

Relationships As Oxygen and Attitudinal Contagion

Today's Gameplan

- 1 Surrender to Your Need for Connection
- 2 The Benefits of Belonging
- 3 The Neural Correlates of Attitudinal Contagion
- 4 Getting Your Relational Fix

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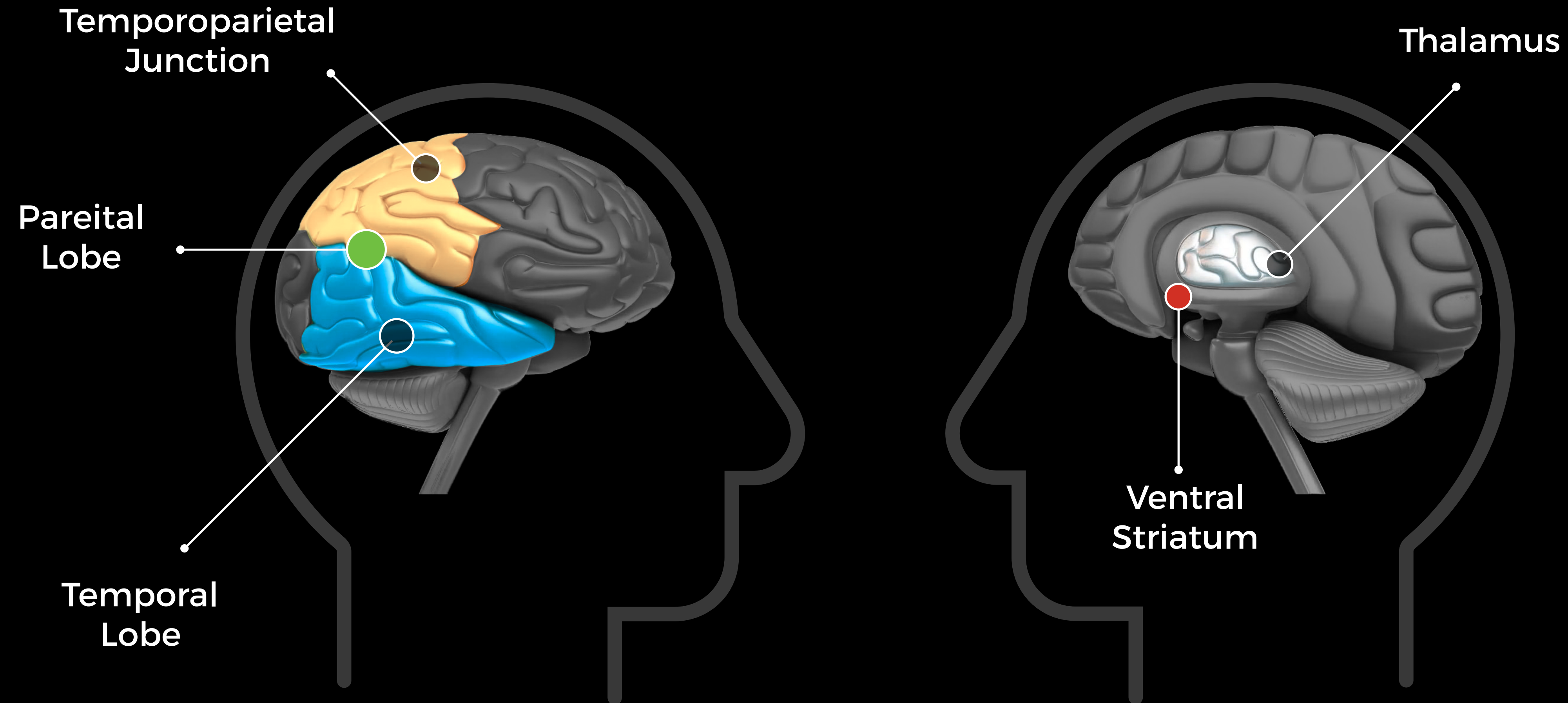
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We're Becoming More and More Isolated!

