



Session 4

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 moment essential component to building connection with others.

The downside with an increase in self-awareness is that we then have to do something about it. The good news is that we can then change it.

Watch the video: Understanding Connection

Think about 2-3 people that don't make you feel like your best self at work. Then 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 one aspect of self-regulation is the ability to down-shift our energy cycles at any given moment. This can be an essential part of building connection with peers or patients. 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 patients.

Down-shifting (self-regulation) with peers:

Down-shifting (self-regulation) with patients:

Trust Building Words

The patient-provider relationship is a special one. Research highlights that when this is a healthy relationship, patients and providers alike can note significant positive outcomes.

Make a list of 10 attributes that would increase the likelihood of a patient to trust a provider.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

