Bring Back The Spark

Reignite Team Connection and Energy

Creating Moments of Connection Through Presence, Play and Gratitude

By Scott Colby

Hey, I just wanted to say thanks!

stressed
frustrated
lonely
angry
numb
hopeful
Depressed
optimistic
content
Exhausted
scared
sad
Loved
relaxed
isolated
future
feel
hot
just
ready
calm
day
hurt
Worried
Hopeless
cautious
Suicidal
Joyful
Limited
despair
Present
Issue
avoidant
possibilities
Scattered
Realistic
Satisfied
Certain
Healthy
Anticipation
Blessed
Dreamy
Focused
Scorn
State
Times
Lied
Upset
Bad
Mad
Words
Referring
Since
Control
Hurt
Determined
School
Super
Week
Tired
Sick
Lazy
Lonely
Kids
Unsafe
Free
Dance
Aggressive
Dependent
Previous
Worry
Made
Things
Sure
Guilt
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Mia’s Story:

A Lesson in Connection

The Connection Crisis At Work

🎯 **69%** aren't satisfied with the opportunities for connection at work

🎯 **52%** want more connection at work

🎯 **38%** don't trust their co-workers

3000+ U.S. workers *surveyed revealed a growing connection crisis*

-BetterUp

Those low in social connection experience:

- ✅ **158%** more anxiety and depression
- ✅ **153%** more loneliness
- ✅ **109%** more burnout
- ✅ **77%** more stress

It's about morale, retention and more people walking out the door.

❌ ***Weak*** **predictors of connection** are **venting** about leadership/job and interacting on **work topics**