“ Man is by nature a social animal ... Anyone who either cannot lead the common life or is so self-sufficient not to need to, and therefore does not partake of society, is either a beast or a god. ”

- Aristotle

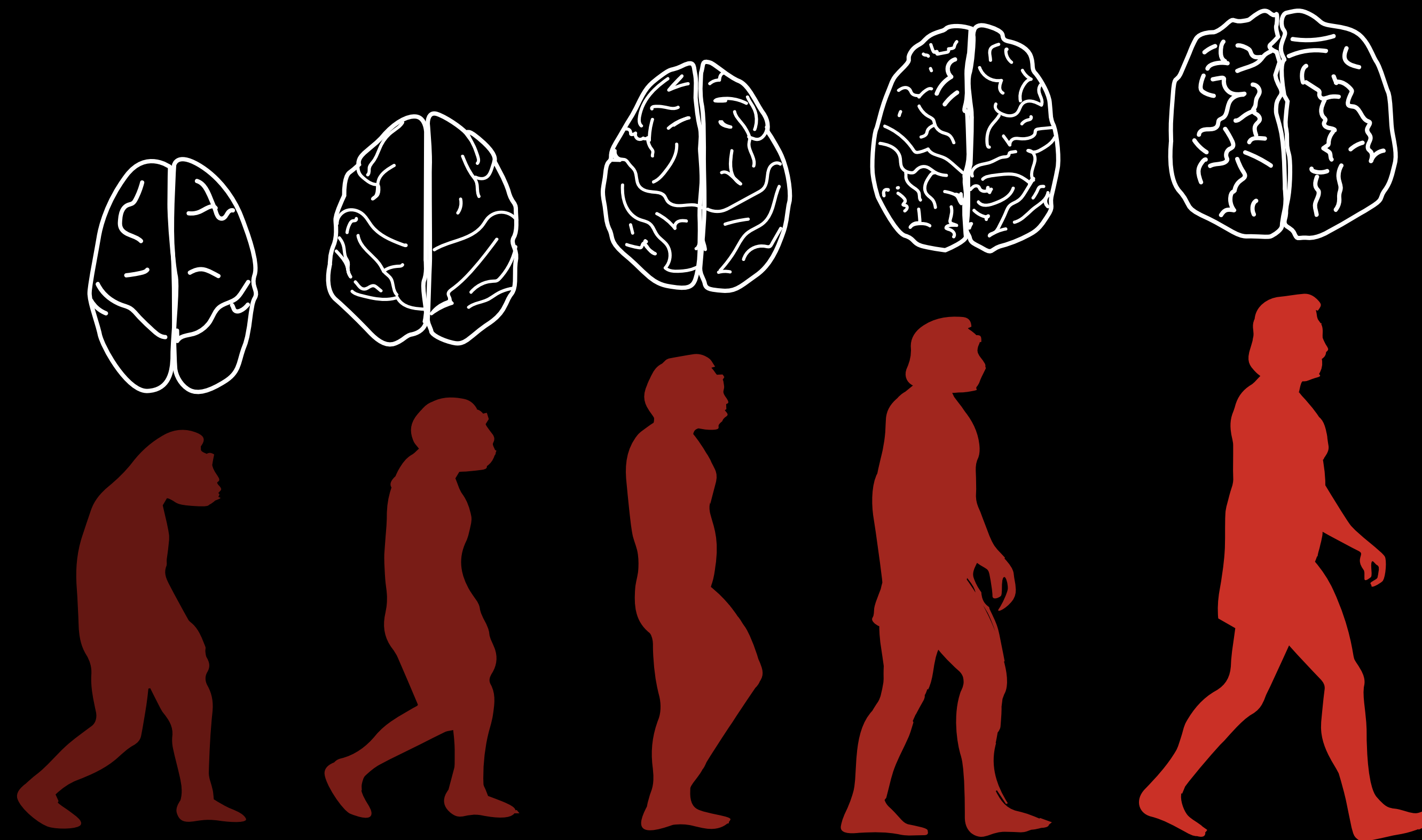
This Isolation Is Toxic, Physically and Mentally



