

# THE TEAM MIND ALI WALKER PhD

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### BELONGING & BLUE ZONES



## THE POWER OF HUMAN CONNECTION

Loneliness and social isolation have more negative impacts on our health than obesity, smoking and substance abuse.





Strong ties to family, friends, teams & community

#### Effects:

- 50% less risk of dying early than those with fewer social connections
- Stronger immune systems
- Higher self-esteem
- More empathic to others
- More trusting and cooperative

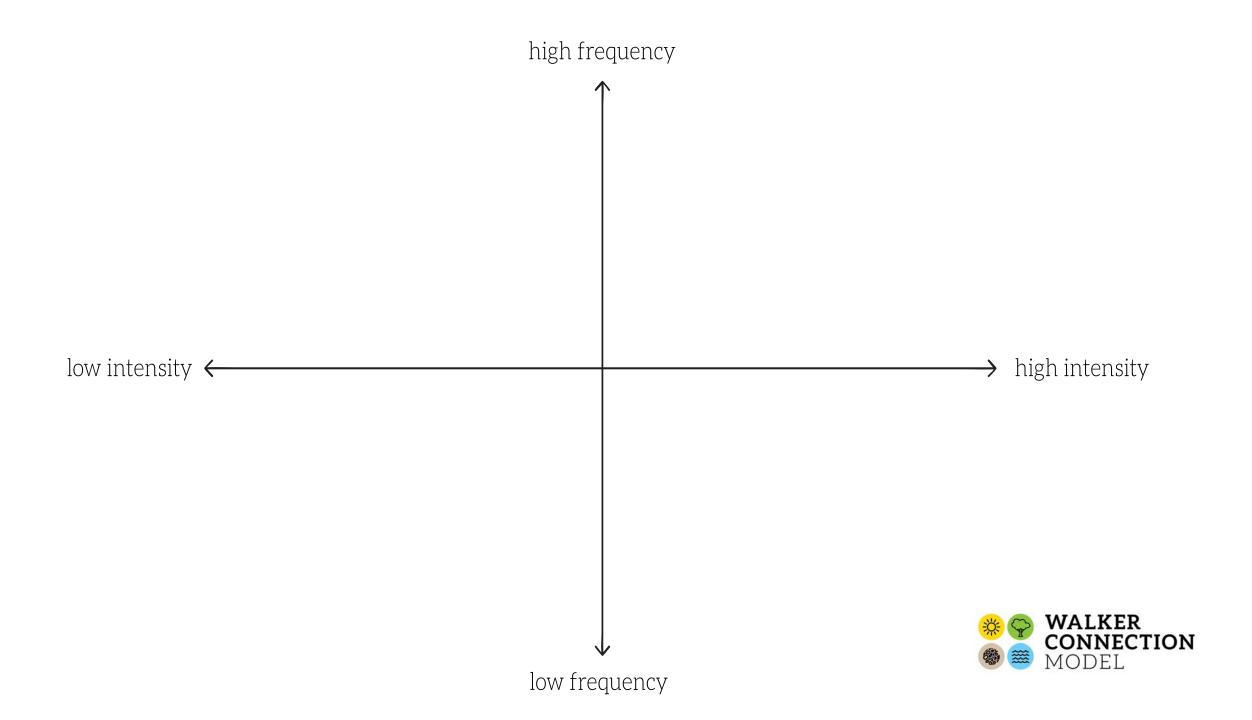


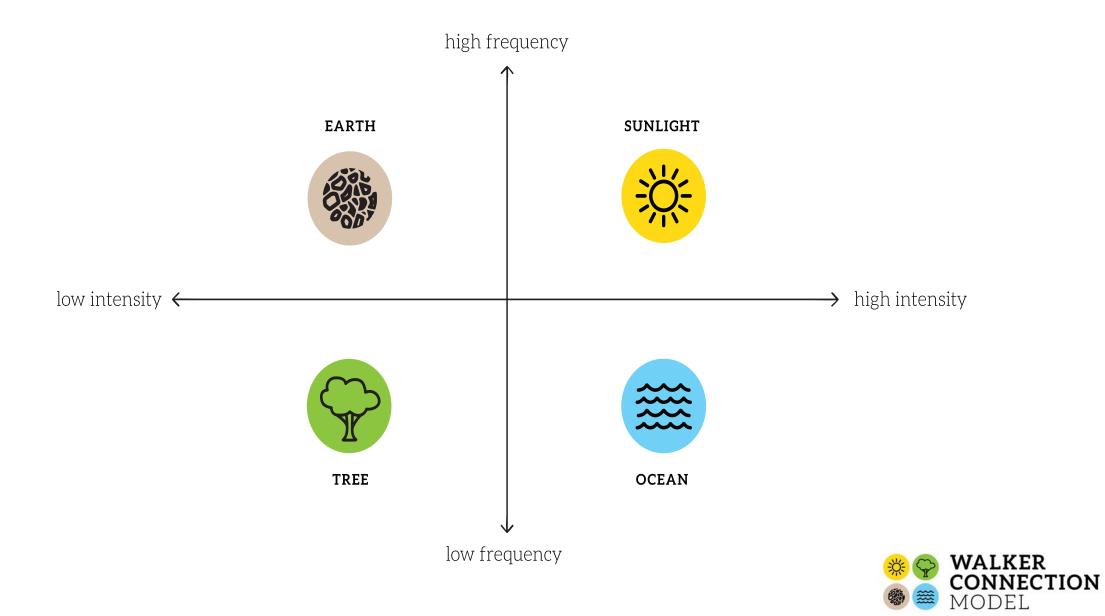
