB



#Connectionmatters

## CONNECTION REQUIRES ACTION

### DEVELOP

Developing social skills and gaining confidence with your skill set will attract and cultivate relationships.



### ENGAGE

Placing yourself in environments, virtually and physically, can foster connection. Be the first to engage with a smile, look for common experiences and shared interest.

### INTERPRET

It is important to try to interpret others' reactions and body signals and adapt.



### BUILD

Bonds are not created over night. Building a relationship takes time; both of you have needs and interests that emerge with trust.

### NURTURE

Relationships are constantly evolving. They require action to make, keep and nurture development.



REPEAT STEPS REGULARLY TO  
CULTIVATE A LIFE WELL-LIVED