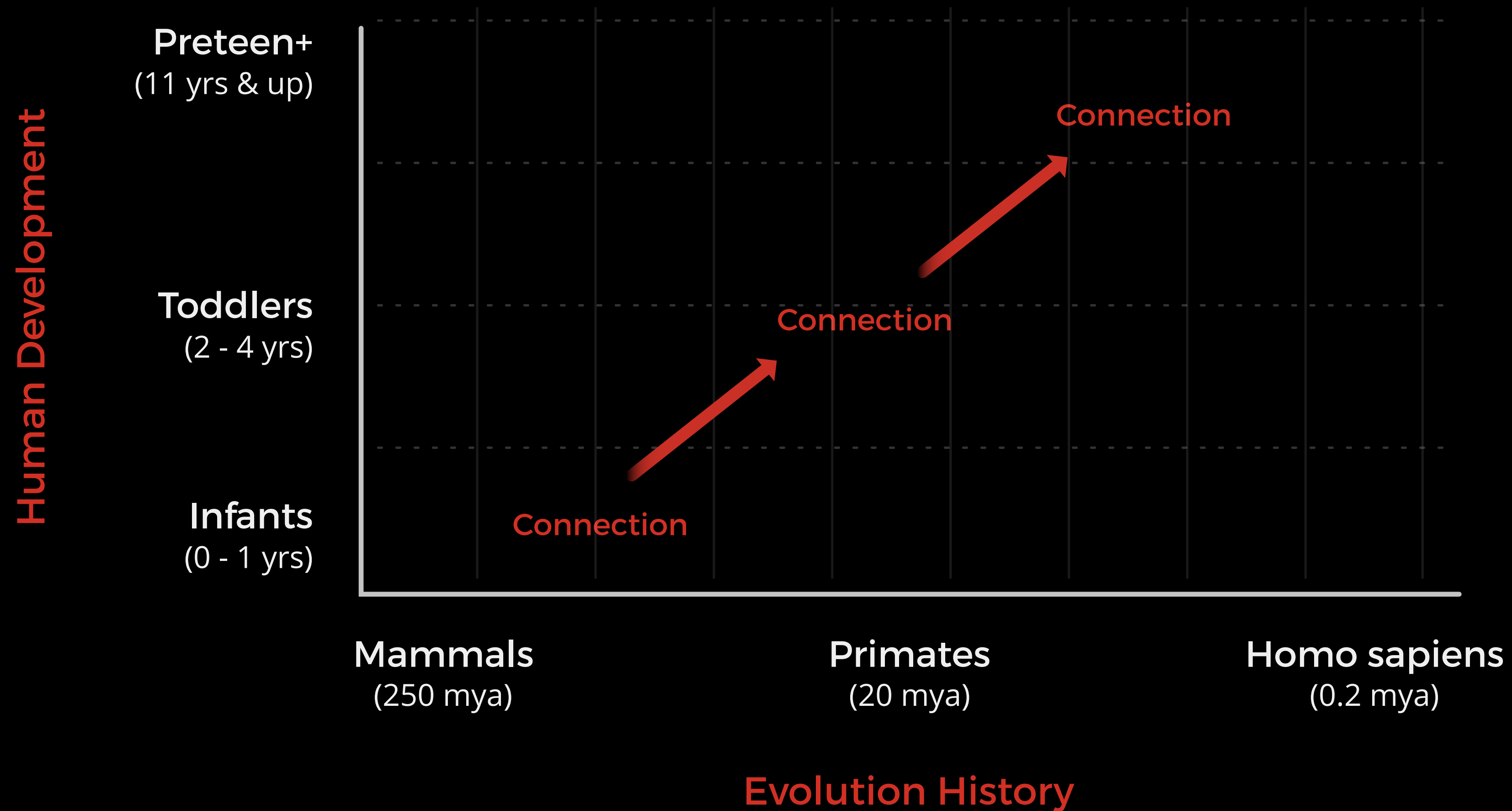
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Your Brain Was Built For Social Connection



