

A hand is shown on the left side of the frame, gently holding a stalk of tall grass. The background is a soft-focus field of similar grasses, with a warm, golden light suggesting a sunset or sunrise. The overall mood is peaceful and connected to nature.

Presented by BU Happiness College

# **3 Keys to Meaningful Connection**

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### Connection:

Is the energy that exists between people when they feel seen, heard and valued; when they can give and receive without judgement, and when they derive sustenance and strength from the relationship.

- Brene Brown



# What Meaningful Connection Is & Is Not

## What It Is:

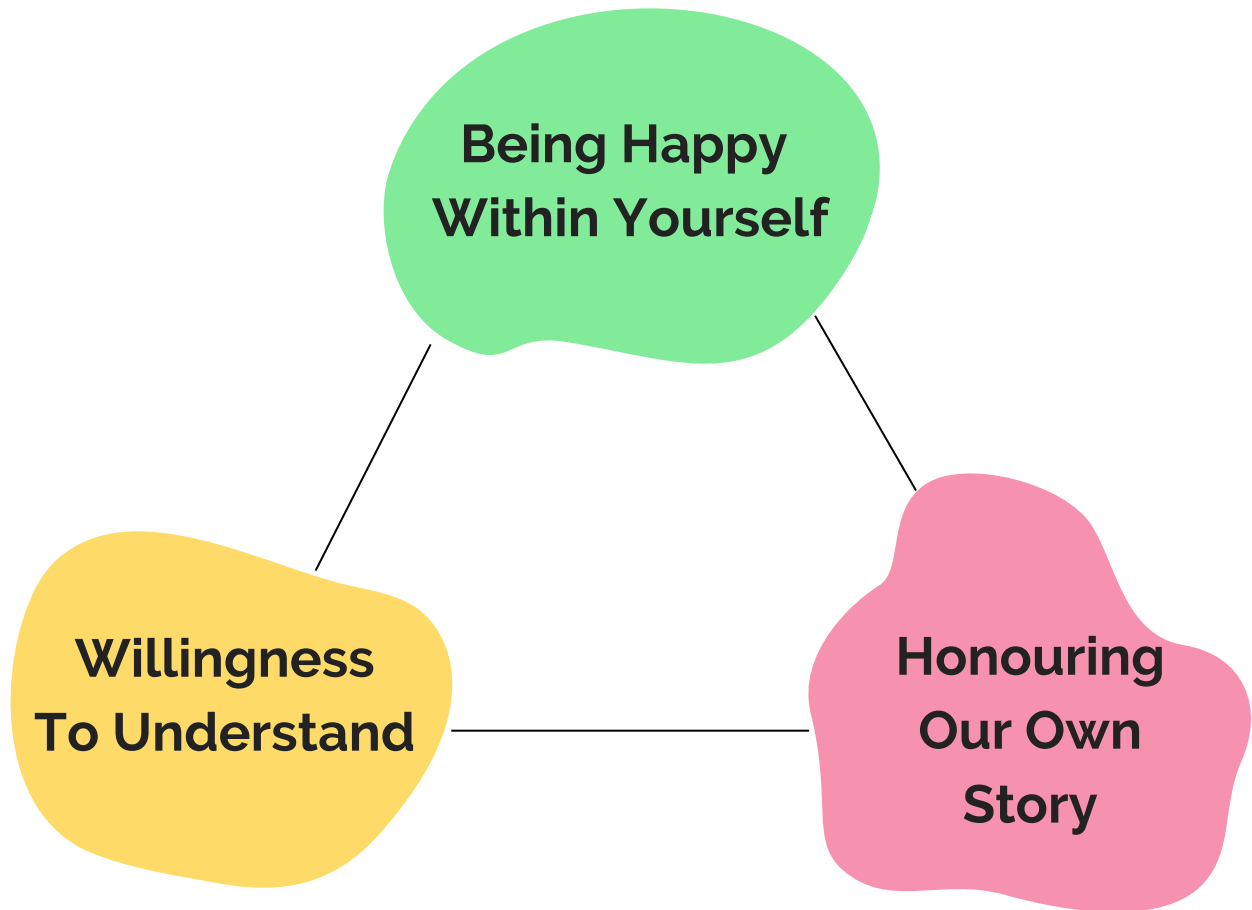
- Practicing courage
- Being vulnerable
- Staying Curious
- Practicing humility
- Committing to mastery & practice
- Feeling embodied & connected to self
- Committing to be other-focused (while not abandoning yourself)
- Practicing compassion & empathy
- Setting & respecting boundaries
- Actively listening
- Acknowledging & affirming
- Being happy within yourself

