**The Future Success of our Community is Human Connection**

Chris Schembra

Fire Doc!

"I am because we are"

Ubuntu

Great leaders, like Doc Rivers, recognize that the economic potential of any successful team or community is not just in individual prowess but in their ability to <u>connect</u>, <u>collaborate</u>, and <u>champion</u> a shared vision.

Bonus Material: "3C Model of Collaborative Leadership"

# Loneliness Epidemic

**51% lonely**

**79% disengaged**

**60% emotionally detached**

**519% miserable**

# Human Connection →

- ✓ **+34% goal attainment**

- ✓ **+36% well-being**

- ✓ **+59% professional growth**

- ✓ **+92% positive relationships**
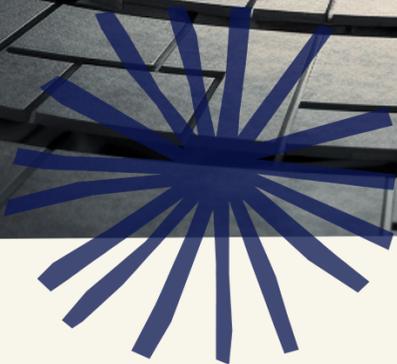
- ✓ **$2.30 in productivity**

July 15th, 2015

# Out of the void, into the now.

Great leaders promote economic growth by grounding in the present while aiming for a better future.

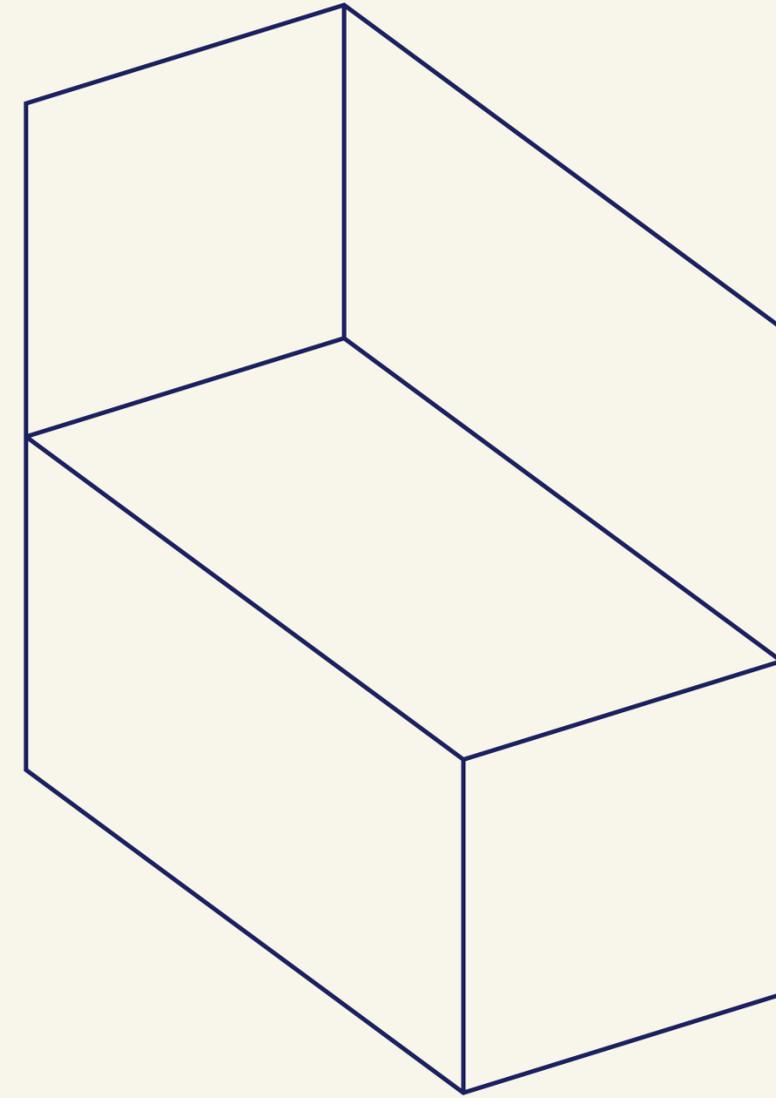You can't listen and dream at the same time.

# True connection isn't being understood; it's understanding others.

Lacking empathy turns people into objects, ignoring our shared humanity

# Posture of otherness

**6 Minute Checkin.**



1. Turn on brain to actively listen
2. Open up heart for empathy
3. Ask open ended follow up questions

For visionary leaders, gratitude is more than a sentiment; it's a strategy for economic expansion.

# Plague of Ingratitude

Negative Memory Bias

# Gratitude

**81% more driven**

**2x likely to trust**

**54% lower cardiovascular stress**

# To be grateful is to be grateful to someone

**Pro-social vs Self-reflective**

*If you could give credit or thanks to one person in your life, that you don't give enough credit or thanks to, who would that be?*