Three Reasons Why No Man Is an Island



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Attitudinal Contagion Has Neurobiological Underpinnings

“ Your network is your net worth. ”

— *Porter Gale*

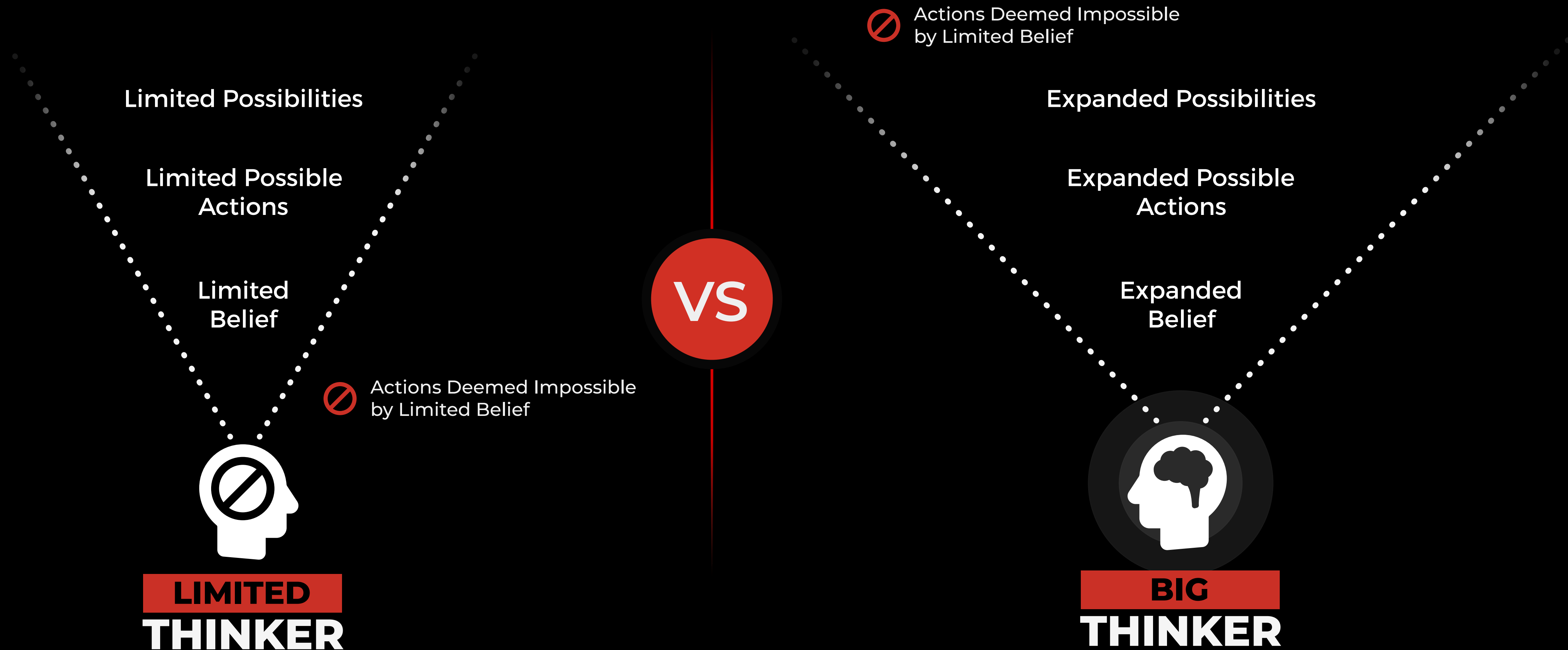
“ Show me your friends and I’ll
show you your future. ”

— *Mark Ambrose*

“ You become like the five people you spend
the most time with. Choose carefully. ”

— *Jim Rohn*

Your Brain Is a Belief Vampire, Whether You Like It or Not!