Top **predictors of connection**

✅ Being **vulnerable**, letting people know the **real you**

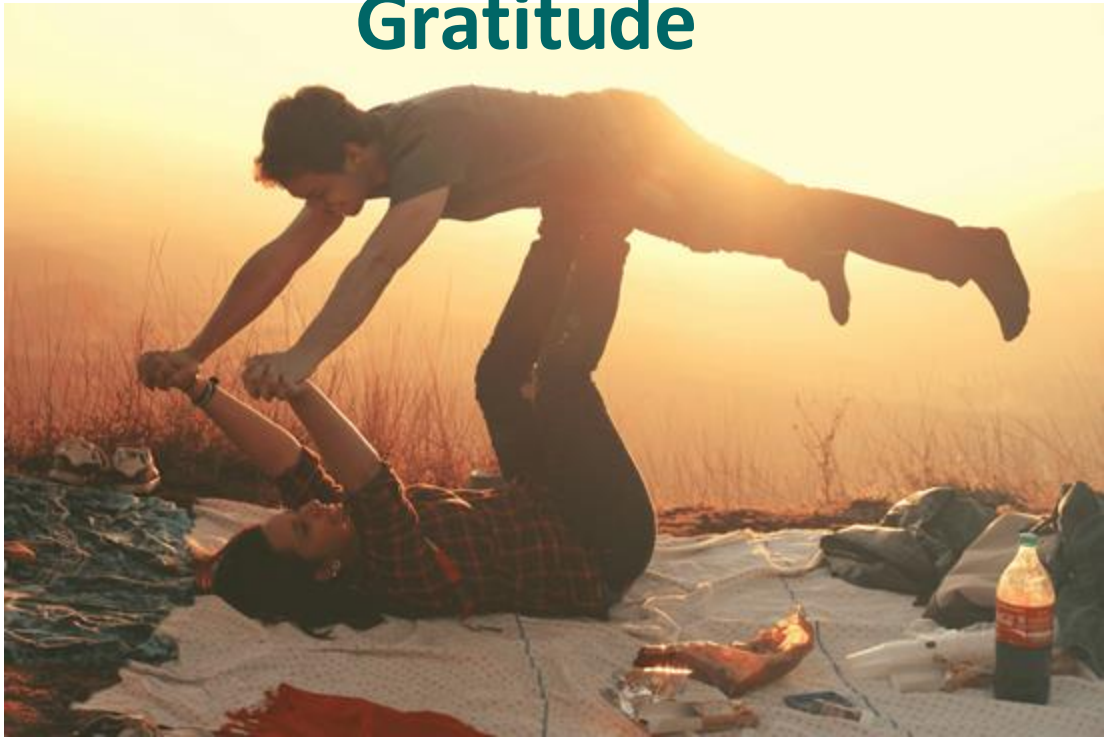
✅ Making someone feel **appreciated**

✅ Casual conversation and **fun banter**

✅ Sharing hobbies

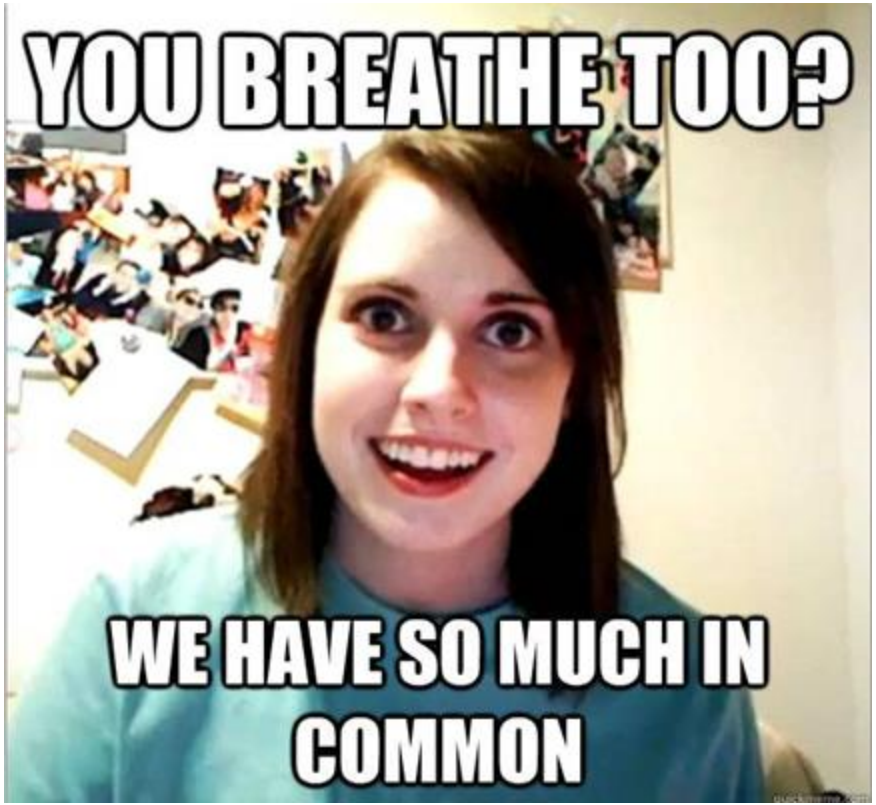
✅ Getting to know someone on a **personal level**

From Talk To Action: Let's Create Moments of Connection Through Presence, Play and Gratitude



Dog or Cat ?

What Do You Have In Common?



THANK YOU FURRY MUCH

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mad
words
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Present
issue
avoidant
control
since
Joyful
Limited
Healthy
made
things
previous
worry
possibilities
determined
ok
school
super
high
Scattered
New
safe
living
heard
Realis
anticipation
blessed
dream
tired
cool
fed
Bad
question
misinterpret
Lied
Lost
Alright
15
week
Satisfi
Certain

How might we, in a laboratory setting, find a way to create instant intimacy between strangers?

