

DINING & DISCUSSIONS



This is a great activity to increase employee connectedness and boost morale in the workspace.

Instructions

1. Have interested employees register to participate.
2. Randomly assign pairs of employees with each other. Try pairing employees with those they may not know very well.
3. Inform employees of their pairings and instruct them to make lunch plans for one day that week where they can eat together and connect.
4. Challenge employees to find a different person to eat with at least once a week, or randomly assign pairs again the next week.

Don't have a lot of time? Post a sign-up sheet in the break room and let employees decide themselves when they are eating with each other.

Why do this? Decades of research has shown us that the quality of our social ties have one of the biggest impacts on our well-being. Establishing and strengthening social connections can increase self-esteem, lower anxiety and depression, and provide faster disease recovery.

TOGETHER WE CAN *build a better future!*