

## What is Connecting with People You Care?

During WFH period, it becomes apparent that staying connect with people can be challenging yet very eye-opening experience with the use of technologies available. Through positive and encouraging communication, we can build our bonds stronger not only with our colleagues but also with our family members and friends even if we cannot see them in person. Having a daily team meeting via video call, sharing old photos of your last travelling with your close friends and a simple handwritten note to your grandparents are the great examples of staying connected while we must stay at home in this period.

The key takeaway when connecting with people is to be genuine. Authenticity and vulnerability in communication means combination of self-awareness, courage to reveal your true colors, having clarity plus integrity in relationships. For more information on authentic communication, please see the link below:

<https://www.targettraining.eu/authentic-communication-demystified/>

## Why is it Important?

### 1. Connection makes relationships better.

It can create long lasting and strong relationships with other people, especially when people are getting worried and longing to have someone to talk to.

### 2. Better mental and physical health.

Having our mental wellbeing fit by connecting with people we care can benefits our physical wellbeing as well.

If you are taking the role of a leader to your team, staying connected with your team-

### 1. Helps with overall team's productivity

### 2. Avoids from communication breakdown.

### 3. Eases the feeling of being isolated.

## Tips on Connecting with People

### 1. Be open when you communicate.

Let people from other side knows your emotions clearly, but in a positive way. Be honest and treat others with respect. Use video calls for individual catch-ups and building relationships.

### 2. Be empathic.

Showing empathy to the people can boost their moral standard, result in improved emotional wellbeing and have higher engagement with each other.

### 3. Listen first.

Listening is the primary way of understanding what other people are trying to say. Try to understand first than be understood. Do ask questions and remain open to the conversation. Don't interrupt and multitask during conversation.

### 4. Be appreciative.

A simple "thank you" can go a long way. Giving a recognition to people around you can significantly increase their productivity in your team and positive energy with the people you communicate.

### 5. Utilize Technology.

Use chat room to stay connected using the medium such as Zoom, Workplace Chat, Microsoft Teams. Chat as small as water-cooler chat can help maintain and build stronger connections among each other.

For more information on water-cooler chat, please see the link below:

<https://axerosolutions.com/blogs/timeisenhauer/pulse/370/water-cooler-chat-10-smart-reasons-to-encourage-it>