

WITH

YOU, ME, WE

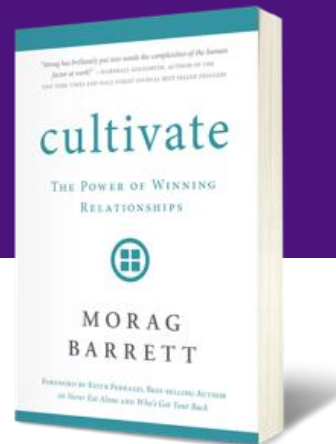
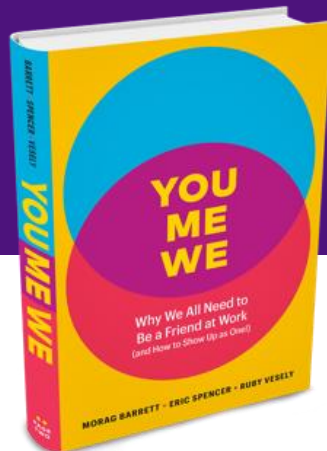
Why we need to create a culture of connection in a world of disconnection



Morag Barrett,
CEO SkyeTeam



Ruby Vesely,
CSO SkyeTeam



Institute of Coaching
McLean, Affiliate of
Harvard Medical School

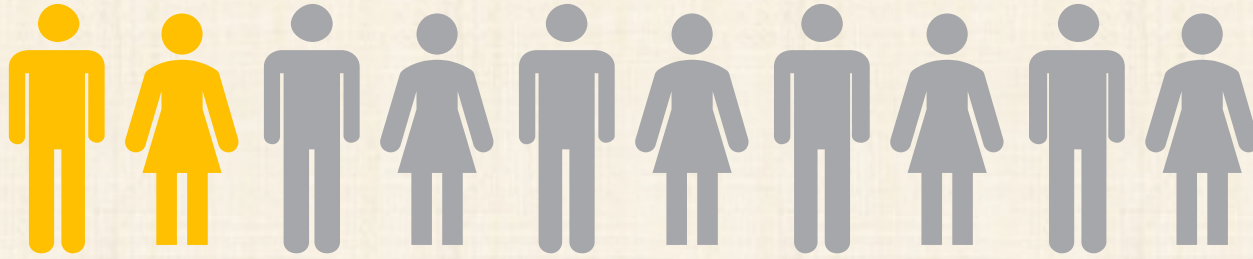


Quick Connection:

What emotions have you / your clients felt in the last 4 weeks?

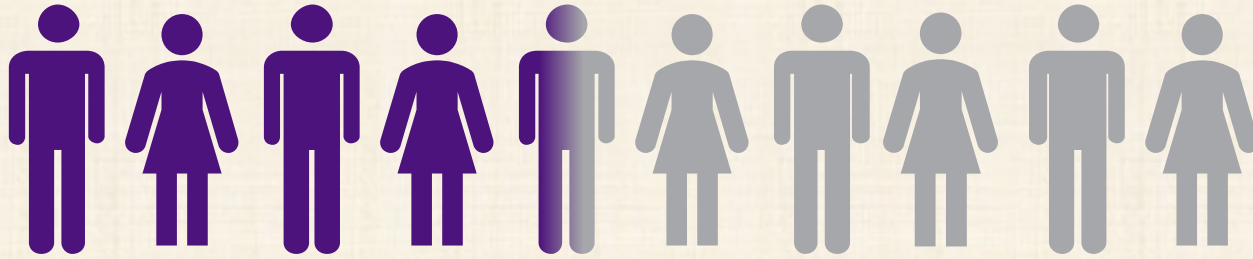
[Type in Chat]

20%



**NO
FRIENDS**

44%



**DON'T
TRUST CO-
WORKERS**

75%



**MOST
STRESSFUL**

SOURCES:
SKYETEAM You, Me, We. Why We all need a friend at work (and how to show up as one!)
2022 BetterUp 'Why Community matters in the new world of work'
2021 McKinsey Study

I QUIT

I
FIT

What's at
Stake?



"The people who **survive stress the best** are the ones who actually **increase their social investments** in the middle of stress, which is the opposite of what most of us do. Turns out that **social connection** is the **greatest predictor of happiness**."

The Happiness Advantage, Shawn Achor

The Four Yeses

Can I

COUNT

on you?

Can I

DEPEND

on you?

Do I

CARE

about you?

Do I

TRUST

you?

TRANSACTIONAL

TRANSFORMATIONAL



Quick Connection:

How do you foster connection,
the four yeses, with your
clients and leaders?

[Type in Chat]

20%
COLLABORATION



sky[®]eteam



32% ENGAGEMENT

36% LIFE & JOB
SATISFACTION



Do *I have* a best friend at work?

SkyeTeam

You, Me, We. Why we all need a friend at work (and how to show up as one!)



Three Steps to Connection



Look Up



Show Up



Step Up



LOOK UP

How do *others feel* in my presence?
How do *I feel* in my presence?



Ripples & Joys



SHOW UP

Seek out Role Models

sky^{eye}team



Your Hero[ine]s

'My life is better because of
this person'

SHARE: What makes them
special for you?



YOU INSPIRE ME!

Send an email / text / linked
in message.

Let us know if you get a
reply!





STEP UP

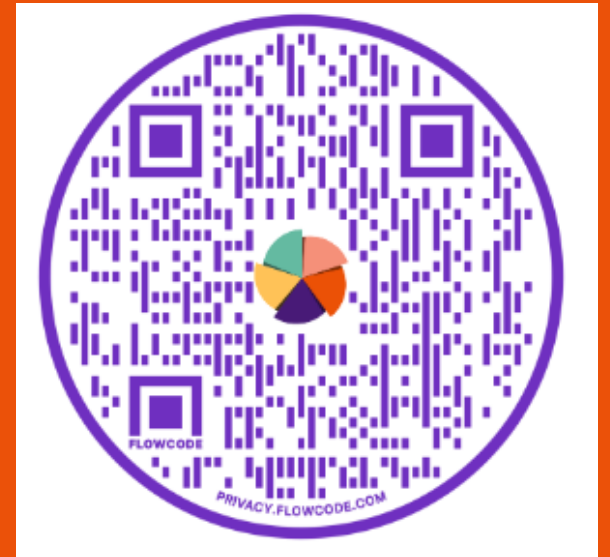
Be An Ally!



sky^{et}eam

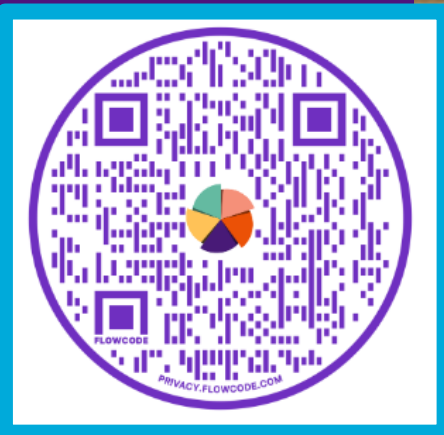


The Ally Mindset™



Questions & Reflections

Complete your Ally
Mindset Profile:



It's time for YOU to...



Look Up



Show Up



Step Up

CONNECT WITH US

THANK YOU!



Morag Barrett,
CEO SkyeTeam



Ruby Vesely,
CSO SkyeTeam



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skyeteam