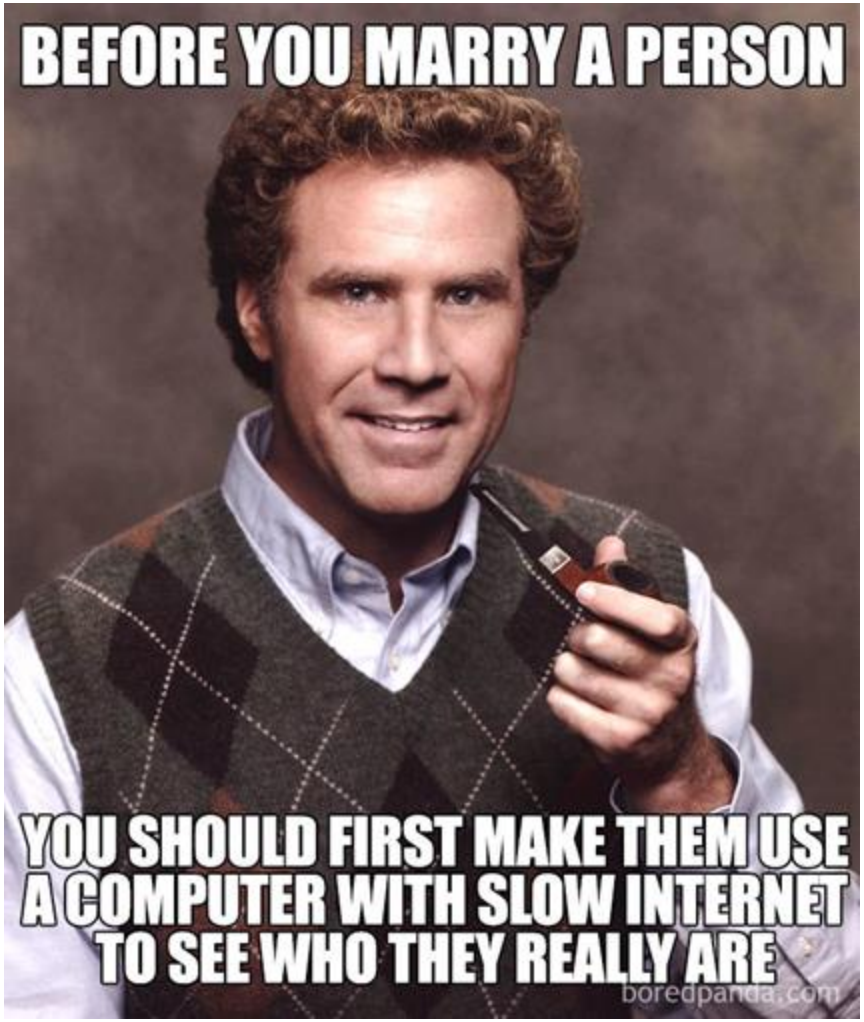
- Arthur Aron

“Given your choice of anyone in the world, whom would you want as a dinner guest?”

“If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told somebody? Why haven’t you told them yet?”

57%

Got Together After The Study, On Their Own


BEFORE YOU MARRY A PERSON
YOU SHOULD FIRST MAKE THEM USE A COMPUTER WITH SLOW INTERNET TO SEE WHO THEY REALLY ARE
boredpanda.com

Asking Meaningful Questions

Shows Interest
Creates Understanding
Builds Rapport
Leads to Better Relationships

THE GRATEFUL DECK

"If you could put an end to one problem in this world, what would it be, and why?"

"What excites you about life right now?"

Let's check our phones:

Possible Responses:

1. Concern: Are you OK?

2. Confused: For what?

3. Non response: They are busy or don't know how to respond.

WRITE A THANK YOU CARD

Think of someone you appreciate. Then choose one of these prompts to get started:

- I remember a time when...
- What I appreciate most about you...
- Without you...

LET THE COMPETITION
BEGIN
memegenerator.net

Let's Make It Real: What's One Shift You'll Carry Forward?

From inspiration to integration

🤝 What's one small moment of **presence**, **play**, or **gratitude** you can create this week?

💬 Who in your life or team could use a little more **connection** right now?

👀 What's one simple way you can help someone feel **seen**?

Let's Bring Back the Spark

- Send a quick gratitude message this week
- Be fully present in just *one* moment
- Add a little play to one conversation
- Connect with someone who needs it

Scott Colby
sayitwithgratitude.com
scott@scottcolby.com