## THE POWER OF HUMAN CONNECTION



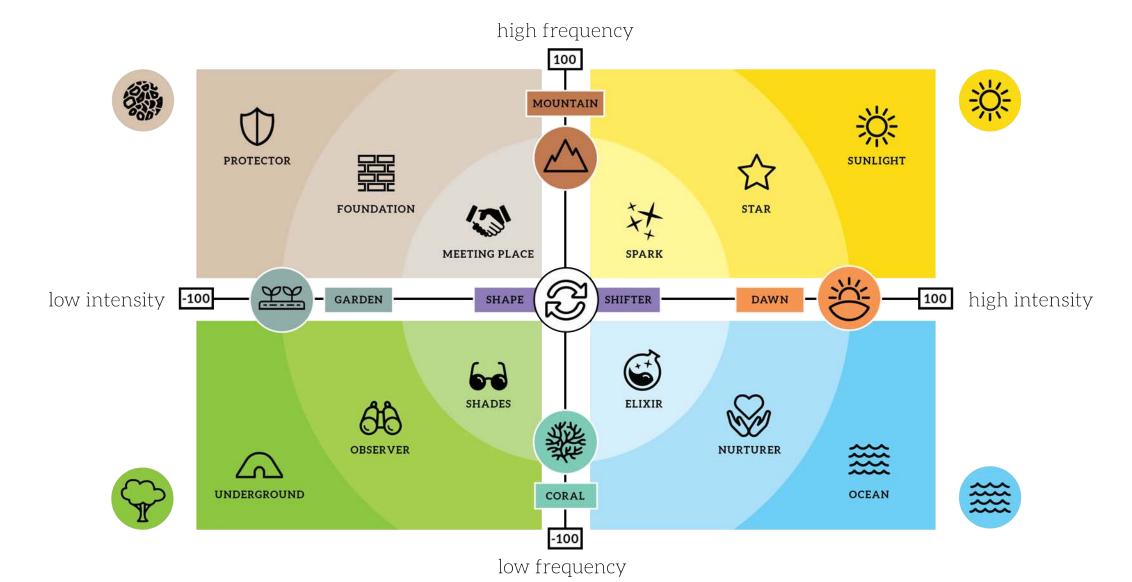
Joining teams: When we make positive new social group connections, we are less likely to develop depression and we have an enhanced sense of well-being during transitions.



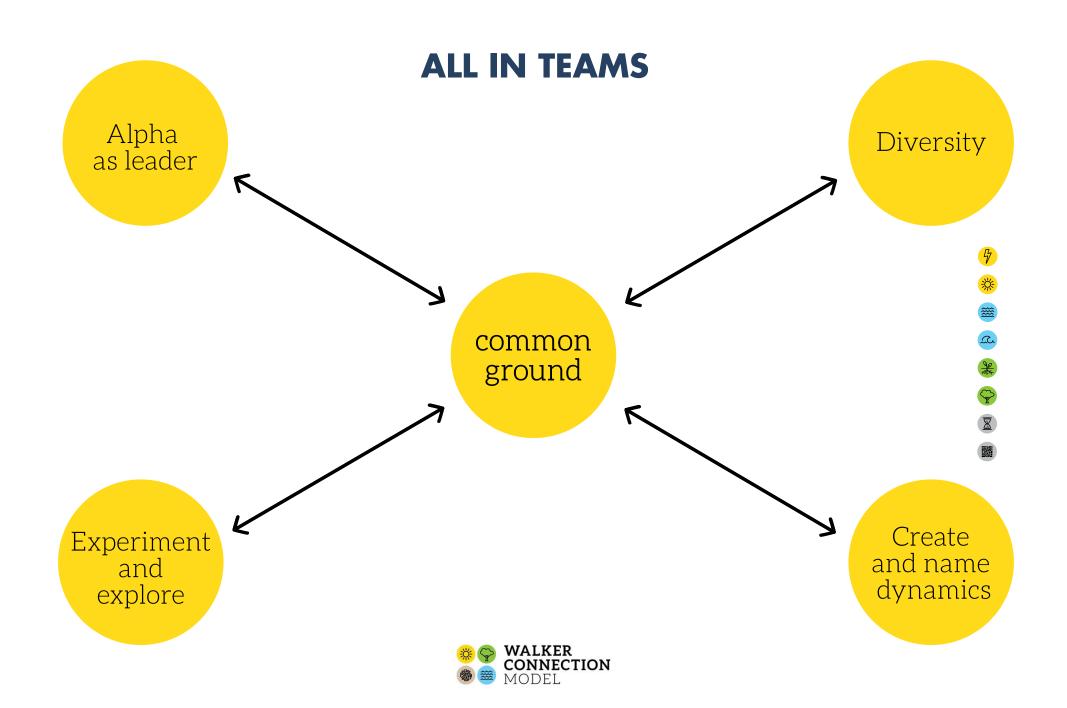












## WHAT'S YOUR TYPE? Find out at www.walkerconnection.com



### LET'S CONNECT!

aliwalker.

What's your connection type? Use my model to discover your connection style in love, at work, at home and in teams. ALI WALKER, PHO DISCOVER YOUR CONNECTION TYPE

You can find me at @draliwalker