Connection Corner

Building Connection

- Brené Brown

October reminds us that connection is built much like the changing colors of the season; slowly, intentionally, and one small change at a time.

Healthy connections don't require grand gestures. They are often created in ordinary moments: a teacher greeting a student by name, a family eating dinner together, a neighbor checking in, or a colleague asking, "How are you really doing?"

Connection Grows When We...

MAKE TIME.
Connection needs our attention. Put down the phone, pause the to-do list, and be present with the people around you.

GET CURIOUS.
Instead of assuming we know what someone is thinking or feeling, ask questions. Listen to understand rather than simply waiting for your turn to respond.

CREATE SAFETY.
People connect when they feel seen, heard, respected, and accepted. A safe environment allows people to be themselves, make mistakes, and ask for help.

NOTICE THE SMALL THINGS.
Remember a name. Celebrate an effort. Ask about the game, the test, the weekend, or the thing they were excited about yesterday. Small moments communicate, "You matter to me."

REPAIR WHEN THINGS GO WRONG.
Healthy relationships aren't perfect relationships. Misunderstandings and conflict happen. Connection grows when we are willing to acknowledge harm, listen, apologize, and try again.

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Building Connection Continued...

A Thought to Carry With You

"Connection is not built in the big moments. It is built in the small moments we choose to notice, value, and share."



This October, let's remember that healthy connections are not something we simply hope for, they are something we intentionally grow.

TRY THIS: The 2-Minute Connection Challenge

Choose one person each day and spend two intentional minutes connecting with them.

It can be a student, child, family member, coworker, neighbor or anyone who could use a little connection.

For two minutes:

- Listen without interrupting.
- Ask a question that goes beyond "How was your day?"
- Share something about yourself.
- Notice something positive about them.
- Put away distractions and be fully present.

Then ask yourself:
"Did this person feel seen, heard, and valued during our two minutes together?"