## What It Is Not:

- Everything is fine: Not owning our hurt or pain
- Following people on social media
- Performing &/or avoiding vulnerability
- Challenging & criticising more than exploring & contributing
- Defensiveness or disinterest
- Perfectionism
- Thinking & acting our emotions without FEELING them
- Feeling disconnected from ourselves
- Getting stuck in fear & shame
- Shutting down & putting up walls
- Judging
- Performing concern while trying to control & distance
- Showing pity or sympathy



# 3 Keys To Meaning Connection



NOTES:

GO THROUGH AND HIGHLIGHT ANY OF THE FOLLOWING SKILLS YO'VE DEVELOPED:



# Key #1 - Develop, Learn & Improve

- Psychological Needs
  - Love Language
  - Makes you happy
  - Brings you joy
- Makes you feel seen, heard & valued
- Feeling your emotions
  - Self affirming

**Being Happy  
Within  
Yourself**

- Knowing & understanding yourself
- Who you are/Want to be
- Passions/Hobbies
- Living from values
- Character Strengths
  - Purpose

- Practicing Courage
- Curiosity over Judgement
- Improved Self Worth
- Leaning into vulnerability
  - Authenticity

**Skills you  
need to develop  
this Key:**

- Committing to mastery and practice on self
  - Feeling embodied and connected to self
  - Humility

- Fragile self worth
- Values misalignment
- Disconnecting from ourselves physically, mentally & emotionally

**What kills  
this key:**

- Repression, Avoidance
  - Denial
- Knowing & proving
  - Self protection



# Key #2

## Practicing

The work is a commitment to be **with** people--not pushing them from behind or leading from the front, but walking with them in solidarity.

- **Brene Brown Atlas of the heart**

- Believe others as they see their reality even if it doesn't match ours
- Committing to be other-focused without abandoning ourselves or our needs
- Being relational

**Willingness  
To Walk  
Alongside**

- What support looks like for others
- Willingness to witness another's pain and suffering
- Willingness to understand & hear another's pain and suffering

- Curiosity
- Setting & Respecting Boundaries
- Empathy

**Skills you  
need to develop  
this Key:**

- Compassion
- Actively Listening
- Courage

- Rescuing & Fixing
- Problem Solving

**What kills  
this key:**

- Reactive Responding
- Judgement
- Projecting



# Key #3

## Practicing

Story stewardship means honouring the sacred nature of story - the ones we share and the ones we hear - and knowing that we've been entrusted with something valuable or that we have something valuable that we should treat with respect and care

**- Brene Brown Atlas of the heart**


- Trusting the people who have earned the right to hear our stories
- Sharing our stories only when we are ready



**Honouring  
Ours & Theirs  
Story**

- Listening, being curious, affirming, and believing people when they tell us how they experienced something


- I can listen and be with you, I can help problem solve or whatever you need, you tell me?



**Skills you  
need to develop  
this Key:**

- I am grateful that you're sharing this with me.
- What does support look like?

- Being the knower, advice giving and problem solving drives disconnect from the skill



**What kills  
this key:**

- Hijacking or talking over someone else's story with our own projections

# 5 Minute Reflection



**Choose 1 thing from each KEY you might like to lean into:**

BEING HAPPY WITHIN YOURSELF

WILLINGNESS TO WALK ALONGSIDE

OWNING OUR STORIES





# 5 Minute Reflection



**What makes you feel:**

SEEN?

Large empty rounded rectangular box for reflection.

HEARD?

Large empty rounded rectangular box for reflection.

VALUED?

Large empty rounded rectangular box for reflection.

# 3 Steps Forward



## **Prioritise, Share & Schedule:**

1 THING THAT HELPS YOU FEEL MEANINGFULLY  
CONNECTED TO YOURSELF:

1 THING THAT HELPS YOU FEEL MEANINGFULLY  
CONNECTED TO SOMEONE ELSE:

1 THING THAT HELPS YOU FEEL MEANINGFULLY  
CONNECTED TO SOMETHING BIGGER THAN YOURSELF:

## **LIVE Workshop:**

Vulnerability - The Myths & Facts:  
Wednesday 12th October 2022  
6:30pm AEST (Thinking)

## **Re-watch Workshops:**

Difference between empathy, sympathy &  
Compassion, Living with Intention,  
Creating a sense of self & identity

## **FYI for 2023:**

This workshop topic will have 2 other workshops developed from it in 2023 when Jess returns from mat leave.

## References:

Brene Browns Atlas of the heart

- See referencing links to articles/research at the back of this book



Kristen Neff PhD - Self Compassion book  
& <https://self-compassion.org/>

A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

# Key Takeaways

What did you learn?

What did you notice going on for you?

What are you going to apply?



# References

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