CHEAC ANNUAL MEETING

STRONGER TOGETHER

KAT VELLOS

AUTHOR OF WE SHOULD GET TOGETHER



Hello!

I'm Kat Vellos

I help individuals, neighborhoods, companies, and municipalities build healthy social connection.

kat@weshouldgettogether.com

“Game-changer for our health and wellbeing.”

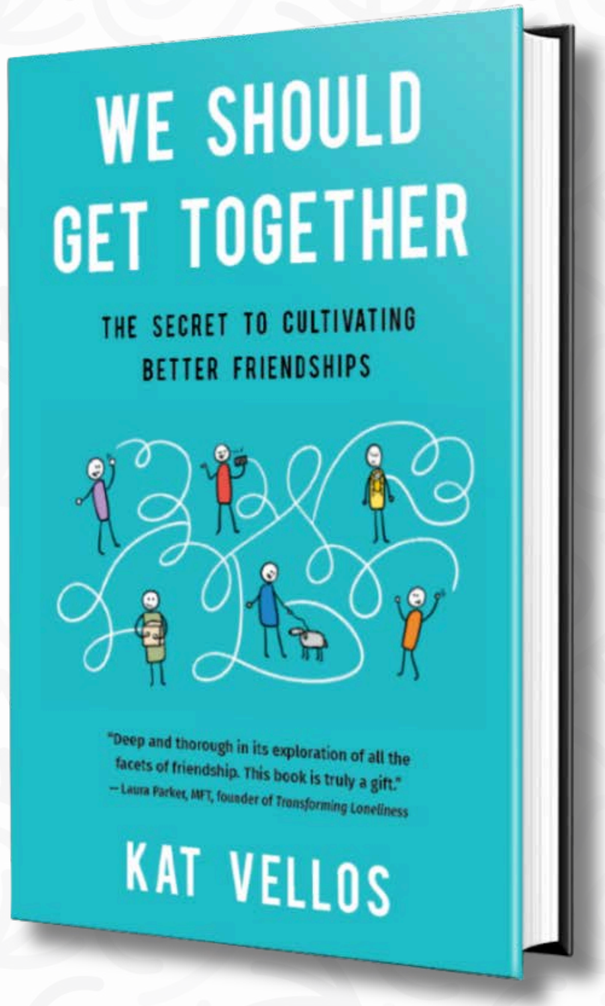
— Gayle Allen, CEO of The Innovator’s Circle

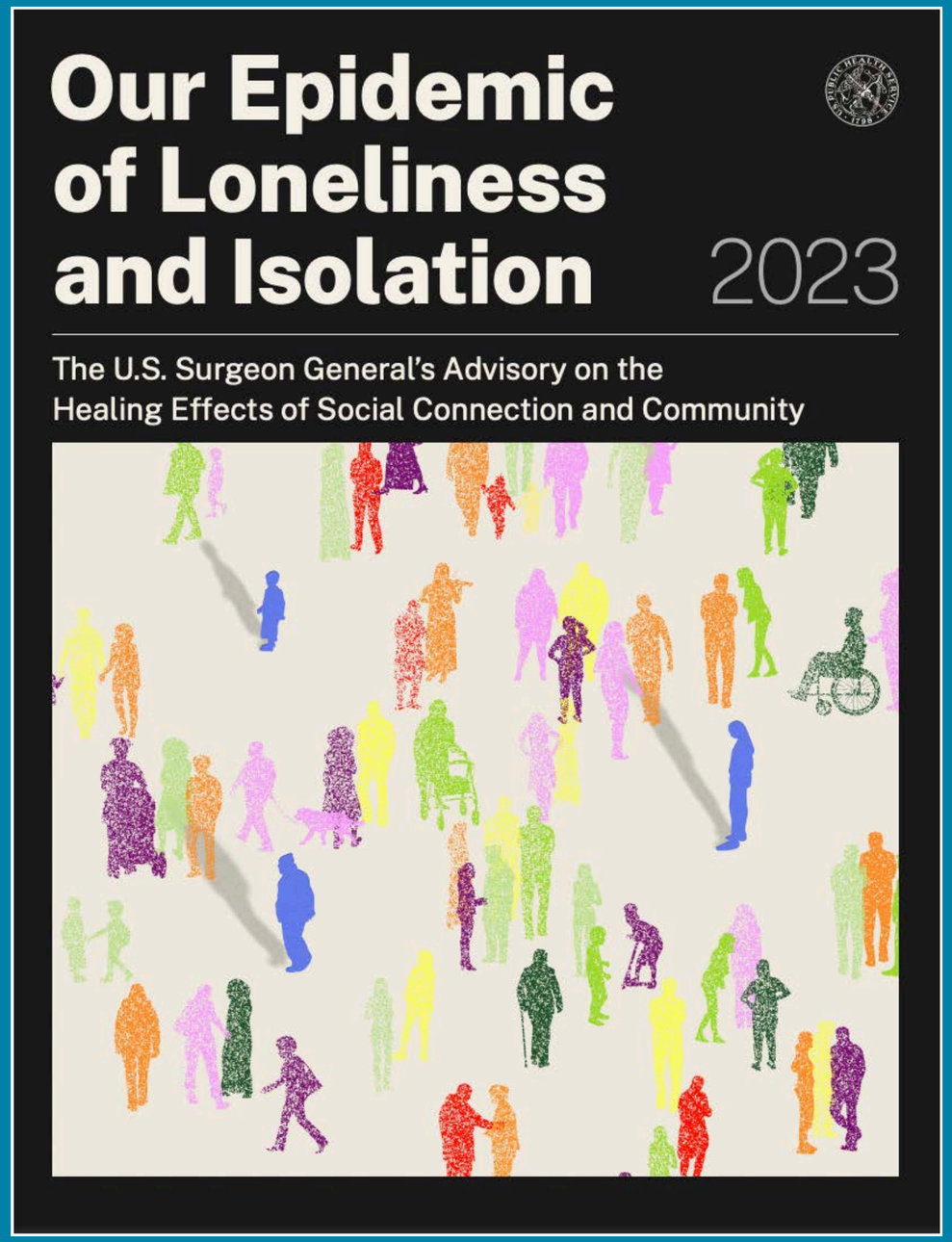
“There is so much to love about this handbook.”

