

## The Connection Apps and Employee Benefits Packages

Give an addition to your benefits plan your employees will love and create a more effective and positive workplace. With access to both The Connection App and The Connection App for Couples, their work and home lives will reap the rewards.



# LOVE Where You Work

INCLUDING OUR HABIT BUILDING APPS IN YOUR EMPLOYEE BENEFITS PACKAGE  
CAN HELP TO CREATE A WORKPLACE PEOPLE LOVE

### The Benefits of The Connection Habits™

Giving your employees access to The Connection Apps through your workplace benefits package will create tangible benefits.

#### Retain and attract top talent

People want to live a great life both at home and at work. When your organization offers quality of improvements 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. And 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.

#### Better work/life balance

For employees with an at-home relationship, having access to and developing the habits *for couples* can lead to deeper personal connections with their significant others — this in turn can make a positive impact on their at-work attitudes and presence.



## An excellent workforce benefit — support their relationships

When someone is struggling at home, it makes it harder for them to be successful at the office. Modern society is busy and it is easy to forget to connect with the people you care about. It's no wonder that the number one reason given for why marriages end is "*we drifted apart*".

Ensuring your employee's home-life is great even during your most demanding times is what The Connection App for Couples was built to accomplish. The Connection App habit building platform helps them to develop and integrate the skills that lead to deeper connection between people so that important relationships don't accidentally end.

## Give the benefit both you and your employees will love

As an employer, you want to make sure your benefits deliver value to both you and your workforce. When you give an App subscription to your employees, you will do just that. And that one subscription will carry over to their significant other — allowing both to participate in making a better home and workplace.

## How it works

You will invest in a membership for your employees as part of their benefits package. This membership allows them to use both apps: *The Connection App* and *The Connection App for Couples*. They can use the apps to work on developing The Connection Habits™ in their personal relationships — both in the workplace and at home. This will help them feel happy and satisfied and put them in a positive frame of mind at home and at work.

## Low cost and a smart investment

Managing complex programs or spending large amounts of money on external coaches are typically not sustainable even if they can be effective. Giving your employees access to the apps is a much lower cost than developing your own solution and can bring both tangible and unexpected improvements to your work environment as employees reap the benefits of life-enhancing habit-formations for home and work relationships.

## External incentives

All app users are able to participate in a quarterly grand prize offered to encourage habit forming behaviours. Participants earn prize entries by tracking their progress within either of The Connection Apps and we award a \$2,500 (CAD) vacation for two, every business quarter.

## 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. A subscription to use the apps will give your employees the opportunity to integrate The Connection Habits into their daily lives. It's knowledge with results.

## 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.

## 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 innate behaviour, focusing on the positive often requires a conscious choice. And a choice is much easier to accomplish when it is part of a habit-based behaviour.

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

Only in *The Connection App for Couples*

- 4 Communicate love through touch\*

\* These habits change between The Connection App and the Connection App for Couples. In the latter habits we encourage couples towards greater intimacy in their private lives while maintaining a strict platonic 'code of conduct' for professional work relationships.

## Book a no obligation exploratory meeting today

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