

# Hacks for Making Positive Connections

"Live with Purpose. Lead with Heart."

"Connection is the energy that exists between people when they feel seen, heard, and valued." b BrenC Brown

## Connection isn't softbit's powerful.

It's the heartbeat of effective leadership, teamwork, and trust. In most workplaces, communication is the root of both success and struggle. Use these habits to build connection, reduce friction, and make conversations count.

- 1 Stop saying you're busy b It signals disconnection.
- 2 Listen to hear b not to respond.
- 3 Smile, make eye contact b and use minimal encouragers (nodding, 'mm-hmm').
- 4 Be present b Your presence is a gift. Put the phone away.
- 5 Balance your communication b If you usually talk, practice listening. If you usually listen, speak up.
- 6 Bring your best self b to every moment.
- 7 Let go of false assumptions b Don't write someone's story without their input.
- 8 Aim for connection b not perfection.
- 9 Respect different perspectives b especially when they challenge yours.
- 10 Agree the purpose is learning b not winning.
- 11 Use a respectful tone b Your tone matters more than your words.
- 12 Focus on the relationship b not just the task.
- 13 Be willing to repair b the relationship after a tough moment.
- 14 Don't avoid hard discussions b lean into them with curiosity.
- 15 Be open to being changed b by the conversation.

### 16 BONUS: Add your own!

What connection hack would you add to this list?

## Your Connection Challenge

**Action Step:** Circle or highlight three conversation habits from the list above that you'll commit to practicing for the next 30 days.

**Reflection:** Which of these habits feels most challenging for you? Which one could have the biggest impact on your relationships?

## Ready to Transform Your Communication?

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