— Publisher’s Weekly BookLife starred review, Editor’s Pick⚡

“This book is one that I am definitely going to recommend to clients when they struggle to make new friends or believe that those days are over. This book is uplifting, hopeful, and action-oriented. It's a revelation!”

— Dr. Lisa Orbe-Austin, Psychologist, author of *Own Your Greatness*





"Loneliness and isolation represent profound threats to our health and well-being.

Our future depends on what we do today."

— Dr. Vivek H. Murthy
Former Surgeon General of the United States

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“I want to feel less alone and isolated.”



“I literally have no community and only one or two friends who are not that close.”



“I live alone. If I don't have anything social planned, I can easily go days without seeing another person.”



“I have a lot of acquaintances but major trouble making regular friends.”

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Kat Vellos




Kat Vellos (she/her)


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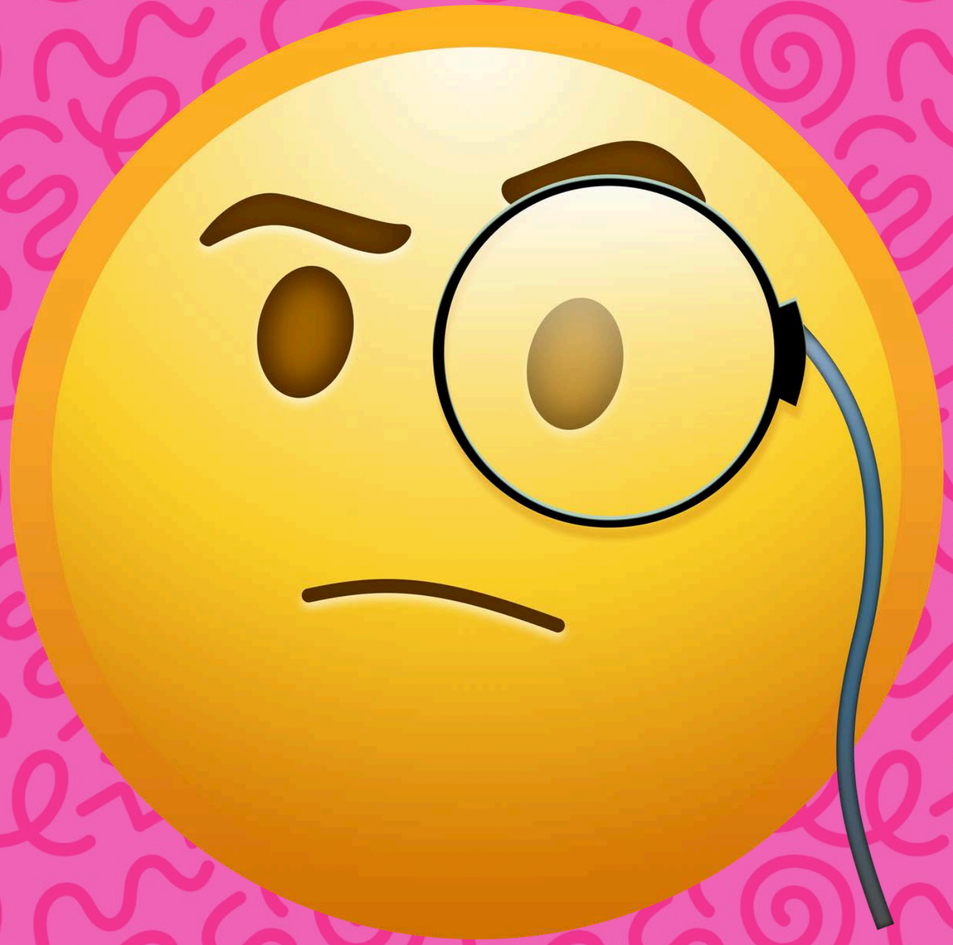
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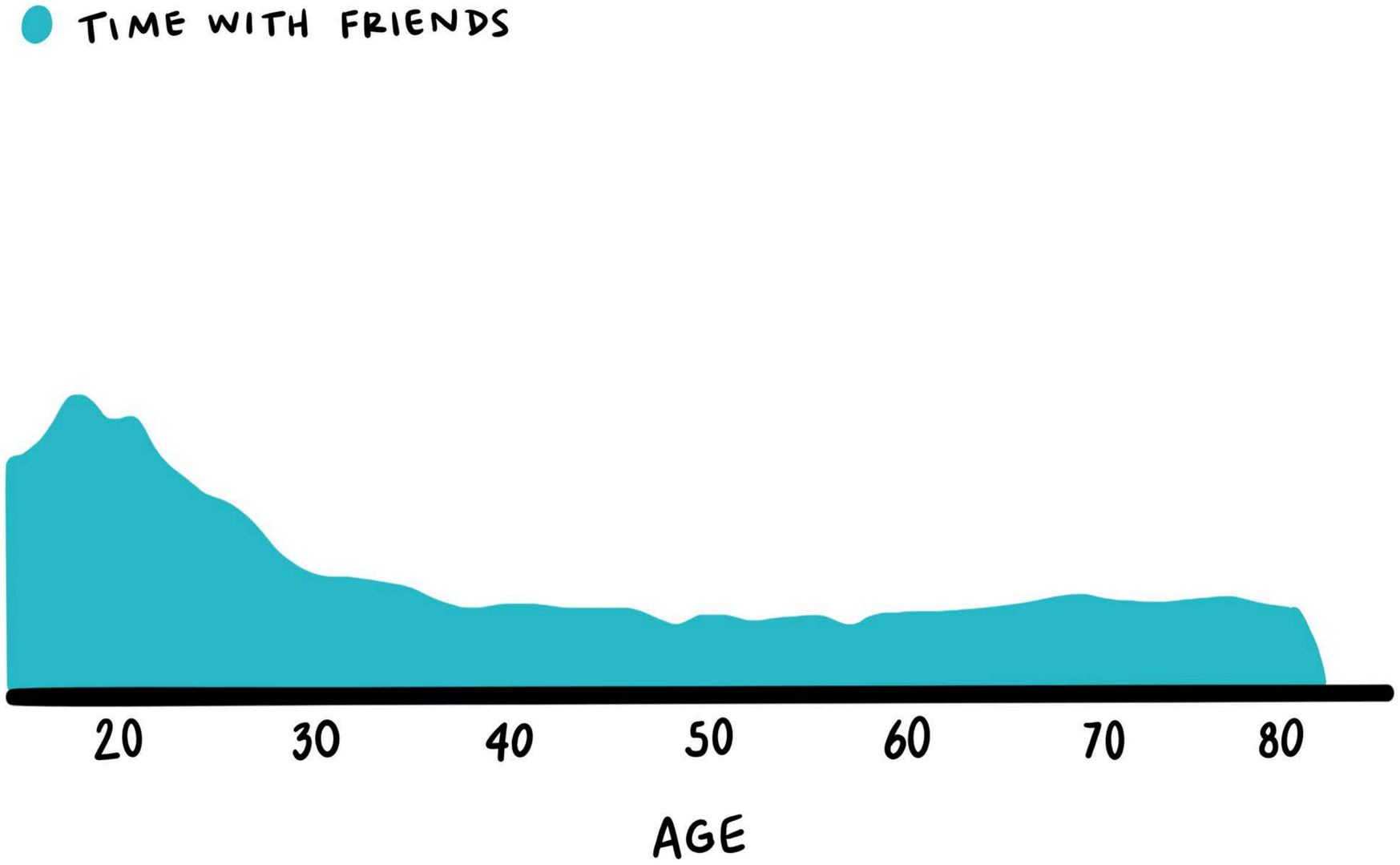
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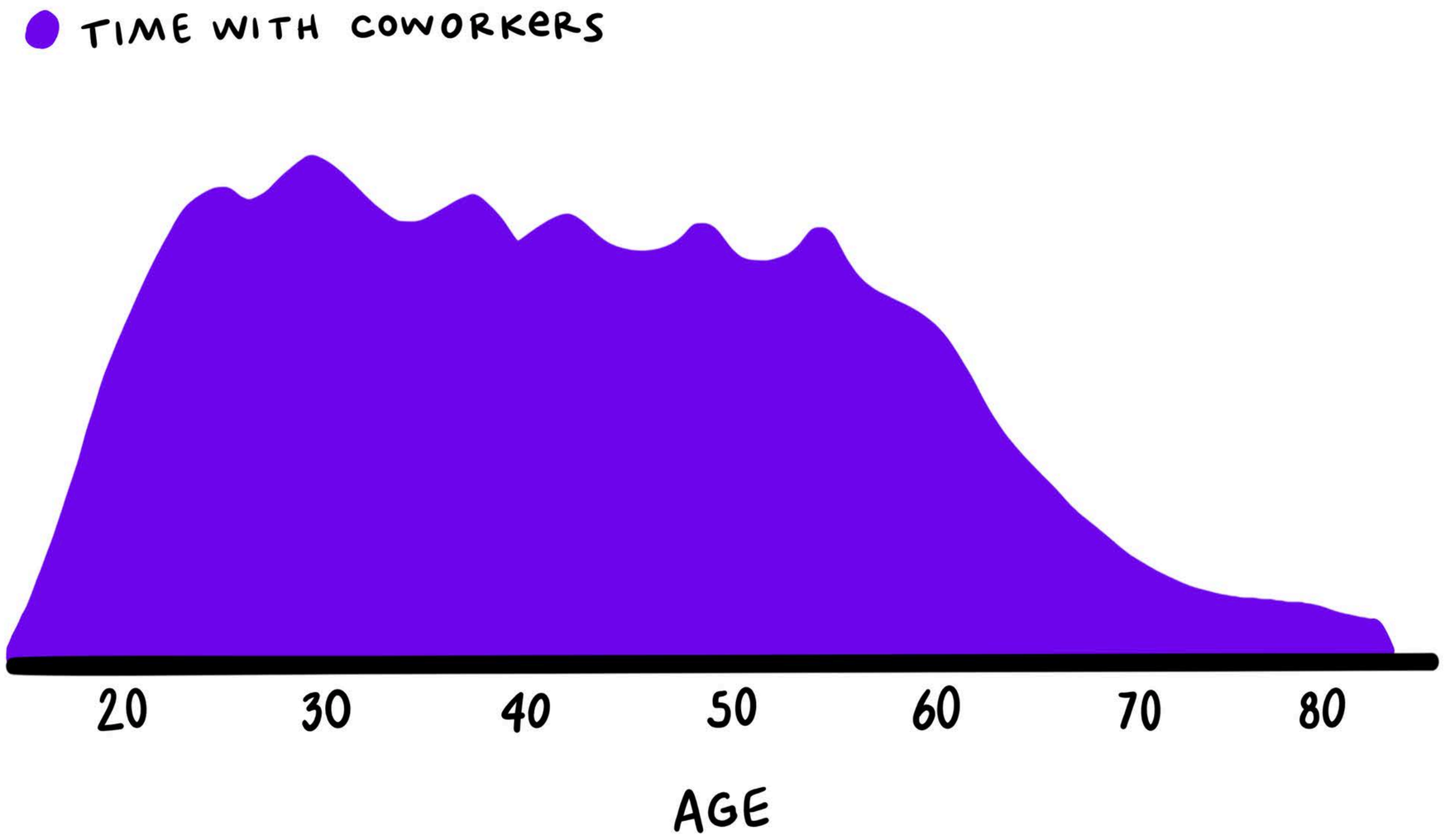