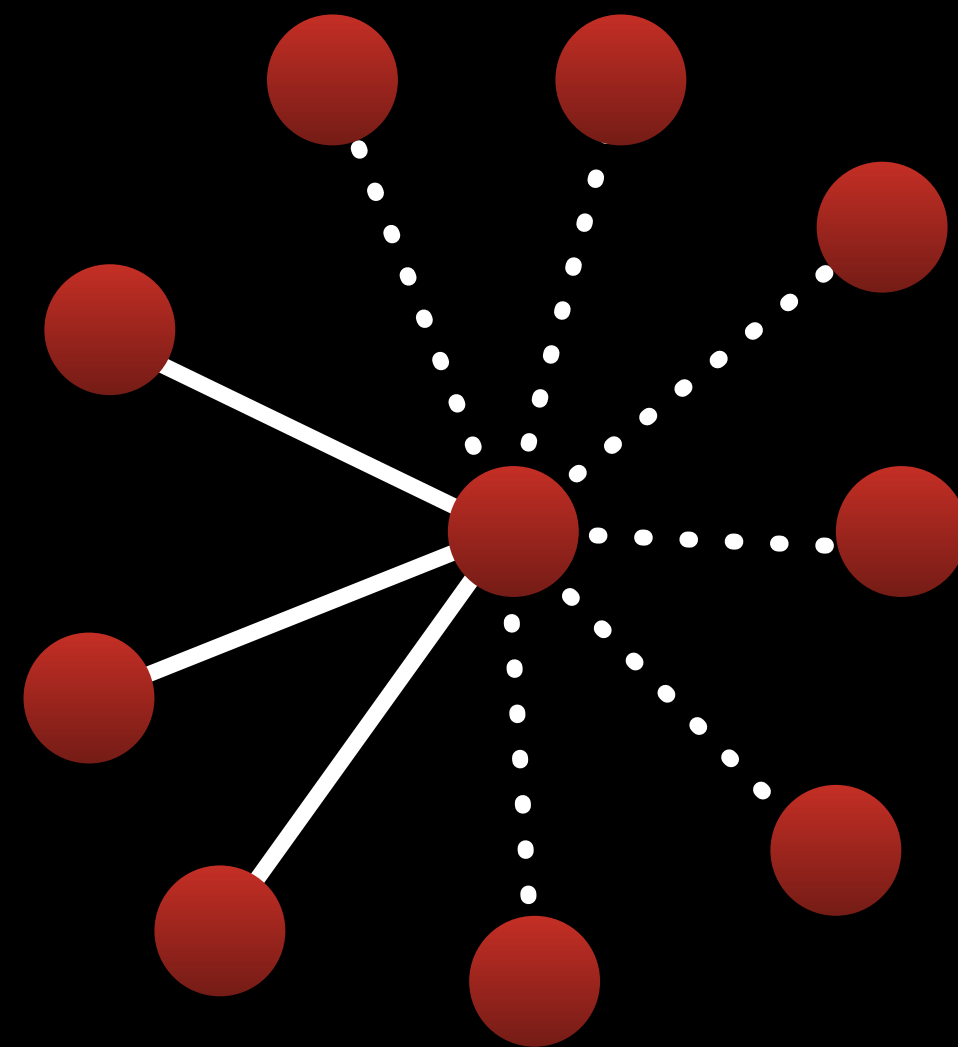


The Connection Challenge

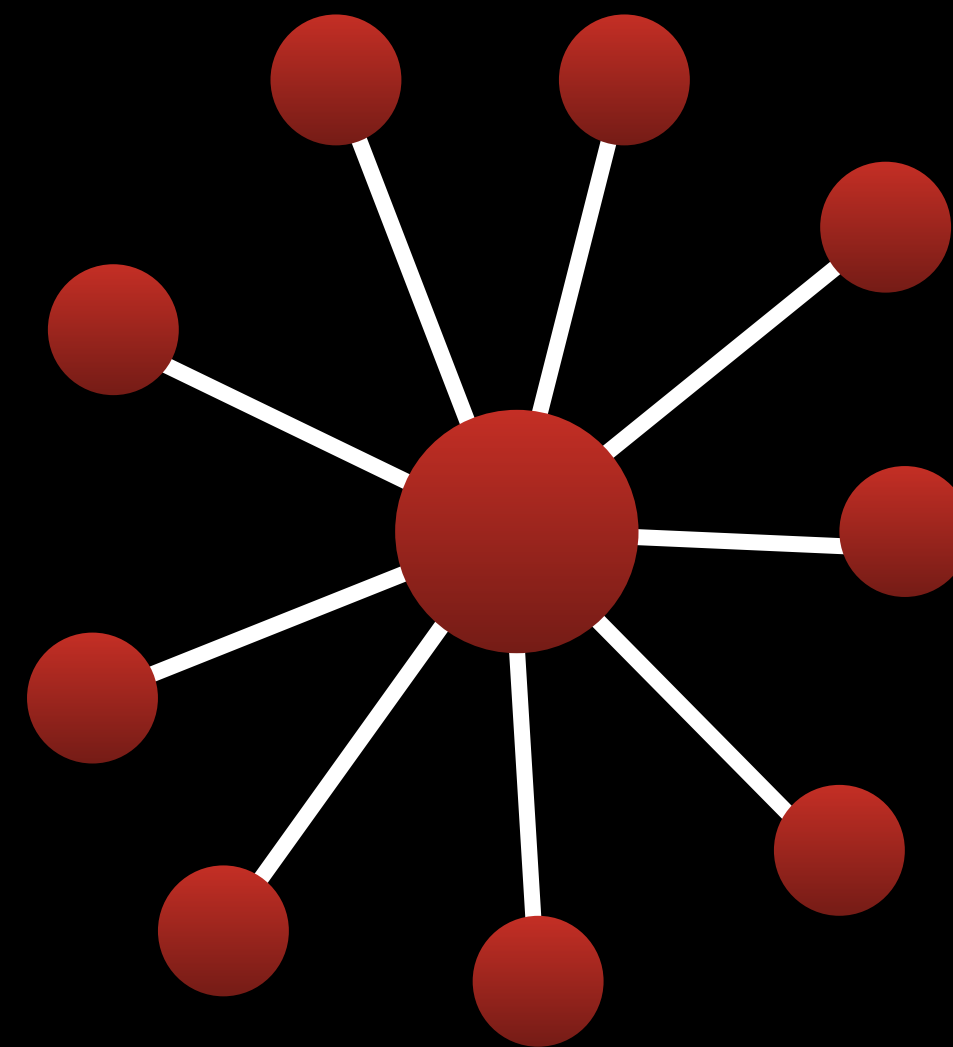
- 1 **Ensure your belonging needs are met**
- 2 **Ensure the attitudinal contagion is positive**

