



Acts of Connection Weld

# Connection Guide

for organizations



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# Why Connection Matters



**Human beings are biologically wired for connection.** Over many years, our brains have adapted to expect being close to others. Lacking connection hurts our health and wellbeing because it is as essential to survival as oxygen, food, water, and shelter. When we get lonely, it's a sign that we could use some meaningful connection -- with ourselves or others, enriching activities, greater purpose, and a safe community.

It's up to each of us to take a step towards connection. This can start with building strong and meaningful relationships, so no one feels alone. Look for opportunities to connect with your colleagues and get to know each other in fun, relaxing, and positive ways. Say hi to the person you see in the parking lot in the morning or ask a coworker to get lunch with you. Step out of your comfort zone and get connected!

**Check out this Connection Guide for ways to inspire connection in your life and our community at-large.**



## CONNECTION IDEAS:

### Create opportunities for social interaction

Host regular team-building events during work hours and set up clubs or groups based on shared interests—like book clubs, sports teams, or hobby groups. These activities help people connect and have fun together!

### Provide collaborative opportunities

Encourage teamwork through group projects and initiatives. Consider setting up mentorship or buddy systems, where experienced team members can support newcomers. This not only gives seasoned colleagues a fresh sense of purpose but also helps new team members feel welcomed and supported!



### Encourage open communication

Create a space where team members feel comfortable sharing their ideas, concerns, and feedback. Regular check-ins or surveys can help us understand how everyone is feeling and address any concerns before they grow.

### Recognize and celebrate achievements

Make it a habit to recognize and celebrate both individual and team successes with awards, shout-outs, or newsletters. Celebrating milestones and anniversaries together helps build a strong sense of shared accomplishment and boosts everyone's morale!



## **Provide learning and development opportunities**

Offer workshops, training sessions, and educational activities that help staff grow and connect through shared learning. Encourage team members to share their skills and knowledge with others, whether through presentations or informal sessions. It's a great way to learn together and build bonds!

## **Promote volunteer and community service**

Organize or get involved in community service projects to foster a sense of purpose and togetherness within the team. Working together for a common cause is a wonderful way to strengthen connections and make a positive impact.

## **Foster a welcoming environment**

Celebrate diversity and inclusion by making sure everyone feels valued and respected. Offer orientations or onboarding sessions to help new employees feel at home and become part of the community right from the start.

## **Build a strong organizational culture**

Define and share core values that highlight the importance of connection, collaboration, and mutual support. Encourage leaders to lead by example, promoting behaviors that create a welcoming and supportive environment. Foster a workplace culture where people connect as whole individuals, not just for their skills, and build a sense of inclusion and belonging.

## **Implement programs that foster connection**

Regularly check how well your programs are working, identify any obstacles, and keep improving them. By staying proactive and attentive, you'll ensure that your initiatives truly help build and strengthen connections.

## **Train and empower leaders and managers to promote connection in the workplace**

Provide career development resources like coaching, counseling, and networking opportunities. Support your team in finding a good work-life balance and help them manage their personal and professional lives. Empowered leaders and managers can play a key role in creating a connected and supportive workplace.

## **Invite an Acts of Connection representative to deliver skill building or informational workshops**

Bring in an Acts of Connection representative to offer skill-building or informational workshops. Discover more about the initiative, why it's important, and how getting involved can positively impact your organization with minimal disruption to your current work processes.

## **Spread the word about Acts of Connection**

- Let your network know how important connection is and share the Acts of Connection campaign with them.
- Spread the word on social media to help us reach even more people! You can find us on Facebook: @ActsofConnectionWeld.



## Provide staff support to the Acts of Connection Campaign

Send a representative from your organization to join our monthly Healthy Mind and Spirit meetings. This is a great chance to collaborate and advance the Acts of Connection Campaign together.

Meetings are held on the third Friday of the month at the Caring Legacy Building (2105 Clubhouse Drive in Greeley) or via Zoom:

- Meeting ID: 6724487832
- Passcode: 603298



## Resources:

- **Our Epidemic of Loneliness and Isolation 2023**: The Surgeon General's Advisory on the Healing Effects of Social Connection and Community
- **LinkAGES**: Intergenerational Programming Toolkits designed to empower facilitators in running enriching intergenerational programs within their communities.
- **Campaign to End Loneliness's Loneliness Learning Program**: Covers the causes and effects of loneliness, how to address loneliness, and self care in the workplace.
- **Campaign to End Loneliness' Addressing Workplace Loneliness PDF**: Designed to equip managers and team leaders with an in-depth understanding of workplace loneliness and actionable strategies to create a more inclusive and supportive work environment.
- **Only7Seconds Resources**: Equipping individuals with the tools to address loneliness and live more connected.



## As a leader...

**Building a culture of connection is all about kindness, respect, service, and commitment to each other. We all play a part in creating this sense of togetherness by living these values every day.**

While programs and policies can make a difference, it's really the everyday moments—the way we interact with each other—that shape our social connections. These shared values influence how we act and, in turn, shape the programs and policies we create. Without this foundation of connection, we can't truly succeed in other areas.

The behaviors we practice come from the groups and communities we belong to, and the more we see others showing kindness, respect, service, and commitment, the more these values will naturally grow within us.

Building and growing this culture starts with all of us—whether in conversations, schools, workplaces, or even in the media and entertainment we enjoy. We each have a role to play, both as individuals and leaders, in shaping the way we connect with one another.

**Find opportunities to model kindness, respect, service, and commitment to one another in public and private situations. Look for moments, big or small, where you can show these values—whether it's in public or private, with friends, coworkers, or family.**



# Connection Ideas

## for specific businesses, organizations, or agencies

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Each of us—whether as individuals, organizations, or communities—has a part to play in building and strengthening connections across the nation.