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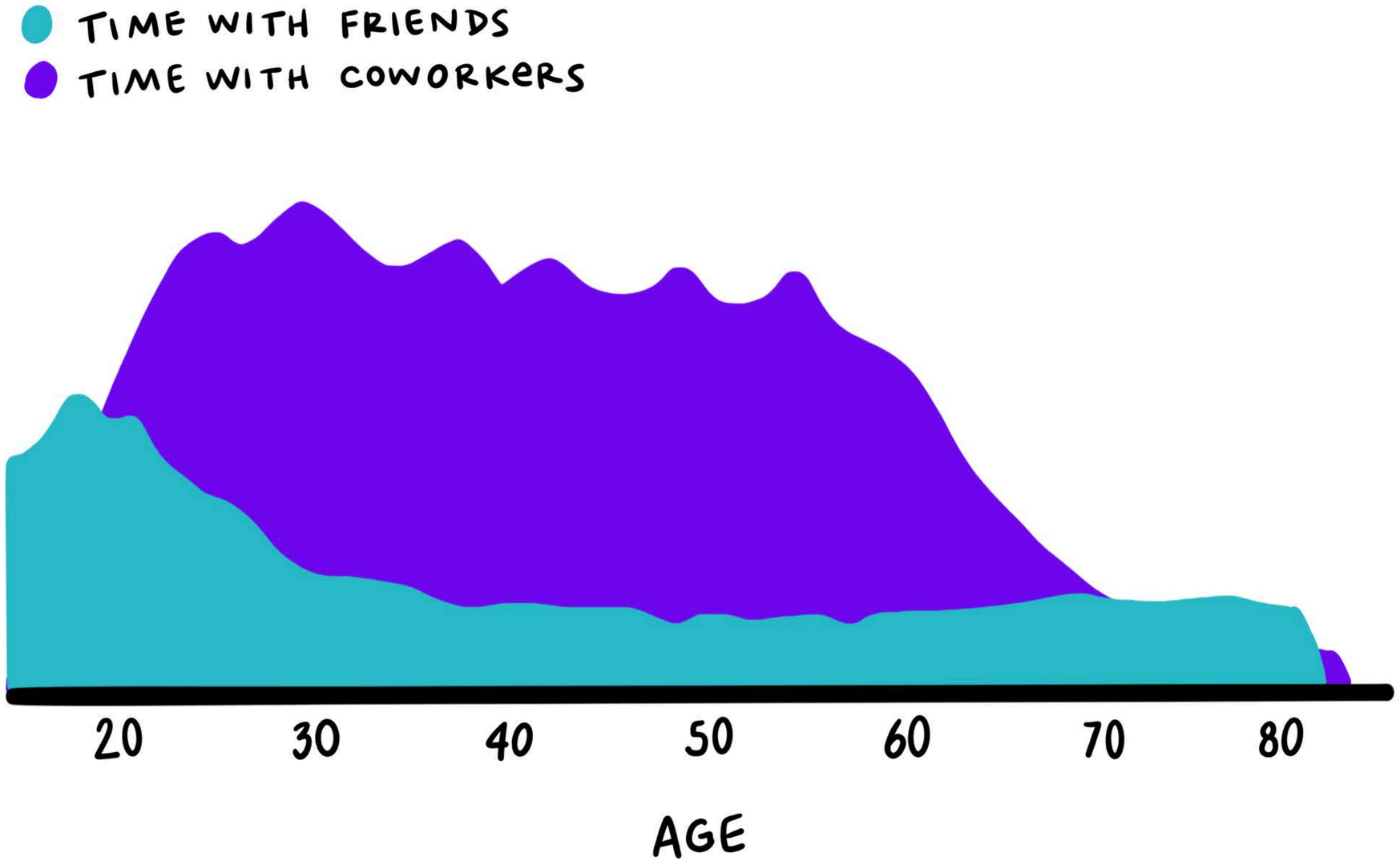
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Research source: Harvard Study of Adult Development • Image source: *We Should Get Together*

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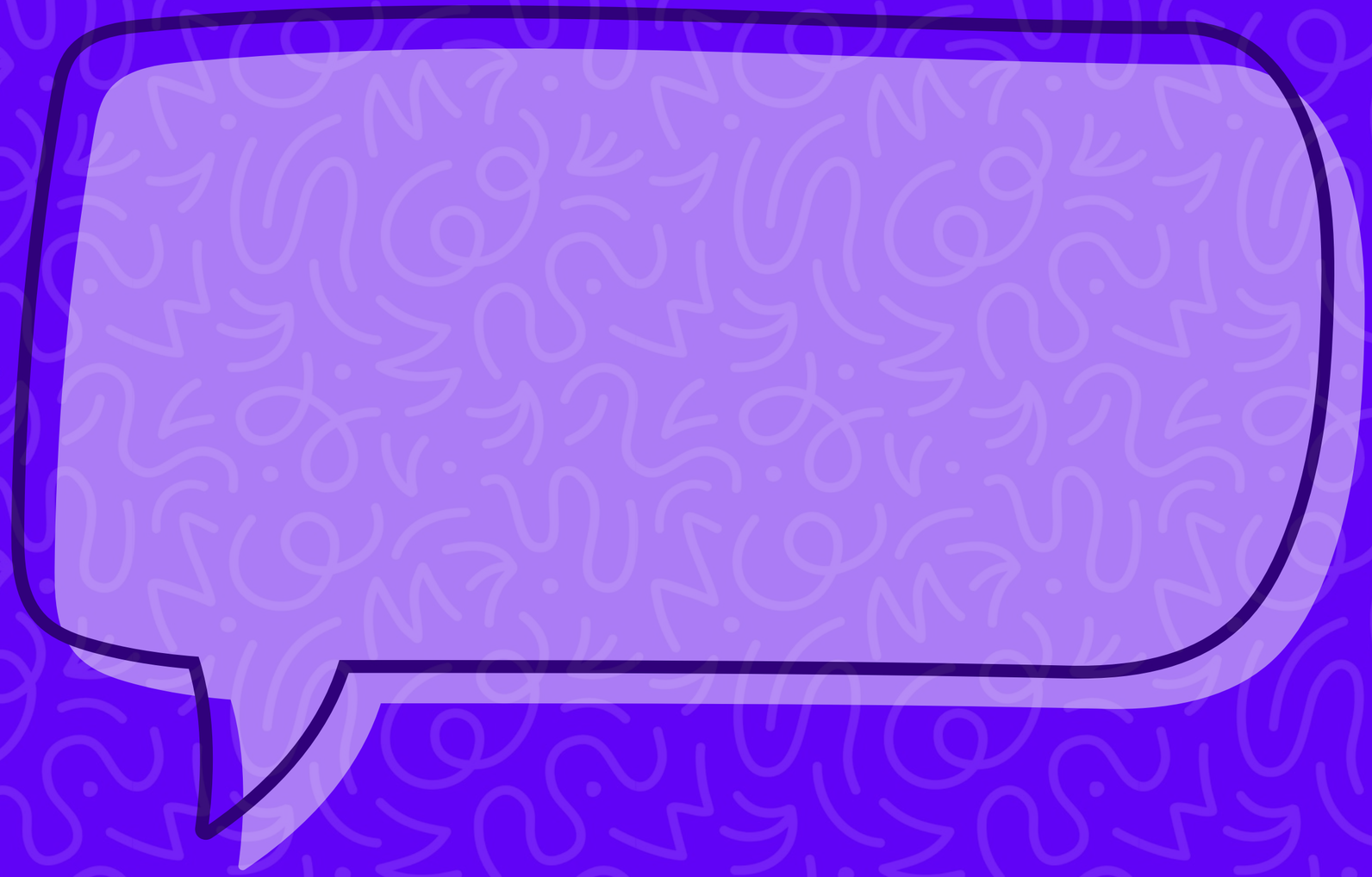
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Why did you commit to this work?

