

Connectedness, Wellness, and Performance Improvement

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Abstract

Connectedness and wellness are interlinked through social connections that are in-person, virtual, or human-simulated. This presentation will explore the linkages of each, and their interactions, to human performance improvement. People with meaningful social connections who practice wellness of one's body, mind, and spirit report less stress, better sleep, better overall health, healthier habits, improved quality of life, and higher levels of motivation, energy, creativity, resilience, and productivity.

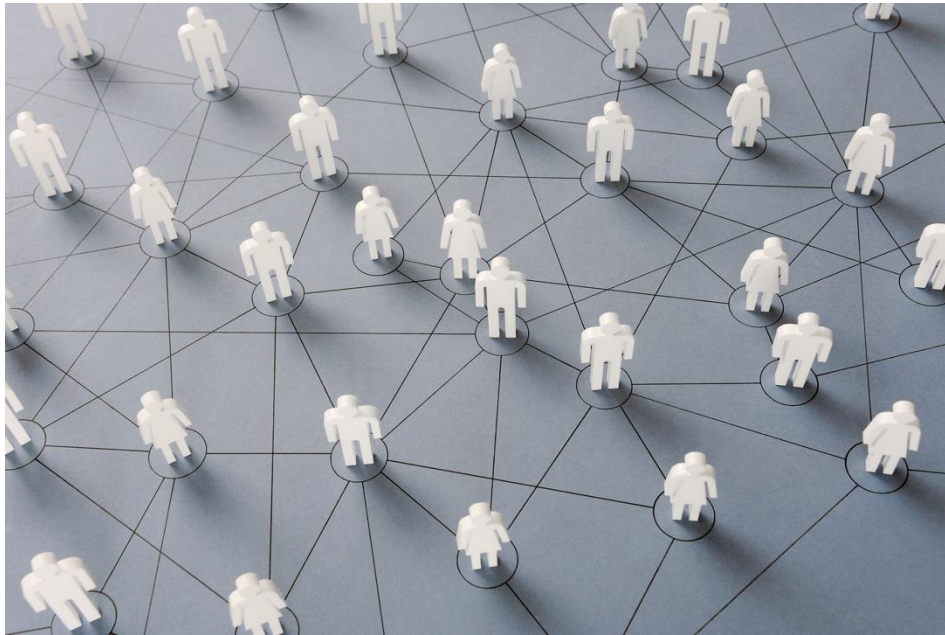


By the end of this session

1. Explain how connectedness and wellness are interlinked through social connections that are in-person, virtual, or human-simulated, and how they affect human performance improvement.
2. Identify at least three benefits of having meaningful social connections and practicing wellness for their physical, mental, and emotional health.
3. Apply at least two strategies to improve their social connectedness and wellness in their personal and professional lives and for others whom they train in their organizations.



Connectedness



- Social connectedness
 - Quality of relationships
 - Feeling of closeness or belongingness with others

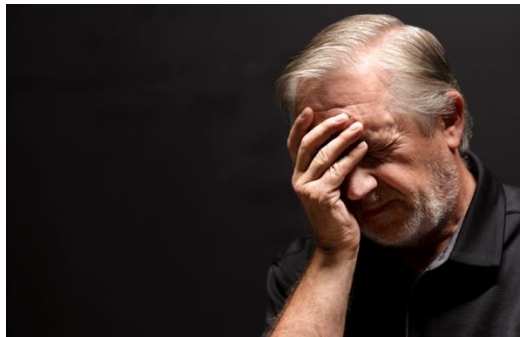


Loneliness vs Being alone



- Loneliness

- Distressing feeling
- Occurs when social needs not met
- Lack quality and quantity of social relationships



- Being alone – by choice

- Personal freedom
- Time for self-discovery
- Focus on personal goals
- Enhanced creativity
- Improved relationships
- Mental health benefits
- Restoration



Connectedness in the Workplace

Strong social bonds lead to improved

- happiness
- health outcomes
- performance and productivity



Sense of belonging

- Increased engagement
- Increased motivation

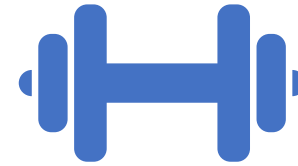
Which are critical for
performance improvement



