

Four a day

Downloadable guidance notes for group facilitators of activists or campaigner

To be used in conjunction with *“inspiring action – a guide for practitioners”* created by the everyone foundation with Oxfam and the WI

Title: Four a day

Purpose

A simple set of tasks that will help you get more connected to the people around you.

Context

We often find that it is hard to connect to people across the globe, and campaign to increase our sense of connectedness as human beings. This tool is designed to help anyone get more connected with the people around them on a day to day basis.

Objectives

- To encourage each of us to connect more frequently and powerfully with the people around us.
- To reverse the trend of social isolation through adopting simple measures

Instructions

1. Encourage people to have a look at the tool, and select one that they'd like to start today. Propose that they adopt a new habit every week for 4 weeks, and see how their sense of making connections has grown.
2. Review the other tools and resources that are available on the everyonefoundation.org website, including the 'connectedness' workshop and 'facilitation skills to create deeper connections' workshops or speak to the team about what the next steps might be in this conversation by calling 0207 836 8142

Here are four ways you can get more connected to the people you share this planet with...



| 1. Be curious | 2. Be open |
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| <p>When we are interested in people, who they are, what their experience has been and what we can learn from them, then we are likely to make more connections.</p> <p>Curious people overcome their reticence to make contact with more people</p> | <p>When we are open to new experiences, and come across as open minded and willing to engage with others - sharing our beliefs and passions, then we are more likely to make connections.</p> <p>Open people are easy to talk to, and make connections everywhere they go.</p> |
| 3. Be questioning | 4. Focus |
| <p>When we ask questions of people we find connections that might not be apparent on the surface. We discover that we share opinions, experiences, relationships or outlooks.</p> <p>Questioning people generate connections through their conversations</p> | <p>When we are focused on connections and similarity we will find connections and similarity. When we are focused on difference and reasons to disassociate we will find these.</p> <p>People who are focused on connections will find and make them.</p> |