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Why did you commit to this work?

What motivates you to keep going?

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"I'M NOT HERE TO MAKE FRIENDS"



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COLLEAGUESHIP

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FRIENDSHIPS

COLLEAGUESHIPS

HONESTY

FUN

RESPECT

TRUST

UNIFIED VISION

LISTENING

RECIPROCITY

GENEROSITY

SHARED VALUES

GRATITUDE

SHARED GOALS

EMPATHY

AFFECTION

RELIABLE

CLEAR COMMUNICATION

ACCOUNTABILITY

COLLABORATION

Research source: The National Institutes of Health; Harvard Business Review; American Psychological Association

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BONUS!!!!

COLLABORATING IS SNAP

TEAMMATES FEEL SAFE SHARING THEIR IDEAS

YOU'RE MORE CREATIVE & INNOVATIVE

NOT FEELING GUARDED AND SUSPICIOUS

LOWER BLOOD PRESSURE

DRAMA-FREE WORKPLACE

SPONTANEOUS SMILING

BETTER SLEEP

STRONGER SENSE OF PURPOSE

CLIENTS FEEL THE GOOD VIBES

YOU HAVE MORE FUN AT WORK

MAKING MEMORIES YOU LIKE

YOUR FRIENDS WITH CRAPPY JOBS ARE JEALOUS OF YOU

PARTNER DOESN'T HAVE TO LISTEN TO YOU COMPLAINING

KIDS NOTICE YOU'RE IN A GOOD MOOD WHEN YOU COME HOME

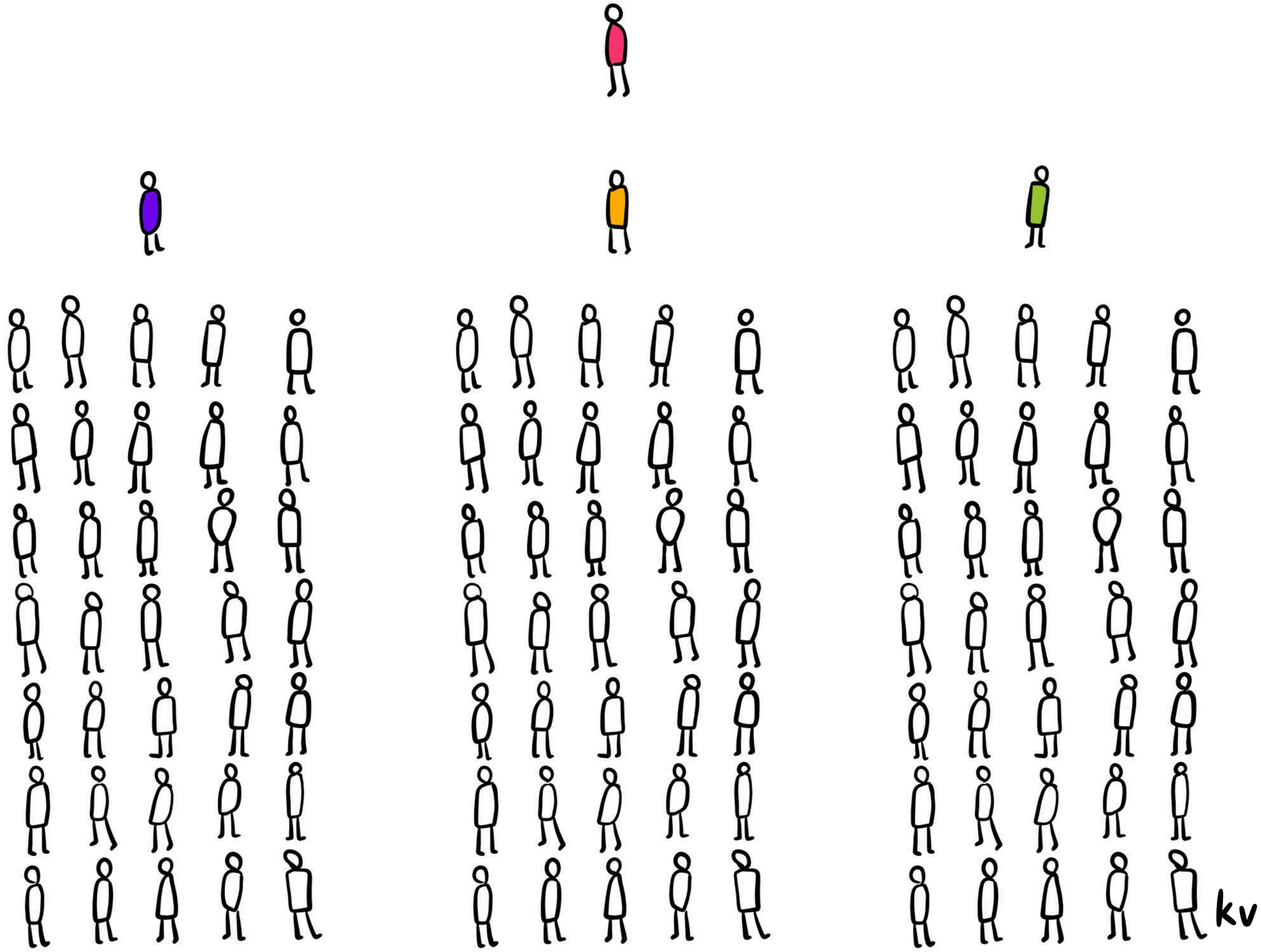
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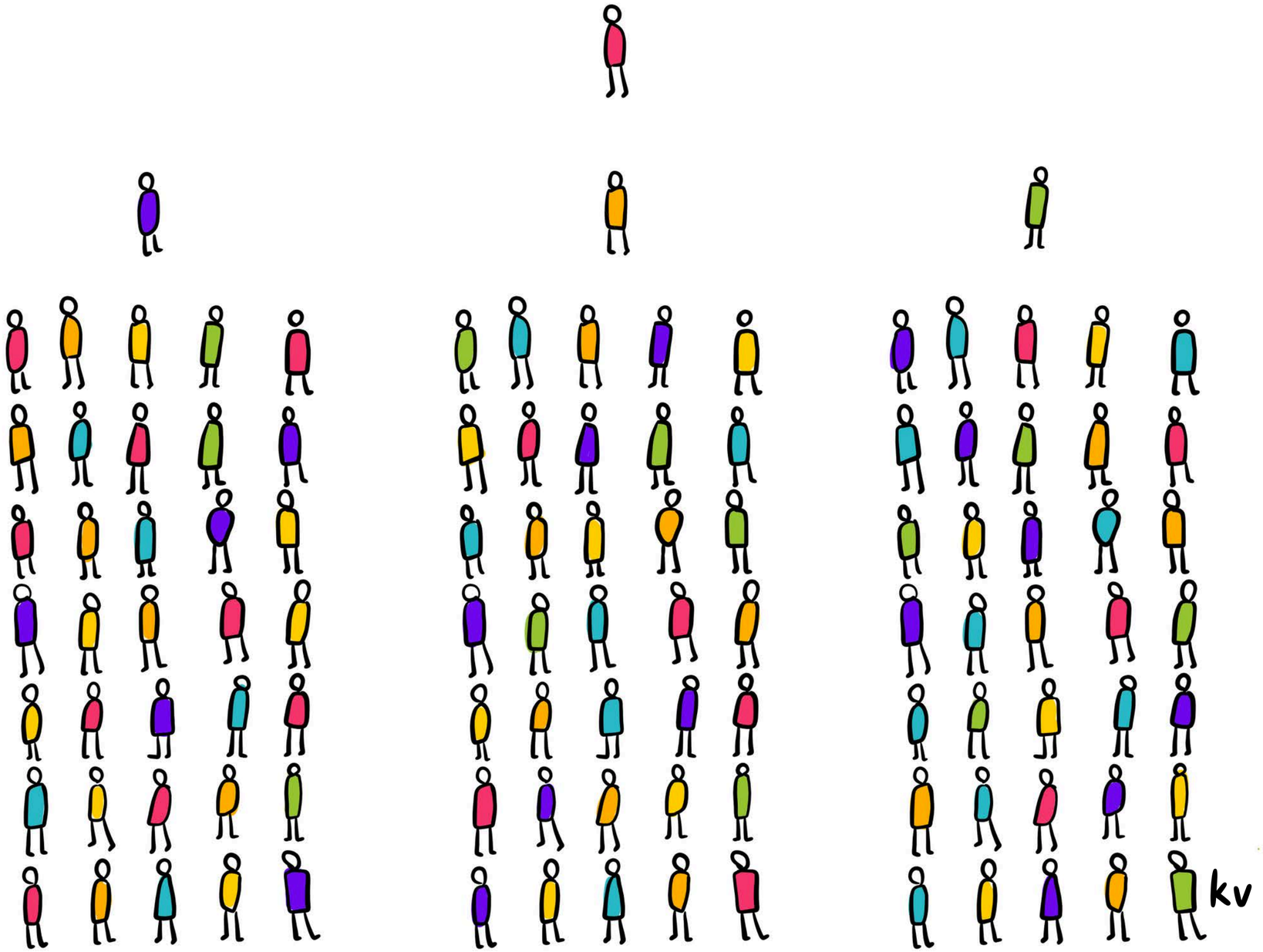
Source: Gallup

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Research source: Harvard Business Review; Gallup; Deloitte

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Research source: Harvard Business Review; Gallup; Deloitte

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the seeds of connection



the seeds of connection

compatibility



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the seeds of connection

compatibility

proximity

frequency



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the seeds of connection



compatibility

proximity

frequency

commitment

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Which 2 seeds are going well and which 2 seeds need water?



What kind of connection would you like more of, and how can you tee it up for yourself?

