



Social Connections Toolkit

Social connections help prevent injuries

How can you improve your work culture through connection?

Create awareness and let your people know the benefits of social connection

- Use the information sheets, posters and presentation template in the toolkit to engage, educate and start discussion.
- Host a workshop about social connections.
- **WHY?** Research has shown that strong social connections in the workplace have a positive impact on an employee's mental, emotional and physical health, leading to improved outcomes for businesses.

Support your managers and supervisors to engage their workgroups

- Talk regularly with your staff about what they are doing to meet their physical, psychological and social health needs.
- Build a culture where people actively engage, support and mentor each other.
- **WHY?** Promoting connection and a sense of belonging will lead to the full engagement of workers, and an increased focus and desire to do well.

Implement regular social connection activities

- Take meaningful action that supports social connections in the workplace.

- Use 'Communitas' and the social connections calendar to plan events.
- Build a social connection space using the tips provided.
- **WHY?** Socially connected individuals and communities whether at home or at work, have increased capacity to stay healthy.

Inspire your people to be creative and connected

- Create a social connection space somewhere in your workplace, to give your social connections program the best opportunity to thrive.
- **WHY?** Socially connected workplaces benefit everyone. Healthy, positive relationships translate directly into safe and productive workplaces.

“Did you know?”

People with positive relationships with their co-workers often have better physical and psychological health, and a lower risk of burnout.

(Burnout?
No thanks...!)



**Social
Connections
Matter**

To find out more about social connections visit
icare.nsw.gov.au/socialconnectionsmatter

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