



Session 5

We All Need Someone Sometimes

Getting Started

Connection is the competency of having strong relationships, supporting others, and having positive and effective communication skills. By having connection, you can easily communicate with people, and you know how to help people feel better and support them. Building **trust** is the most essential component to building connection with others.

The downside of an increase in self-awareness is that you then must do something about it. The good news is that you can then change it.

Watch the video: Understanding Connection

Think about 2-3 people that don't make you feel like your best self. Make a brief plan on how you might grow this relationship in a positive way. Maybe even utilize some of the skills you previously learned in this course.

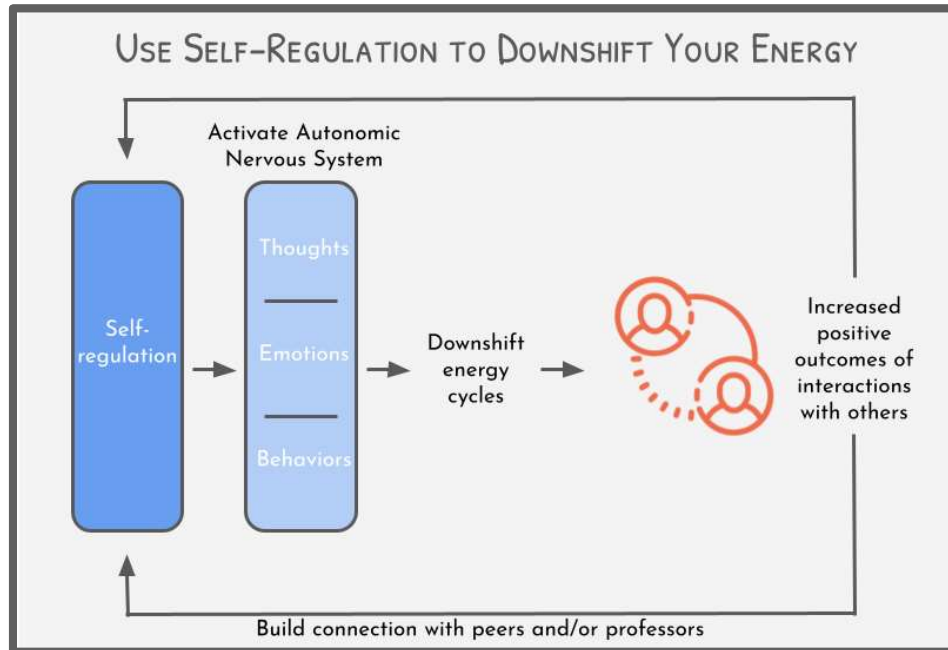
Name:

Plan to grow this relationship:

1. _____
2. _____
3. _____

We previously talked about how one aspect of self-regulation is the ability to down-shift your energy cycles at any given moment. This can be an essential part of building connection with peers or professors. By accomplishing this, you can significantly increase the positive outcomes of these interactions.

Watch the video: *Priming for Connection*



Take a moment now to write out ways in which you can better down-shift with your peers and professors.

Down-shifting (self-regulation) with peers:

Down-shifting (self-regulation) with professors/mentors:

Deeper Dive

"Daring Greatly" by Brené Brown