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CURIOSITY

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CURIOUS EMPATHY

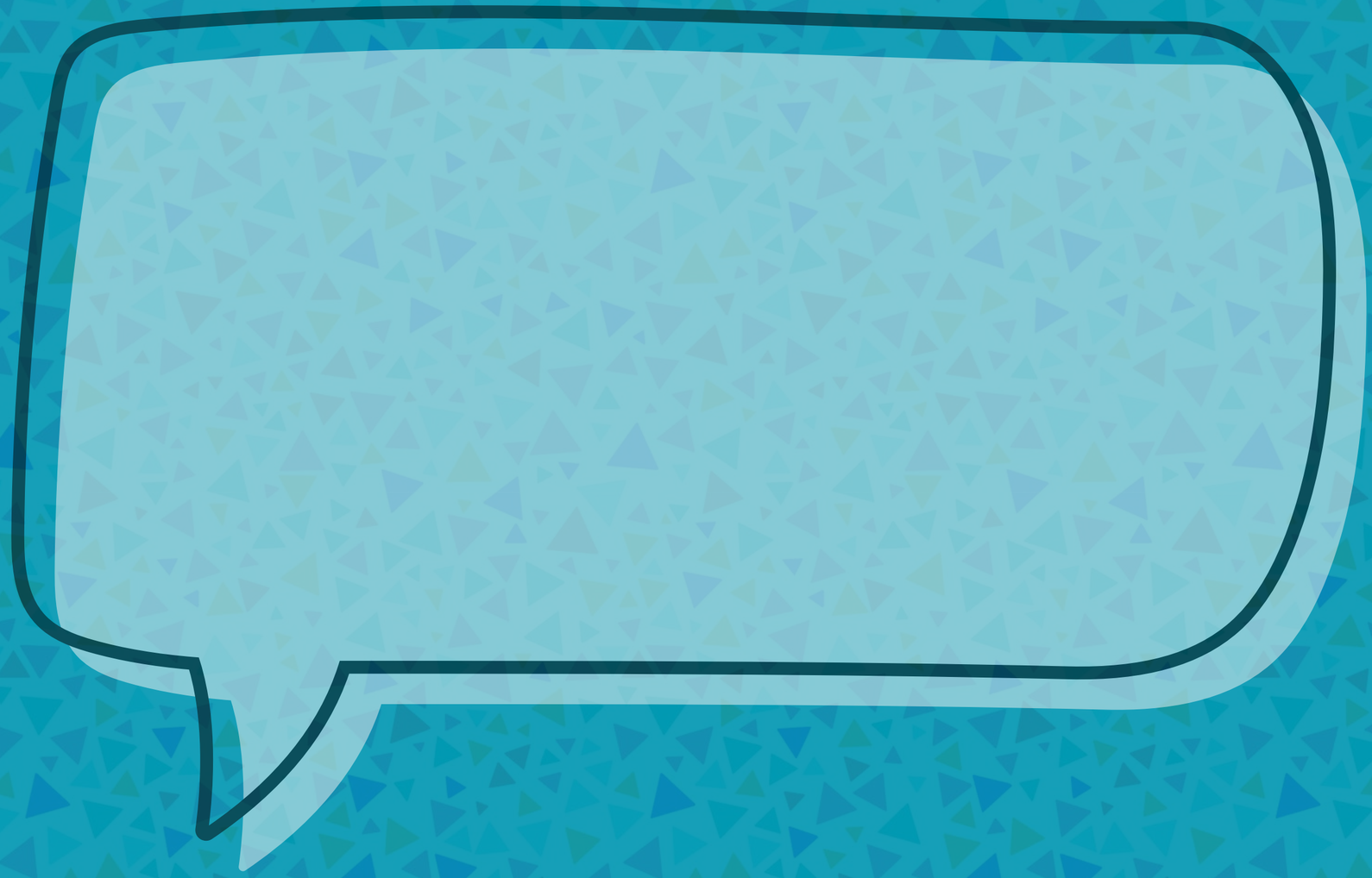
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Think about a time when you had to make a hard decision, that you KNEW was going to disappoint others...

PICK ONE:

- What was hard about that for you?
- What do you wish the disappointed party had asked you?
- What would you have wished the other person could have understood from your perspective?
- What kind of empathy did you need?

