

Value of connection

How to start today

Choose a new habit you would like to work on in your everyday life

- Take a walk or have lunch with a colleague you do not usually spend time with
- Show appreciation to a colleague by expressing what you genuinely value about them
- Set aside time as a team to reflect on each other's strengths and contributions



Scan to learn more about The Movement and the Togetherness experiment.



Let's work it out together

My commitment

Research shows that writing down a specific habit change, together with when, how often and where you will do it, makes it easier to follow through.

I commit to:

(example: Have lunch with a colleague I do not usually have lunch with)

When: _____

(example: During my lunch break)

How often: _____

(example: 1x/week)

Where: _____

(example: At work)

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