



CULTIVATE CONNECTION

Content Areas: Communication, Health Care, Relationships, Self-Care

Duration: Four Weeks

Description: Brené Brown describes human connection as this:

“The energy that exists between people when they feel seen, heard and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.”

Cultivate Connection is an experience focused on establishing and strengthening relationships, identifying a support system and nurturing a sense of belonging for yourself and those around you. Together, we will explore how quality relationships impact health, happiness and well-being while exploring evidence-based exercises and valuable skills.

Overview:

- Week 1 – Understand: Why Do We Need Connection?
- Week 2 – Consider: With Whom Do You Want to Foster Connection?
- Week 3 – Practice: How Can You Foster Connection?
- Week 4 – Notice: What Can You Learn About Connection from this Experience?

Key Components:

- Resources – Weekly, themed encouragement email with electronic curriculum/reflections
- Support – Unlimited access to Wellness Specialist; weekly 45-minute onsite or virtual group meeting (optional)

Investment: Starting from \$995