*Signature Gratitude Question*

# Who have you never thought to thank that's in this room?

Not all gratitude given is gratitude heard

Successful communities are not necessarily filled with successful individuals. They are filled with individuals that <u>celebrate each others successes</u>.
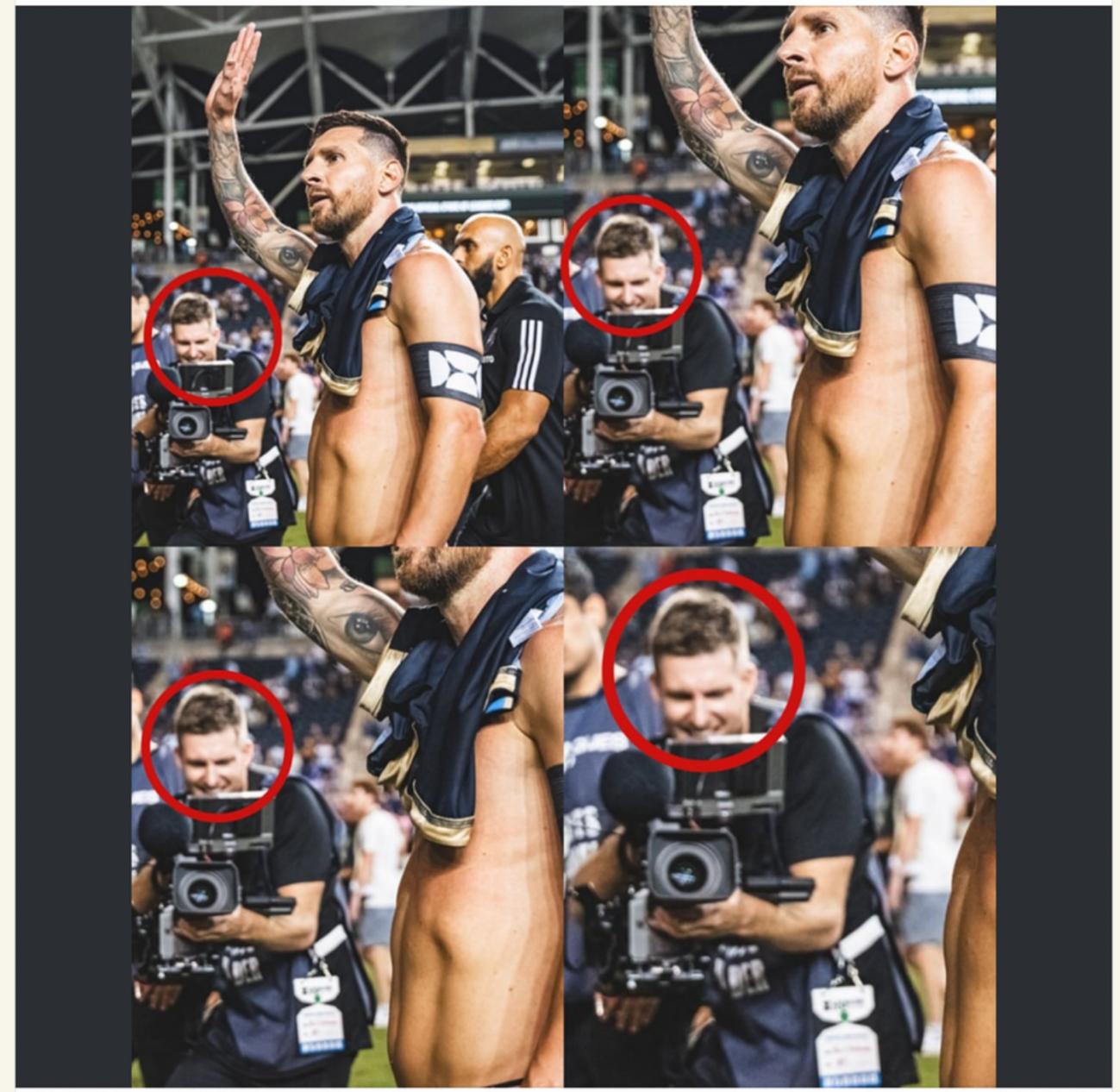
Mudita

**the most sporty**
August 17 at 9:20 PM · 🌐

Someone's reaction when they know they're fulfilling their life's dream and they're the luckiest guy in the world. It represents all of them.

⚙·look original·Rate this translation

👍❤️ Nathan Aycock and 57K others          270 comments   624 shares

# A rising tide lifts all boats

July 19th, 2016

## 747 CLUB

It's hard to believe that we are celebrating one year of hosting weekly dinners. Thank you for being a part of this unique concept - connecting at the intersection of Food + Community.

Because of you, we are celebrating *54 dinners, 808 people served, and a staggering 13,824 relationships sparked!*

What began as a simple pasta sauce recipe turned in to the greatest achievement of my life. Moving forward, my vision is to bring this concept to as many people and organizations as possible and reinvent the way people connect through authenticity, empathy, vulnerability, and safety.

Todd Ghidaleson, my good friend says:

*"Rising Tides Lift All Boats"*. It is my hope that we remain in contact as an inclusive, collaborative community and celebrate each other's success.

**Special Thanks, With Love and Pasta Sauce!**

Carol and Phil Schembra, *Parents*
Alyse and Tony Lo Bianco
Jim Williams, President, *Easterseals Foundation*
Chef Martin, William Edwards and their students at *Easterseals Veterans Culinary Program*
Kendall Haupt and my friends at *WeWork*
Nile Lundgren, Krista Ray, Charlie Munn, Carrie Hammer, Molly Sovran, Scott Marchfeld, Daniela Grafman, Lynn Goins, Oliver Roth, Ryan Sweeney, and Andrew Sokolsky

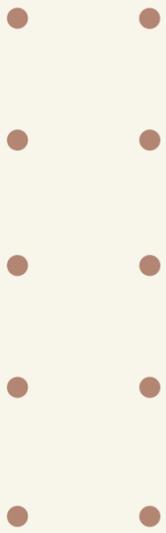*Tonight's Ice Cream Flavor - Sky Blue Farm
Provided by The Reifler Family*

7.19.2016

# Great Leaders Build Great Harbors

The town's truest adventure is forging meaningful human connections, with the outdoors serving merely as the medium.

# Empathy Express

## Mirror

Last three words
Any three words
Any one word

## Label

Sounds like...
Seems like...
Looks like...

## Questions

What
How

# Thank You for Attending!

Click the QR code to download a variety of resources.

GRATITUDE THROUGH HARD TIMES