



Eight Ways to Wellness: Discover the Dimensions for a Healthier You

Social Well-Being

PRESENTER TIPS

CONTENT/PREP

- Read through/practice your own work with values, social connections, and feelings and needs ahead of the presentation. Have examples to:
 - State your own value and give examples of what that looks like for day-to-day choices.
 - Talk about your feelings about different situations.
 - Dialogue about what needs go along with your feelings in different situations.
- Visit the sites on the resources page; add relevant local resources for audience to slide and handout.

TECHNOLOGY/SUPPLIES

- In-person: projector, laptop, pens, handouts, Wi-Fi ready, demographics form, evaluation form
- Zoom: email handouts to participants, ready the demographics poll or Qualtrics, evaluation link
- Zoom features that will be used: annotate, sharing sound/video (check the two boxes before starting video, uncheck when done), chat
- Educational Technology Support Zoom Help: <https://fyi.extension.wisc.edu/edtech/zoom/zoom-help/>
- Consider attaching the Helping Participants Connect to Zoom Meetings document (located in the program's shared folder) to an introductory email.

ADVERTISING

Short blurb: Most of us have a person we turn to to share exciting news or when we are struggling. Social connections greatly enhance our wellbeing. In this workshop, we'll learn our own preferences when it comes to connecting to others, recognize our own perceptions of social connection, and learn skills to communicate to connect. This 45-60-minute session can be completed in-person or virtually.

Long blurb: Most of us have a person we turn to to share exciting news or when we are struggling. Social connections greatly enhance our wellbeing. In this presentation, participants will learn to:

- Build self-awareness of our preferences to social connection
- Recognize and acknowledge our perceptions, vulnerability, and readiness for social connection
- Identify skills to effectively communicate to connect

This 45-60-minute session can be completed in-person or virtually.