THE TEAM MIND

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ALL IN
BELONGING & BLUE ZONES
Loneliness and social isolation have more negative impacts on our health than obesity, smoking and substance abuse.
THE POWER OF HUMAN CONNECTION

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
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.
HOW DO YOU CONNECT?

What’s it like to:
- Meet you?
- Talk to you?
- Work with you?
- Love you?
• Don’t take it personally!
• Live for your type
• Respect other types
• In groups, move towards the centre of human connection
• In relationships, build bridges and find ways to work together
ALL IN TEAMS

Alpha as leader -> common ground

Diversity

Experiment and explore

Create and name dynamics
WHAT’S YOUR TYPE?
Find out at www.walkerconnection.com
What’s your connection type?
Use my model to discover your connection style in love, at work, at home and in teams.

DISCOVER YOUR CONNECTION TYPE

You can find me at @draliwalker