

3 strategies for CONNECTEDNESS

Power of RITUALS

Find the ritual that binds the team together, ensures sharing and collaboration: **virtual coffee, Office Monday, Monday Huddle, Weekly Meeting, Brainstorming Event**

Rituals are always **constant and predictable!**

Power of NON-ROUTINE

What **special moments** can you create in your virtual meetings? What activity can you do to increase the level of presence, psychological safety, enjoyment of your team members

When was the last time when you created a moment that broke the routine?

The power of VERBALIZING EMOTIONS

Emotional Retrospective

*What were the emotions you felt last week?
(excitement/stress/confusion/confidence/joy/connectedness/isolation)?*

Emotional prognosis

What are the emotions we need and want in our job?



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