

Improving connections to boost productivity

Recommended next steps

Watch the webinar recording first to find out:

- how improving social connections positively impacts performance, wellbeing and engagement
- how strengthening our networks and connections enhances performance and productivity
- the basic principles for engaging others to build stronger relationships and connections
- why improving emotional intelligence is so critical if we are to thrive in our changing environment

Afterwards build on what you've learnt with the following suggestions.

What do you want to focus on next?

1. Find ways to build connections with others

How?

Find out more about the person in your team you know least about



Top tip: Start with areas of common ground outside of work

2. Improve how you manage stress and emotions

How?

Practice mindfulness on a regular basis. Aim to build up to 10 minutes twice a week.



Top tip: [Minerva's 10-day programme](#) can help get you started

3. Improve your own performance

How?

Identify one area where you would like to improve performance, then ask 2-3 colleagues for feedback on how you are currently performing and areas where you could focus your attention to improve



Top tip: You don't always need to ask people more senior than you. Think about someone who performs well in the areas you'd like to improve, or someone whose opinion you value.

Suggested reading from Minerva Engagement

'Social: Why Our Brains Are Wired to Connect'

by Matthew Lieberman

'Mindset: Changing the Way you Think to Fulfil Your Potential'

by Carol Dweck