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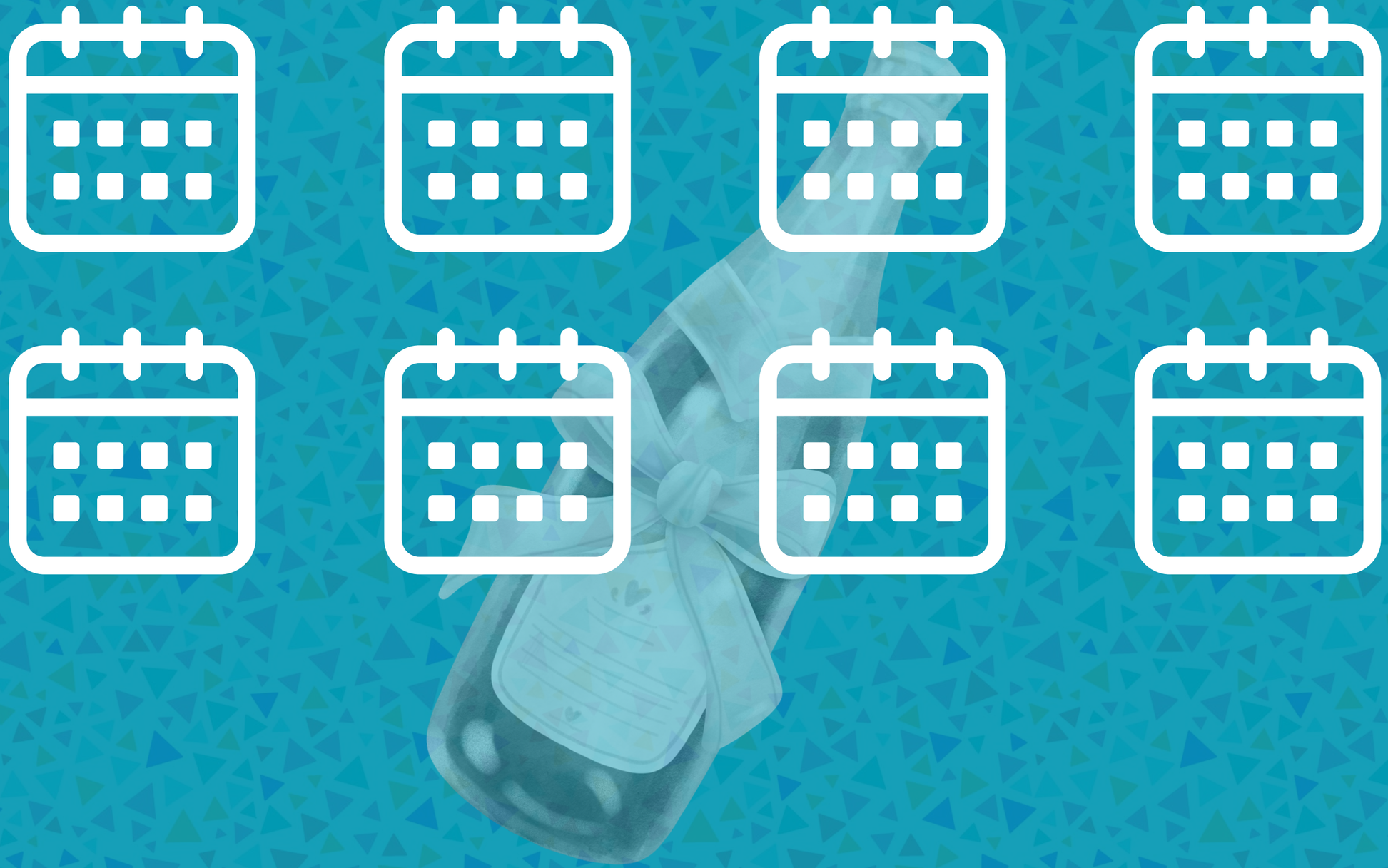
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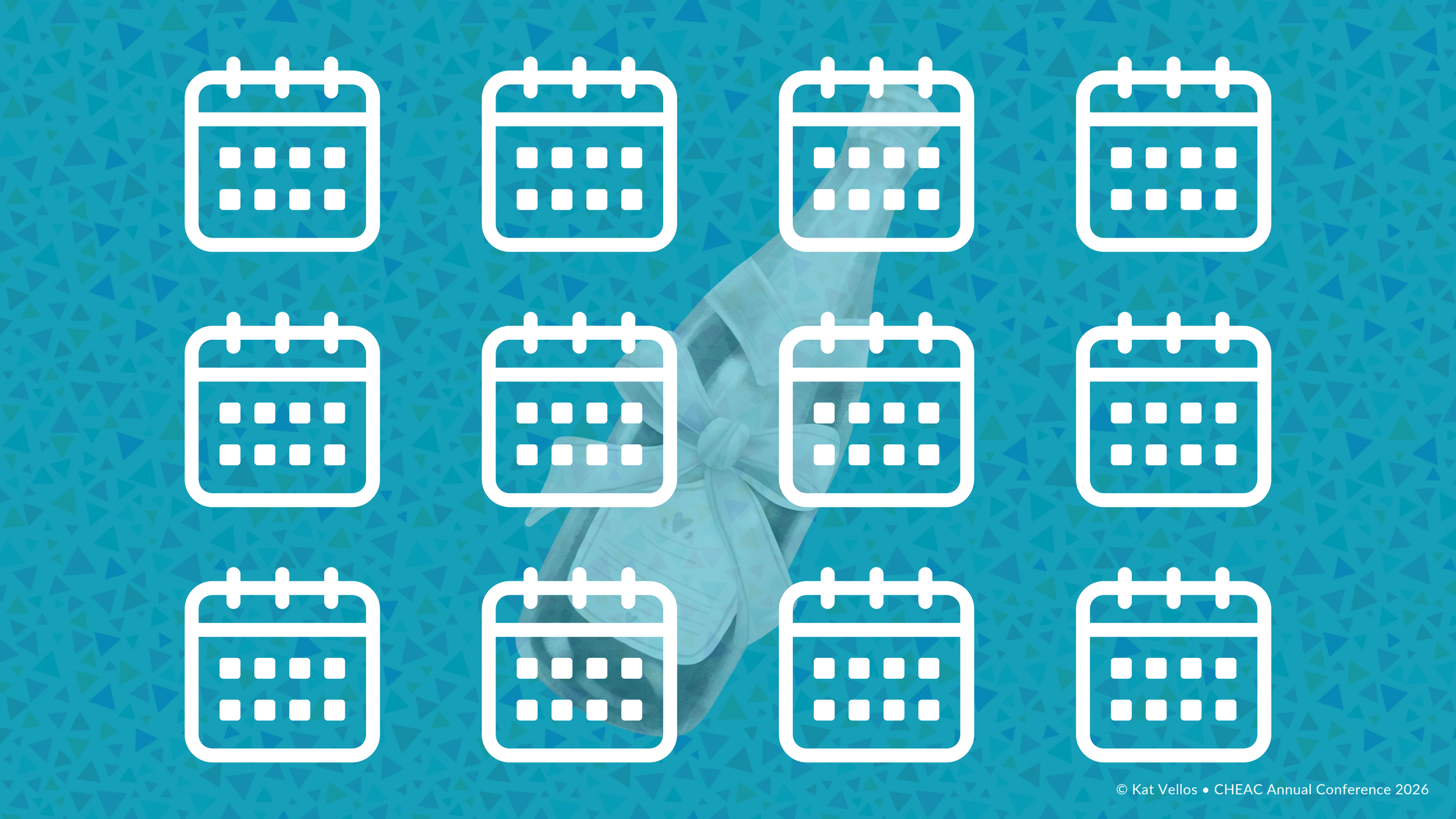
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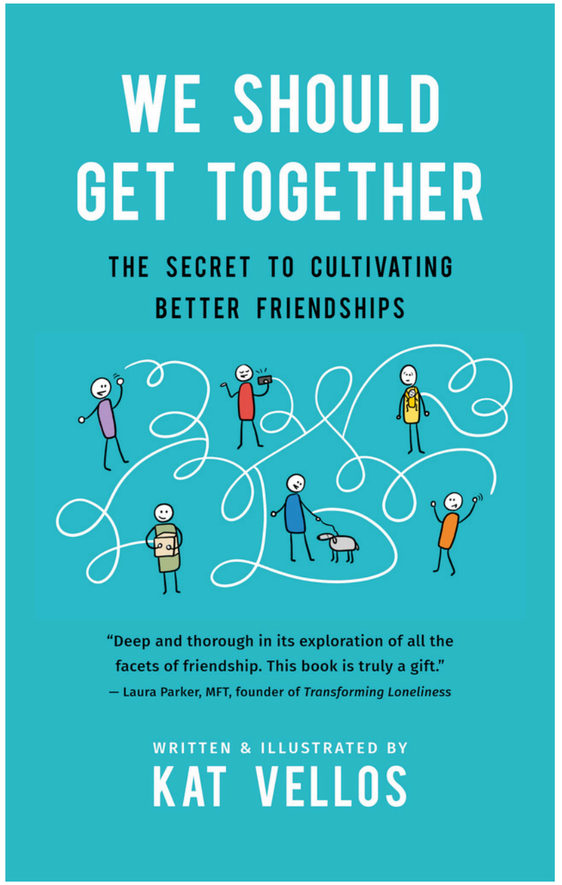


Research source: Harvard Study of Adult Development • Image source: *We Should Get Together*

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THANK YOU!



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