

Reach for Resilience

Culture of Connection and Community

Tips for a healthy community & connection at work

- 1 Socialize newcomers -- help employees get to know each other as part of the onboarding process & use a buddy check system
- 2 Share decision making-- encourage team discussions, brainstorming, and check-ins
- 3 Monitor for needs-- watch for struggles, defeat, or unhealthy conditions
- 4 Acknowledge contributions-- promote peer recognition, praise, or gratitude spotlight
- 5 Address problems directly-- discuss misunderstandings & errors promptly
- 6 Create fun together-- host team building or social events and have an inviting breakroom for socializing
- 7 Celebrate milestones-- recognize birthdays & team/agency milestones
- 8 Build trust-- open communication, address problems/needs, and follow through

Strength in Numbers at Work

- The redwood tree symbolizes how we cannot grow alone. Teams are stronger together!
- Interwoven roots, resources, and support creates a stronger front as a whole. Unity is strength!
- Teams can build strength through connection, community, & collaboration.
- Sharing ideas, growth, & wisdom builds stronger team roots & boosts strength as a whole.



**A HELPLINE FOR ND
HEALTHCARE WORKERS:
701-365-4920**

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Resources of the Month



Understanding
Compassion Capability



Buddy Checks