Wellness



Encompasses physical, mental, and emotional health



Regular exercise

Reduces symptoms of depression and anxiety

Improves mood

Boosts self esteem



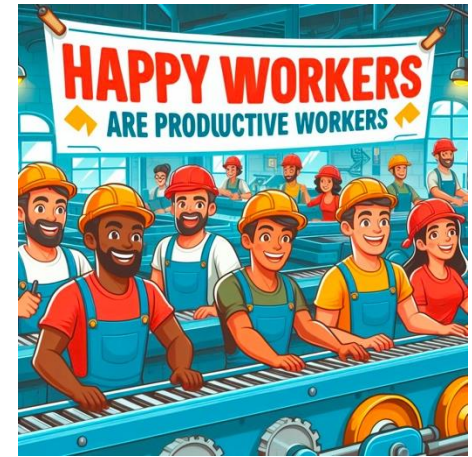
Connectedness and Wellness are interlinked

Social connectedness

- Combats loneliness
- Improves wellness

Improve productivity

Increase job satisfaction



"happy workers are productive workers"
Made with Designer. Powered by DALL·E 3.



Social Connections

- in-person, virtual, or human-simulated



Human Performance Improvement

Performance analysis

Interventions

Results-Oriented

Systematic approach

Organizational context

Behavioral focus

Continuous improvement



Meaningful Social Connections

What can we do to establish
and enhance meaningful
social connections?



Practicing Wellness

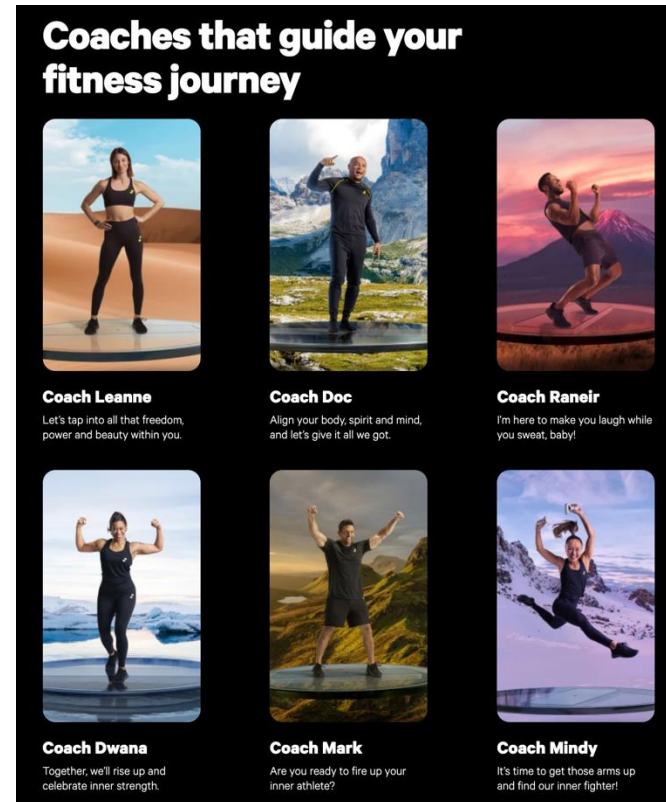
What has been done in your organizations to promote physical, mental, and emotional health?



Supernatural Fitness -

<https://www.getsupernatural.com/workouts>

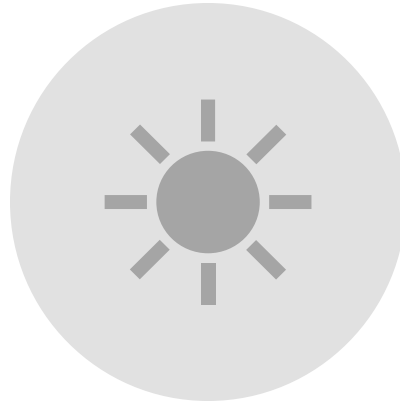
- Boxing
- Flow
- Meditate
- Stretch



VR connectedness in Supernatural Fitness



CHALLENGE YOURSELF



STREAKS TO DEVELOP
HEALTHY PATTERNS



CHOOSE WHAT WORKS
FOR YOU



Strategies to Improve Social Connectedness and Wellness

Some suggestions

- Encourage open communication
- Foster team collaboration
- Provide social spaces
- Organize team-building activities
- Promote work-life balance

What are

Your strategies?



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