



THE VALUE OF CONNECTION

The importance of social connected-ness at work and beyond

DID YOU KNOW?

- Studies of psychological outcomes after natural disasters have found that people with strong social support experience better psychological outcomes and recovery.
- 20% of the global workforce experiences loneliness daily, suggesting that many of us are feeling socially isolated at work (Gallup, 2024).
- Preliminary research by the University of Winnipeg has shown that when educational staff in Manitoba feel greater social connectedness at work, they are less likely to be thinking about leaving their job.

We aren't resilient in isolation. Social connection and support is an important part of being well, especially when we're struggling.

There are 4 main types of social support:

- **Practical support** – e.g., changing a tire
- **Informational support** – e.g., financial info
- **Esteem support** – e.g., encouragement
- **Emotional support** – e.g., a listening ear



Work provides us with a space to expand our social support network.

When/where do you find opportunities for social connection or support at work?

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