

What we take away is not the same as what another person takes away – an invitation to share your thoughts...

Having listened to Susan Pinker's TED talk I was fascinated that:

- women live 6 – 8 years longer than men
- social isolation is the biggest health risk of this century
- respect and love are essential
- despite being surrounded by people we can live solitary lives.

What part does social media play in this? Being wedded to our smart phone connects us however only virtually and not necessarily realistically. How are upcoming generations going to cope?

She posed several questions which intrigued me and shared research results as follows:

- What reduces the chance of dying the most? She suggested close relationships; social integration that is actual people to talk to and interact with.
- Why distinguish between interacting online and F2F? And this is key: voices and body language convey rich signals. If someone hears a voice they think you are smarter. F2F brings stunning benefits. You need to know me to belong. Three stable relationships are essential.
- F2F means that you can shake hands, have eye contact and she advocates high 5-ing

And all in service of building your village. At a 'Solutionising Pop Up' workshop I ran for corporate women and women from large businesses as part of the 'get to know who is in the room' exercise I incorporated shaking hands, eye contact and then before moving to next person a high 5! The energy shifted dramatically upwards, lightening and was infused with a huge sense of fun. Where I live which is in a huge apartment complex I have been instrumental in encouraging the building of our village.

Read David Rigby's article based on Susan Pinker's [TED talk on building your village](#) in last month's SCT newsletter. See what David took away. What will you take away? How are you building your village at work or in other areas of your life? How can you ease someone's social isolation? **Share your thoughts and takeaways so that we can develop a conversation – email me at halinaj@smartcoachingtraining.co.uk.**

Halina Jaroszewska July 2018