

# Igniting Connections

Empowering your people to reconnect with their mission, their teams, and themselves.

Having close connections boosts happiness, inclusion, productivity, and engagement in the workplace. In 2023, Blue Ocean Brain's content will intentionally weave concepts around connections into each month to help you create a connected culture and build a sense of purpose and belonging for your people.

## 2023 Monthly Sub-Themes:

<p><b><u>January</u></b> Connecting With Yourself</p> <p>The New Year brings opportunities to seek fresh perspectives of ourselves. Discover ways to practice vulnerability, self-advocacy, mindfulness, and more.</p>	<p><b><u>February</u></b> Virtual Connection</p> <p>Navigating connections in a remote world can often feel bumpy. Learn how to embrace technology to build connections without getting your wires crossed.</p>	<p><b><u>March</u></b> Coaching &amp; Feedback</p> <p>Make a positive impact on those around you by strengthening your approach to giving and receiving feedback.</p>
<p><b><u>April</u></b> Connecting Through Differences</p> <p>Through acceptance, curiosity, and appreciation, we can celebrate our differences and build a more inclusive culture of belonging.</p>	<p><b><u>May</u></b> Giving Space for Mental Wellness</p> <p>As work and life become more intertwined in the modern workplace, find ways to value and prioritize your well-being and the well-being of others.</p>	<p><b><u>June</u></b> Connecting Through Dialogue</p> <p>Aside from benefits such as collaboration and cooperation, communication can also strengthen employee productivity, engagement, and morale.</p>
<p><b><u>July</u></b> Impactful Storytelling</p> <p>Stories can help us create meaning and build connections. Inspiring stories from different backgrounds will be highlighted throughout the month.</p>	<p><b><u>August</u></b> The Power in Creative Moments</p> <p>Through new ways of improving our creativity, we can enhance our critical thinking, communication, problem-solving, and innovation skills.</p>	<p><b><u>September</u></b> Connecting With Teams</p> <p>High-performing teams have healthy connections. Leaders can empower individuals through autonomy, feedback, and clear objectives to strengthen teams.</p>
<p><b><u>October</u></b> Connecting Across the Globe</p> <p>Overcoming the challenges of global teams, like working across time zones and feedback styles, enhances productivity and creates a more inclusive environment.</p>	<p><b><u>November</u></b> Communityship</p> <p>The benefits of gratitude and service go beyond the organization. Lessons will encourage the individual to seek new opportunities to flex their curiosity and growth.</p>	<p><b><u>December</u></b> Best of 2023</p> <p>Our popular end-of-year series returns, recapping the most engaged lessons of the year and rounding out 12 months of growth and connections.</p>