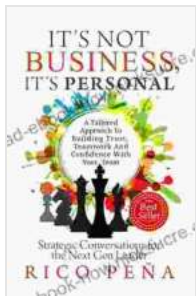


# It's Not Business, It's Personal: The Importance of Human Connection in the Workplace

In an increasingly digital world, it's easy to forget the importance of human connection in the workplace. We're constantly bombarded with emails, text messages, and social media updates, which can make it difficult to build meaningful relationships with our colleagues.

But research has shown that human connection is essential for our well-being and productivity. When we feel connected to our colleagues, we're more likely to be engaged, motivated, and creative. We're also more likely to trust each other and work together effectively.



## It's Not Business It's Personal: Strategic Conversations for the Next Gen Leader by Rico Peña

★★★★★ 5 out of 5

Language : English  
File size : 2863 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 240 pages  
Lending : Enabled



So how can we build human connection in the workplace? Here are a few tips:

- **Get to know your colleagues on a personal level.** This doesn't mean you have to become best friends with everyone, but it does mean making an effort to learn about their interests, hobbies, and families.
- **Make time for social interaction.** This could involve having lunch together, going for coffee, or attending company events.
- **Be open to sharing your own experiences.** When you share your own stories, it helps others to get to know you better and to see you as a real person.
- **Be supportive of your colleagues.** When someone is going through a tough time, offer your support. This could mean listening to them vent, helping them with a project, or simply being there for them.
- **Be yourself.** People can tell when you're being fake, so don't try to be someone you're not. Be genuine and authentic, and others will be more likely to connect with you.

Building human connection in the workplace takes time and effort, but it's worth it. When you have strong relationships with your colleagues, you'll be more successful in your work and you'll be happier in your job.

## **The Benefits of Human Connection in the Workplace**

There are many benefits to building human connection in the workplace, including:

- **Increased engagement and motivation.** When we feel connected to our colleagues, we're more likely to be engaged in our work and motivated to do our best.

- **Enhanced creativity.** Human connection can help to foster creativity by providing us with new ideas and perspectives.
- **Improved trust and cooperation.** When we trust our colleagues, we're more likely to work together effectively and to cooperate with each other.
- **Reduced stress.** Human connection can help to reduce stress by providing us with a sense of support and belonging.
- **Increased job satisfaction.** When we have strong relationships with our colleagues, we're more likely to be satisfied with our jobs.

## How to Build Human Connection in the Workplace

There are many ways to build human connection in the workplace, including:

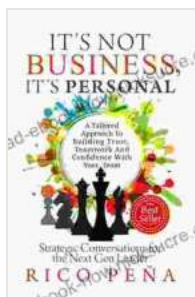
- **Join a team or department that you're interested in.** When you're working with people who share your interests, it's easier to build relationships.
- **Get involved in company events.** Company events are a great way to meet new people and to socialize with your colleagues.
- **Start a conversation with someone new each day.** This could be as simple as asking someone about their day or complimenting them on their work.
- **Offer to help your colleagues.** When you help others, you're not only building relationships, but you're also making your workplace a better place.

- **Be a good listener.** When someone is talking to you, really listen to what they're saying. Show that you're interested in what they have to say, and ask them questions to keep the conversation going.

Building human connection in the workplace takes time and effort, but it's worth it. When you have strong relationships with your colleagues, you'll be more successful in your work and you'll be happier in your job.

In today's fast-paced, digital world, it's more important than ever to build human connection in the workplace. When we have strong relationships with our colleagues, we're more engaged, motivated, creative, and productive. We're also more likely to trust each other and work together effectively.

There are many ways to build human connection in the workplace, so start today and see the benefits for yourself.



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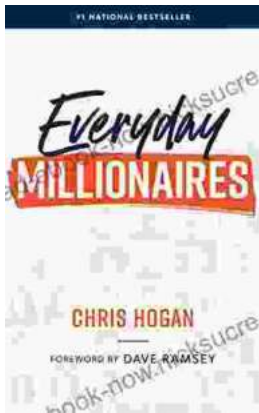
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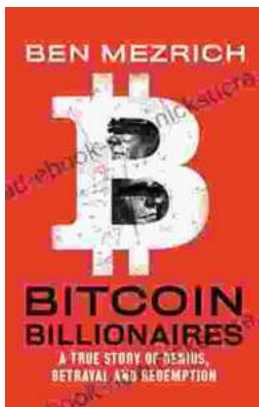
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