

The Connection App and the Company Connection Challenge Package

Are looking for a way to quickly and easily inject more positivity into your work environment? A Company Connection Challenge is an excellent way to create positive momentum among teams, business units or your entire organization.

LOVE Where You Work

OPTIMIZE YOUR WORKFORCE WITH THE COMPANY CONNECTION CHALLENGE PACKAGE AND CREATE A WORKPLACE PEOPLE LOVE

Integrating the Connection Habits™ in your workplace can bring a number of tangible benefits

When your employees practice the Connection Habits, workplace improvements will be realized in many areas.

Retain and attract top talent

People want to live a great life both at home and at work. When your organization offers quality of life it is a key differentiator in attracting and keeping the best people.

Enhanced office environment

People who practice and master the Connection Habits are enjoyable to be around and being in an office filled with those people is a great environment in which to work.

Improved internal and external customer service

Mastering the skill of making other people feel good is an excellent way to improve service. These skills will make a difference in every aspect of an individual's life.

Increased performance

Physiologically speaking, being in a positive state of mind decreases stress and anxiety, improves focus and cognition, and decreases the risk of heart disease, stroke, and mental illness.

Improved teamwork

When a person feels appreciated and encouraged by their peers they are more productive. When a team regularly celebrates progress they can more easily resolve conflict and overcome negativity.

Leadership development

Make sure your managers have the people skills they need to earn the respect of their team members. People are more willing to take direction from a manager they feel positive about.

The Connection Habits are an excellent tool to help managers learn to connect with their people and ensure relationships stay positive.



Company Connection Challenges

A Company Connection Challenge is designed to help people integrate the Connection Habits into their workday. Each time a person practices one of the habits a positive moment is generated making the experience of work more enjoyable.

Lower time to implement and higher ROI

Managing complex programs or spending large amounts of money on external coaches are typically not sustainable even if they can be effective. A Company Connection Challenge requires less time to implement and manage as the in-app Challenges are both self explanatory and self guided.

External incentives for participation

Anyone who participates in our Connection Challenges earns entries to win prizes. You can easily add your own prize specific to your company to further incentivise participation.

How it works

A Connection Challenge will encourage and train participants to integrate Connection Habits into daily routines so your workplace will be filled with powerful moments of positivity throughout the day.

Each participant will:

- ➡ take a self assessment to determine which habits to work on;
- ➡ set up customized habit-based action prompts;
- ➡ select Challenges for habit specific tips and info;
- ➡ track their successes daily;
- ➡ earn a chances to win exciting prizes;
- ➡ review and monitor their overall progress.

Overcoming resistance to change

To overcome our in-built automatic resistance to change, learning new behaviours should be enjoyable, simple to understand, and easy to accomplish. When you turn personal development into a pleasant experience, that resistance is further diminished. The App and the Challenge practice involved integrates actions that deliver results in a way that truly overcomes those barriers, enabling not simply learning but also benefiting from the Connection Habits.

Knowing is not enough

Gaining new knowledge is important but simply knowing something doesn't necessarily deliver results. For example, the formula to losing weight is not a secret, and yet weight loss is a nearly \$200 billion dollar industry worldwide. Knowledge has to be put into practice. Our App helps people to integrate the Connection Habits into their daily lives so they don't just get new information, they get results.

The Connection Habits™

Biologically, we are wired to notice what may be wrong as this is what keeps us safe — *is that wind moving the tall grass, or could it be a hunting lion?* Because of this biological hard wiring, focusing on the positive requires a conscious choice unless it is one of our habitual responses to our environment. And when a person is stressed, hungry, angry or tired, we default to our habits.

Our Connection Habits are Triple-S Tested™ — proven by “Self”, “Society” and “Science”. It is this methodology that enables the app to deliver a positive response. Each of the habits are simple to do, but they take time to fully master and do not typically “happen by default” unless they truly become a habit. Connection App participants learn habits of:

- 1 Giving your full attention
- 2 Sharing and celebrating success
- 3 Acknowledging the positive
- 4 Acts of service
- 5 Expressing gratitude
- 6 Encouragement
- 7 Appreciation

Book a no obligation exploratory meeting today

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