



YOUR 90-DAY GUIDE FOR NEXT LEVEL CONNECTION, COMMUNICATION AND COMMUNITY

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YOUR NEXT LEVEL CONNECTIONS

*“There is no limit to **CONNECTING** with others,
when you **CONNECT** to yourself, first.”*



The following learning will support your ability to create next level **connection**, **communication** and **community** in your workplace and personal life.

As we further explore these topics, we are mindful of the human tendency to look externally to others for what we need and want. Yet, as **you** choose to expand your capacity to connect with others – it will all begin with how you choose to “level up” within your own connection to yourself, first.

Connection means: to link together or fit together.

“Am I linked to myself internally and do I externally understand how my own self, my energy, my mindset, my behaviors or actions fit together when I am working with others on my team?”

Using a personal notebook or journal -

Reflect on the quote above - What does it mean to you?

You may want to ask yourself the following questions:

-  Am I really connected to the core of who I am by taking care of my own energy when I am alone or when I am working with others?
-  Is my mindset linking me to the principles of who I want to be when I am by myself or when I am working with others?
-  Are my behaviors or actions fitting to the reality of what I want to do or where I want to go when I am alone or when I am working with others?





Yes, the above questions are BIG leadership coaching questions. They are important for your own growth and development in understanding ways in which you gain energy while connecting and interacting with others.

When you connect to the core of who you are, first – you will find:

The principles of who you are and who you want to be will connect you to your internal self and connect you externally to others in a real way that links you to what is meaningful.

Your “Leveling Up” will also provide fitting opportunities that you want to experience, whether you are alone or when you are working with others.

For the next 30 days:

-  Take your Connection within **Yourself** to the next level by reflecting on the questions above.
-  Keep a record of what is working well and what could be going better for you and others that you work with.
-  See what has changed within you and your relationships, as you stay connected with your own self, first.

YOUR NEXT LEVEL COMMUNICATION

“There is no limit to YOUR COMMUNICATION...”



The following learning will expand your ability to create next level **connection**, **communication** and **community** in your workplace and personal life.

As we further explore these topics, we are mindful of the human tendency to look externally to others for what we need and want when it comes to **communication**. Yet, as **you** choose to expand your capacity to communicate with others – it will all begin with how you choose to “level up” within your own style of communication within yourself, first.

Communication means: interaction or exchange.

Using a personal notebook or journal -

Think about this meaning for a minute. You may want to ask yourself,

“Do I consider how important my internal communication is with myself and how it impacts the way I interact with others when communicating with them?”

This question will guide you on a journey to assess the next series of questions:

-  Am I really communicating with my best **intentions** to maintain my relationships with others?
-  Does my **mindset** have a purpose to build trusting relationships when communicating with others?
-  Are my **behaviors** or actions providing clarity in order to have a healthy exchange of thoughts, ideas, information or details when in communication with others?

Yes, the above questions are BIG leadership coaching questions. They are important for your own growth and development as you seek to take your communication to the next level with your own self, in order to have positive interactions with others.

When you communicate with the core of who you are, first – you will find:

your intentions will be understood by others

your mindset will build trusting relationships

your healthy communication will be clear and create deeper connections

Your “Leveling Up” will also provide fitting opportunities that you want to experience, whether you are alone or when working with others.

For the next 30 days:

-  Take your Communication within Yourself to the next level by reflecting on the questions above.
-  Keep a record of what is working well and what could be going better for you when communicating with others that you work with.
-  See what has changed within you and your relationships, as you stay committed to communicating in meaningful ways.



NEXT LEVEL COMMUNITY

*“Every human being needs a sense of belonging within their **COMMUNITY**.”*



The following learning will elevate your ability to create next level **connection**, **communication** and **community** in your workplace and personal life.

As we further explore these topics, we are mindful of the human tendency to look externally to others for what we need and want when it comes to building a sense of belonging within your **community**. Yet, as **you** choose to elevate your capacity to build a sense of belonging within your community with others – it will all begin with how you choose to “level up” within your own internal desire to be a part of building community, first.

Community means: group of people who are unified.

Using a personal notebook or journal -
Think about this meaning for a minute. You may want to ask yourself,

“Do I consider how important it is to be unified and have a sense of belonging within my community at work with my team or in my personal life with extra-curricular activities?”

This question will guide you on a journey to assess the next series of questions:

-  Am I really seeing myself clearly, in order to understand my commitment to build a sense of community at work within my team?
-  Does my mindset have a purpose to build a sense of belonging when participating in my community?
-  Are my behaviors or actions being respectful of others when I am involved in extra-curricular activities?

Yes, the above questions are BIG leadership coaching questions. They are important for your own growth and development as you seek to take your sense of belonging within your community to the next level.

When you are committed to building a unified community with the core of who you are, first – you will find:

your intentions will be clear and understood by others in your community

your mindset will build a sense of belonging within your community

your respect will provide a unified interaction within your community

Your “Leveling Up” will also provide fitting opportunities that you want to experience, whether you are alone or when working with others.

For the next 30 days:

🌿 Take yourself and your Community to the next level by reflecting on the questions above.

🌿 Keep a record of what is working well and what could be going better within your community when working with others and in your personal relationships.

🌿 See what has changed within you and with your relationships, as you stay committed to creating a positive and meaningful community.



NEXT LEVEL LEADERSHIP

FOCUSING ON CONNECTION, COMMUNICATION AND COMMUNITY

With these "Next Level" Leadership Tools, we encourage you to focus on the following recap for the next 90 days.

CONNECTION COMMUNICATION COMMUNITY

Connection means: to link together or fit together.

Think about this meaning for a minute. You may want to ask yourself,

“Am I linked to myself internally and do I externally understand how my own self, my energy, my mindset, my behaviors or actions fit together when I am working with others on my team?”

Communication means: interaction or exchange.

Think about this meaning for a minute. You may want to ask yourself,

“Do I consider how important my internal communication is with myself and how it impacts the way I interact with others when communicating with them?”

Community means: group of people who are unified.

Think about this meaning for a minute. You may want to ask yourself,

“Do I consider how important it is to be unified and have a sense of belonging within my community at work with my team, or in my personal life with extra-curricular activities?”

A CONNECT, COMMUNICATE AND COMMUNITY REFLECTION

All internal growth begins with the ability to reflect. We are wondering and would love to hear from you about the following:

- ✿ Reflect on how you were able to connect with others and ask yourself, Did I communicate with my best intentions? And, Did I support building my community with my best intentions?
- ✿ Upon reflection, what worked well in my communication style when connecting with others? And, What could have worked better when communicating with others within my community?
- ✿ How did my focus and intentions support my being a positive support to my community?

We encourage you to continue to reflect on how you **CONNECT** within your own mindset, how you are **COMMUNICATING** with your best intentions and how you are being a positive support to your **COMMUNITY**.



Please reach out if you would like to share your learning or collaborate with us! Our work together is a partnership journey and we would be delighted to speak with you further. For more information about our TC&A services, contact information is below:

- Leadership & Development Training
- 1:1 Executive Coaching
- Team Building Seminars
- Offsite Retreats
- Assessments
- Webinars
- Keynote Speaking
- Cultural Development Material
- Consulting



For additional information or to connect further:

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Other ways to connect with us:



Our Weekly Newsletter



Tess Cox & Associates



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