Learn It Live: Cast Your Connection Reel

Achieving our personal and professional goals, growing and performing to our fullest potential, being resilient, having a sense of belonging, connecting with others, finding joy – these are all innate parts of being human. Remember Maslow’s Hierarchy of Needs?

Employees who are engaged and feel invested in have better health outcomes, improved productivity and creativity, higher retention, fewer errors, and are happier. This allows workers to be their best selves and contribute positively to the workplace!

Employees who work 40 hours a week spend at least 2,500 hours a year at work. *That’s almost 30% of our time each year!*

Based on the *FISH! Philosophy*, this session will help you fish for ways to reconnect with yourself and cast the connection reel to others, and ultimately build into a culture of well-being!

**Be Present**

Take in the moment and your surroundings whether it’s with your loved ones, those you serve and even your co-workers. This fosters an environment of trust, empathy and communication. Default to awareness!

What might *your* awareness default look like? What would you do to be more aware of your environment?

Does this look different and/or similar at work and home? How so?

Engaged employees who feel valued are 50% more likely to exceed expectations than the least engaged workers.

*Harvard Business Review*
Play & Let Your Right & Left Brains Mingle for Creativity

Laughter and learning help reduce our stress, helps us become more resilient and grow! Why not incorporate this as we work to achieve our personal and professional goals?

Mixing in fun and creativity into critical thinking and problem solving as a team can show others you are actively listening and engaging with their ideas. It also opens the opportunity to practice turning errors into lessons and having a growth mindset.

Ways to Encourage Creativity in the Workplace:

- Share sources you’ve found or projects you’re working on.
- Discuss potential fun, problem solving activities to do as a team, and invite others to join.
- Mix in appropriate humor to encourage laughter (Smiles = less stress and ability to solve problems).
- Learn your team’s skills and interests. Tailor and encourage outlets aligned with this (learning, professional development, content creation, etc.).
- Change up your typically scenery/background, especially during brainstorming.

Let’s Play: Name Game

Each person will get a sticky note with the name of someone on it. Post it to your back or forehead, and only ask questions to determine who is on the note and get hints from others.

How could concepts from this game be applied in the workplace?

Let’s Play: Minefield

All will be split into teams. One brave soul will walk through the obstacle with their eyes closed. The teams can only use verbal instructions to guide their teammate through the minefield.

How could concepts from this game be applied in the workplace?
Cast Your Connection Reel
Interpersonal relationships and interactions help us bond and see different perspectives. Harvard Health points out that even small gestures, like volunteering, can create a “happiness effect”. Blue Zones highlights social connections have helped to lessen dementia in older adults.

What’s one (or more) way(s) you can make someone’s day? Star options you have done. Circle ones you want to try in the next month. Jot down your own ideas too!

Let’s Play: Gratitude Game
First, you are going to receive multiple colored sticks. Next, you are going to share your responses to the prompts. And GO!

**Color & Response:**
___________________________________________________

**Color & Response:**
___________________________________________________

**Color & Response:**
_________________________________

**EXTRA CHALLENGE:** Now let that person, place or thing know you’re grateful for them and why.

Live Well
Take Responsibility for Your Thoughts & Actions

Easier said than done, right? Choosing to be aware of your thoughts and intentions can change the trajectory of each situation.

The Pareto Principle shares that “80% of results will come from just 20% of the action.” There is power to making small changes for a ripple effect of greater outcomes.

Emotions are contagious, and we have limitless opportunities to decide what our reactions will be. We can redirect our habits and make processing a much more positive experience by “preloading our minds” with these responding concepts.

Use the table below, and reflect on a response you've had in a situation. Were there thoughts, feelings and/or actions that could have had a more positive outcome?

<table>
<thead>
<tr>
<th>Event</th>
<th>Thoughts</th>
<th>Feelings</th>
<th>Actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: Coworker doesn't complete portion of project on time.</td>
<td>What happened: They may not be prioritizing.</td>
<td>Frustrated that I have to complete this.</td>
<td>Complete project and send a not so nice email.</td>
</tr>
<tr>
<td>Alternative scenario: Is there a way I can help them be successful?</td>
<td>Maybe they don't have the tools or resources to understand what's needed.</td>
<td>Meet to discuss how to get project done successfully together.</td>
<td></td>
</tr>
</tbody>
</table>

What happened:

Alternative scenario:
References & Resources

I am Grateful For:

Relationships I am grateful for:
1.
2. 
3. 
4. 
5. 
6. 

Financial Strengths:

3 Strengths:

One overlooked blessing:

4 Positive things about my Health & Body:
1. 
2. 
3. 
4. 

People who've helped me:

Spiritually I'm grateful for:
1. 
2. 
3. 
4. 
5. 

Activities I enjoy:
1. 
2. 
3. 
4. 
5.

Questions? Please contact wellness@uc.edu  
uc.edu/hr/bewelluc
Throw kindness like confetti.