



## The Power of Personal Connection\*

In this time of isolation and loneliness, it is more important than ever that we re-focus on our relationships with each other, inside and outside of DHS. Although we are separated physically, connection is still possible. Below is a list of prompts to get the conversation and connection started!

**TRY THIS:** Begin your next meeting with a conversational prompt to create a space to connect with each other, authentically, and as humans. See where the conversation goes...

- Share one phrase that tells us how you're feeling.
- What is holding your attention right now?
- What are you grateful for today?
- What is bringing you joy in this moment?
- What is something we wouldn't know about you by looking?
- Where are you going outside that you've never been before?
- What is one thing you are fearful of, and one thing you are hopeful about in this moment?
- What is one thing you feel you've lost, and one thing you've feel you've gained as you've transitioned to living and working online?
- What are you currently binge-watching?
- Pick something off your desk, or out of your pocket, purse or briefcase, and share what that object says about you.



\*From Civity: Bridging Divides to Strengthening Communities