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### **Health Workers, Health Care Systems, and Insurers**

Health providers and insurers have a unique opportunity to educate and empower patients about the importance of strong social connections, especially for those at risk. Whether it's someone facing health challenges, financial stress, living alone, or raising kids on their own, we can encourage and support them in building meaningful relationships.

### **Public Health Professionals and Departments**

Lead the way by creating and supporting education programs, awareness campaigns, and training for health professionals that highlight the impact of social disconnection. Let's make social connection a central part of health promotion and wellness programs, especially when addressing issues like suicide, burnout, and substance use.

### **National, Territory, State, Local, and Tribal Governments**

Make social connection a priority by weaving it into public health and policy plans. By providing essential resources and crafting strategies that focus on strengthening community bonds, we can set clear goals, track progress, and regularly check in on how we're doing.



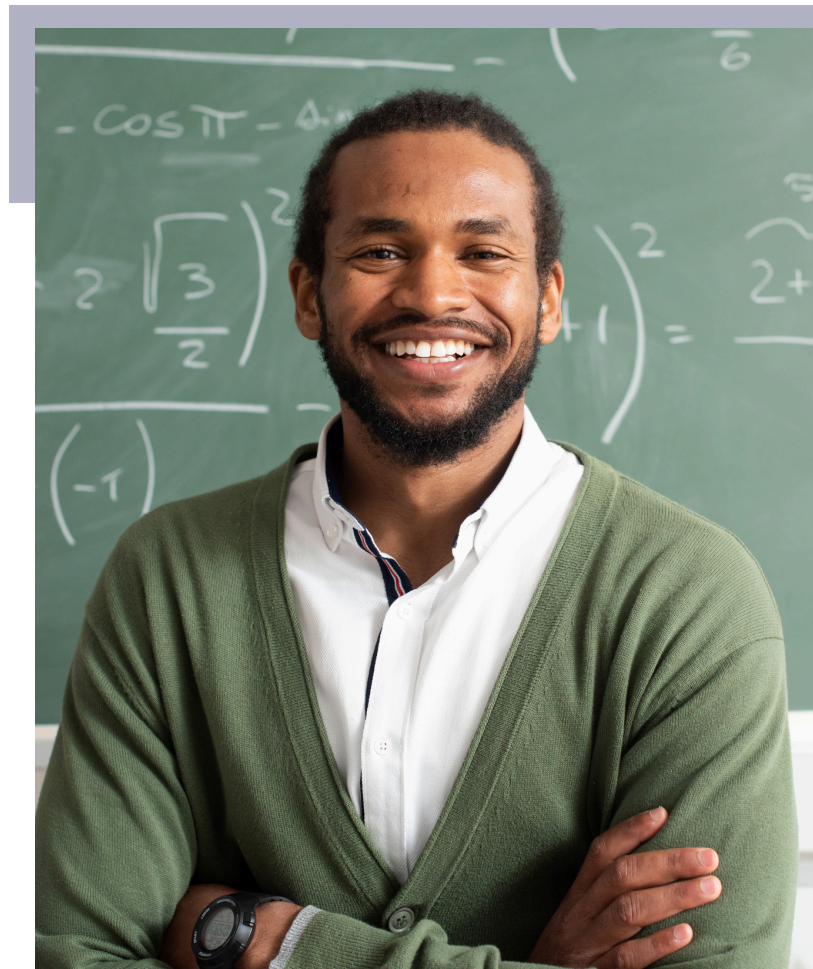
## Philanthropy

Support new and existing programs that help people connect with one another and build stronger communities. Whether it's preventing or treating social isolation and loneliness or reaching out to those most at risk, your investment can make a big difference in bringing people together.

## Schools and Education

### Departments

Integrate social connection into health lessons, making sure students of all ages learn about how relationships impact their physical and mental well-being. Teach them the key factors that influence social connection and give them practical strategies to build and maintain meaningful relationships.



## Community-Based Organizations

Create welcoming spaces and opportunities where people can connect and form positive, safe relationships. Focus on bringing together individuals from all walks of life—different ages, backgrounds, viewpoints, and experiences—to foster a true sense of community.

## Media and Entertainment Industries

Produce content that highlights and encourages positive social interactions and healthy relationships. Use your platform to showcase the core values of connection—kindness, respect, service, and commitment to one another—and inspire others to embrace them in their own lives.



Pledge to be a

# Place of Connection



The Acts of Connection pledge is a way individuals and organizations can show their support and commitment to ending loneliness and social isolation in Weld County.

**As an organization**, you have the opportunity to pledge to be places and people of connection – this is a commitment to support your community as an entire organization. When your organization pledges, you agree to do your best to:

- Strive to create programs that bring people together and encourage inclusion
- Stand up against loneliness and isolation by fostering environments where meaningful connections can thrive
- Provide opportunities for connection and promote work-life balance to support these efforts
- Cultivate a culture of kindness, understanding, and collaboration, working together to make your organization and community a place where everyone belongs
- Build strong and meaningful connections so no one feels alone

Pledge today by visiting [ActsofConnectionWeld.org](https://ActsofConnectionWeld.org)



## In Weld County, we take care of each other.

Commit to making Weld County a more connected, friendly place where we reach out to our neighbors and make sure everyone has a friend to turn to.

Visit [ActsofConnectionWeld.org](https://ActsofConnectionWeld.org) to learn more.



### Learn

Learn the impacts of social isolation and loneliness.



### Connect

Connect to resources to combat loneliness and build connection.



### Pledge

Pledge to cultivate a community of connection.