

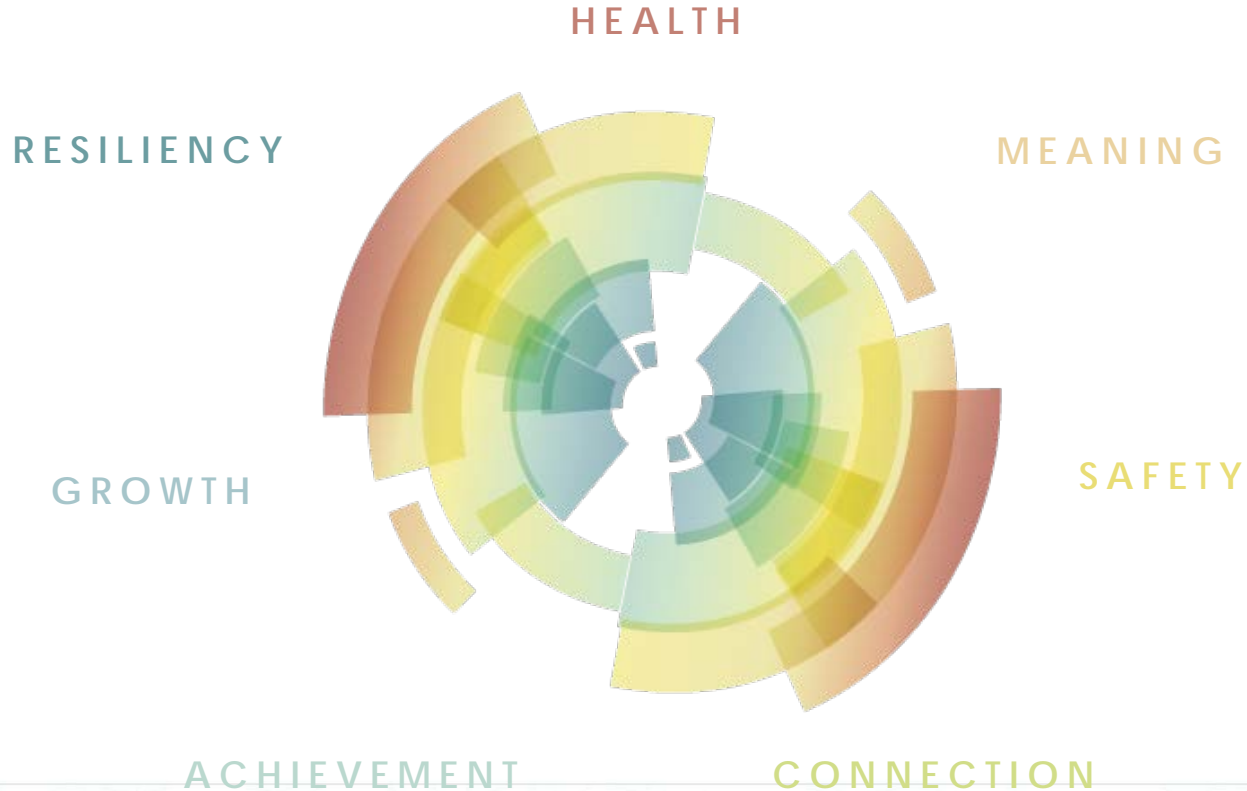


WELCOA[★] CONNECT
- IDEA COLLECTIVE -

The Importance of Social Connection: Why It Matters in the Workplace

Sara Martin, MS

WELCOA's Definition of Wellness



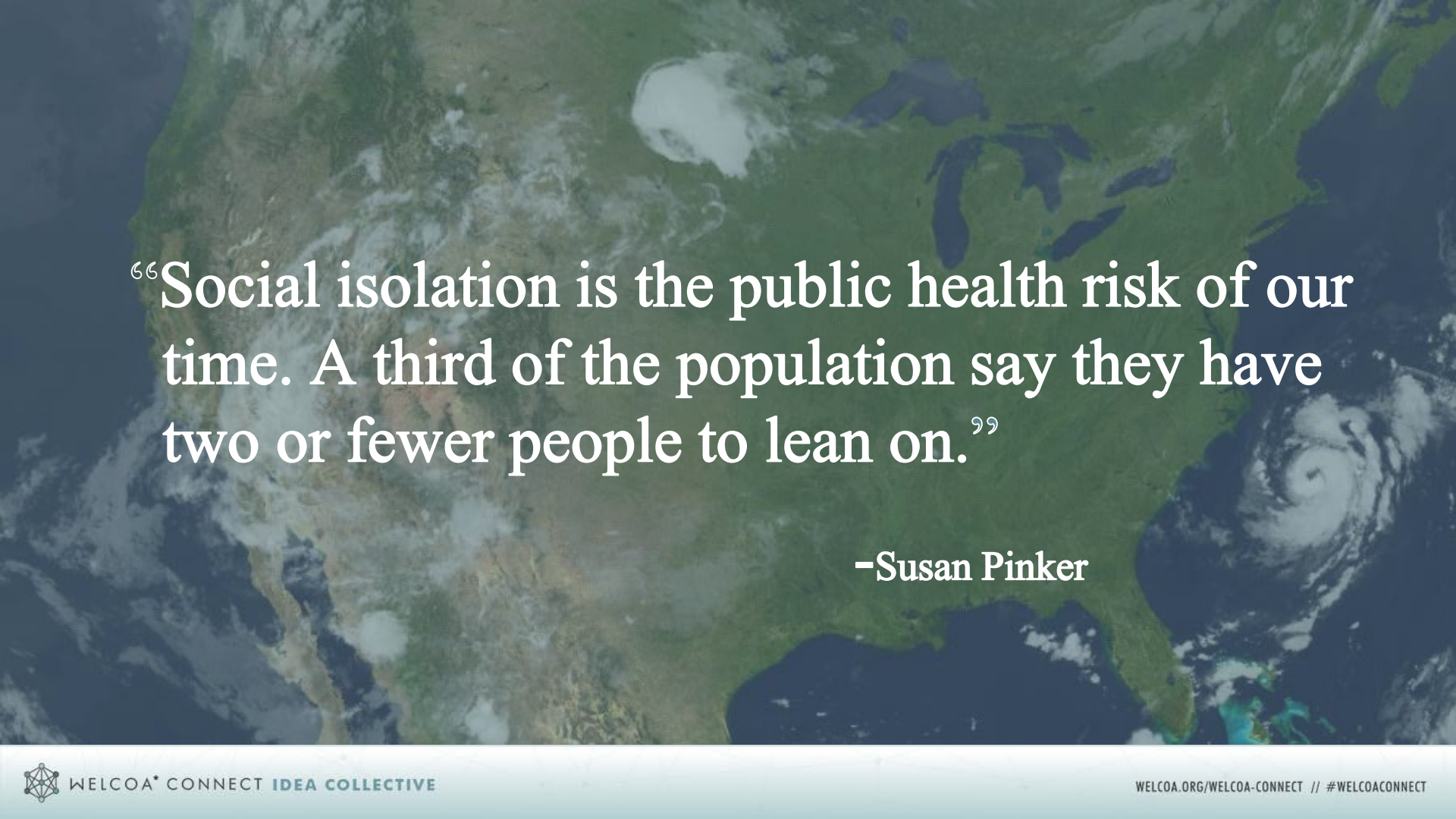
This Year We Had a Specific Focus



CONNECTION

Experiencing positive, trusting relationships with others. Feeling a sense of belonging, acceptance and support.






“Social isolation is the public health risk of our time. A third of the population say they have two or fewer people to lean on.”

