

Bridge the Connection Divide

Relationships are the road to well-being — discover the steps to **closer connections**.

Feeling connected— to our friends, our colleagues, and our communities — is one of the most powerful predictors of our health, happiness, and success.

Even though we are hard-wired for connection, so much can get in the way of strong, healthy relationships: distance, technology, the busy-ness of life, and, most of all, the **misconceptions** we have about **what it takes to build authentic friendships and connections**.

In her thought-provoking signature keynote, Dr. Miriam **unpacks the science of friendship and connection** to help people build the relationships that can inform and transform their lives. Discover the **key practices, skills, and mindset shifts** that improve connectivity, reduce feelings of loneliness, fortify our personal and collective well-being, and **bridge the connection divide**.

Through sharing her professional insights and personal experiences, Dr. Miriam helps us to **recalibrate** the way we think about, prioritize, and invest in creating the friendships and connections that count, and ultimately add up to a **full and fulfilling life**.

AUDIENCE KEY TAKEAWAYS:

- Learn why investing in our friendships and connections is the **#1 thing we can do for our health, well-being, and success**
- Debunk the top myths and **limiting beliefs** that contribute to loneliness and stand in the way of closer connections
- Take home the **key practices, mindset shifts, and actionable strategies** that strengthen relationships and resilience, even in times of stress, uncertainty, and change

THIS KEYNOTE IS PERFECT FOR:

- Companies and organizations who want to **invest in their people's health and well-being** while creating a stronger sense of belonging, collaboration, and cohesion
- **Community-driven conferences and associations** that want to increase engagement, participation, and the impact of networking events
- Individuals wanting **proven tools and personalized resources** to strengthen their social health and relationships at work, at home, and everywhere in between