



Mind the Gap Exercise

High Quality Connections

Jane Dutton, a Professor at the University of Michigan talks about High Quality Connections, which is psychology speak for people you meet who give you energy and vitality.

Her colleague Kim Cameron talks about energy givers and energy takers. He says the best test of leadership is to ask yourself, *'after talking to this person, do I feel energised?'*

Look out for the High Quality Connections in your day. It could be the person taking your order at the café, your daughter getting excited about her day, someone dropping by your desk to ask a question or just chat.

Notice and savour your interactions with these people. Wake Up and be present with them. Stop rushing and just be with the interaction. How does the person look and sound? When you are with them, notice where your attention is. How do you feel when you are with them?