—Susan Pinker

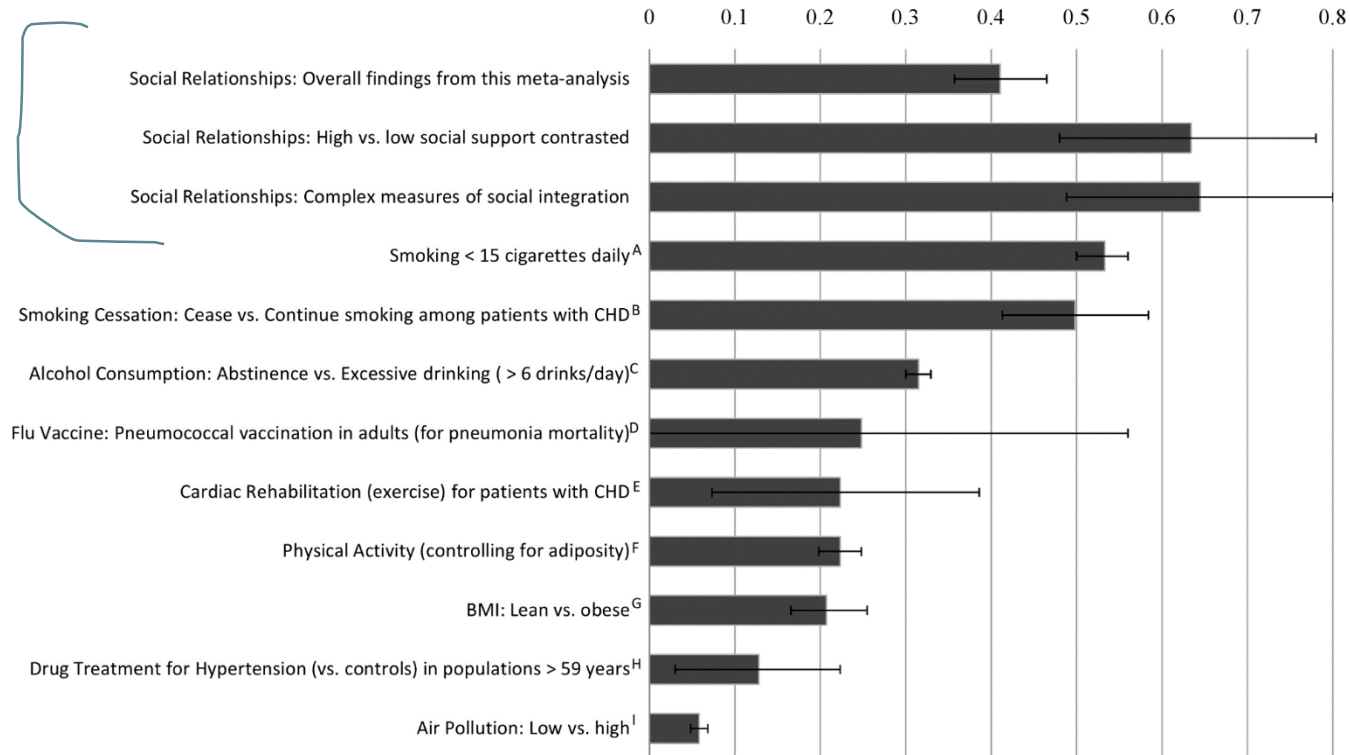




Sardinia: a Blue Zone where men and women have equal longevity.



Social Relationships and Decreased Mortality Risk





The Pain of Isolation





What Is the Workplace Impact?



WELCOA CONNECT SPEAKERS



JEN ARNOLD,
MS, RD, LDN



CASSIE BUCKROYD



STUART CHITTENDEN



STELLA GRIZONT,
MS



JEFF JERNIGAN,
PHD, BCPPC, FAIS



JASON LAURITSEN



SARA MARTIN,
MS



LEIGH MCCORMACK,
MS



JENNIFER S. PITTS,
PHD



LAURA PUTNAM,
MA



HOWARD J. ROSS



MARI RYAN,
MBA, MHP, CWP



DR. SOMAVA SAHA,
MD, MS



ILANA SHAPIRO YAHDAV,
MPA, ACGRS



MICHELLE SPEHR,
M.ED., MCHES, CWWPC, CWF



METTIE SPIESS,
CWP, CPHSA



Our Vision for WELCOA Connect

- » Not a replacement for Summit
- » Not just a virtual version of an in-person event
- » A vehicle to move us toward the future of work by connecting with each other and with ideas
- » We want to help you really, really get with people



Connect through the Idea Collective



- STEP 1 - Sign up for Idea Collective

Say yes to workplace wellness success by visiting the [WELCOA Connect website](#) to register for [Idea Collective](#). Start transforming your organization's well workplace journey today!



- STEP 2 - Add Connect Fireside Chats

Sit down (virtually) and connect with each of the 15 Idea Collective speakers on a deeper level. Hear more about their journey and the passion driving the work they do. Ask your questions live. Led by [Live Radio Show](#) host, Stuart Chitenden. [Add on this exclusive opportunity!](#)



- STEP 3 - Download the WELCOA Events app

Once registered, you'll receive a link to download the WELCOA Events app. Fill out your profile, review class materials, and start connecting with like-minded people like never before!



- STEP 4 - Attend Class Live Every Week

Tune in each week to hear from leading experts about a new topic around the future of work and social connection. Review the [Idea Collective Agenda](#) to see what you will be learning about each week!



- STEP 5 - Stay Connected

Stay connected with your class for years to come on our social media channels, through our WELCOA Member portal and in person at future WELCOA Summits.