Hunting Optimal Social Connection and Attitudinal Contagion

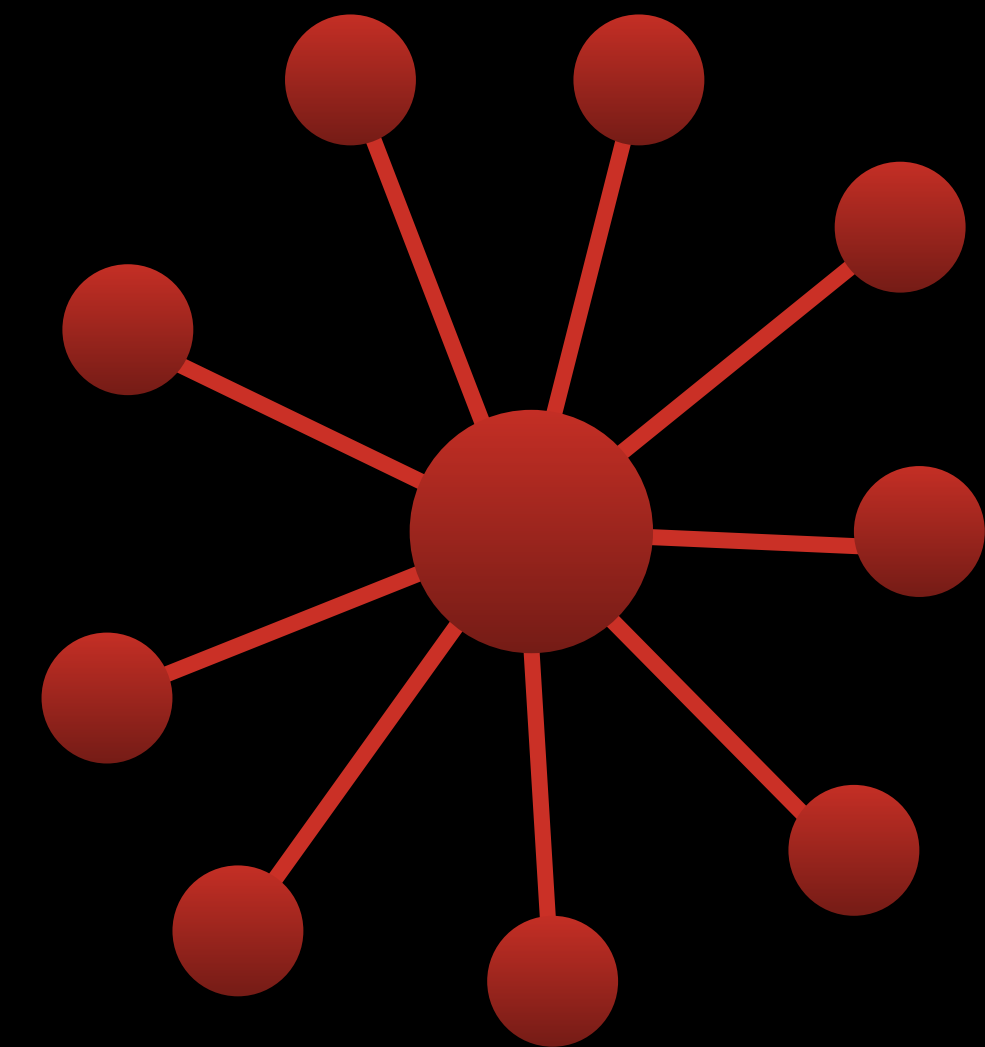
Contact:



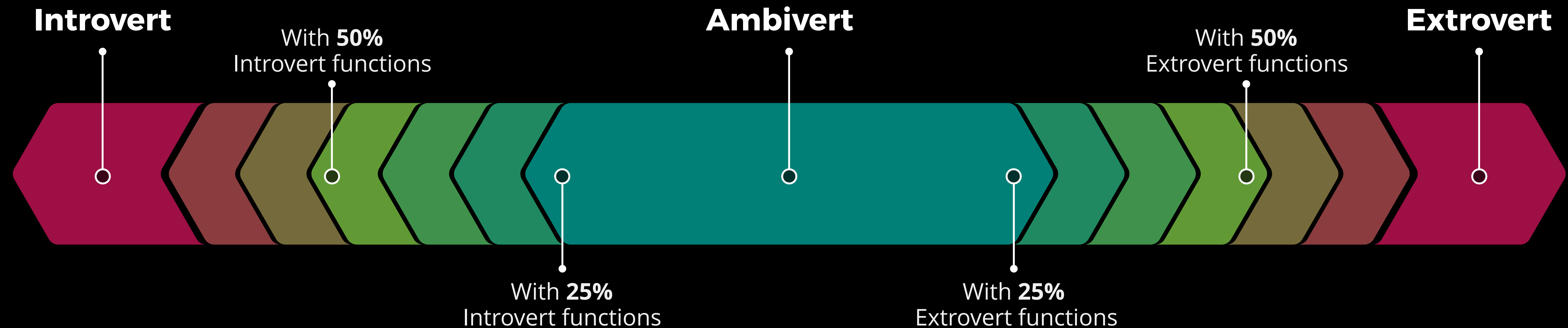
Connection:



Belonging:



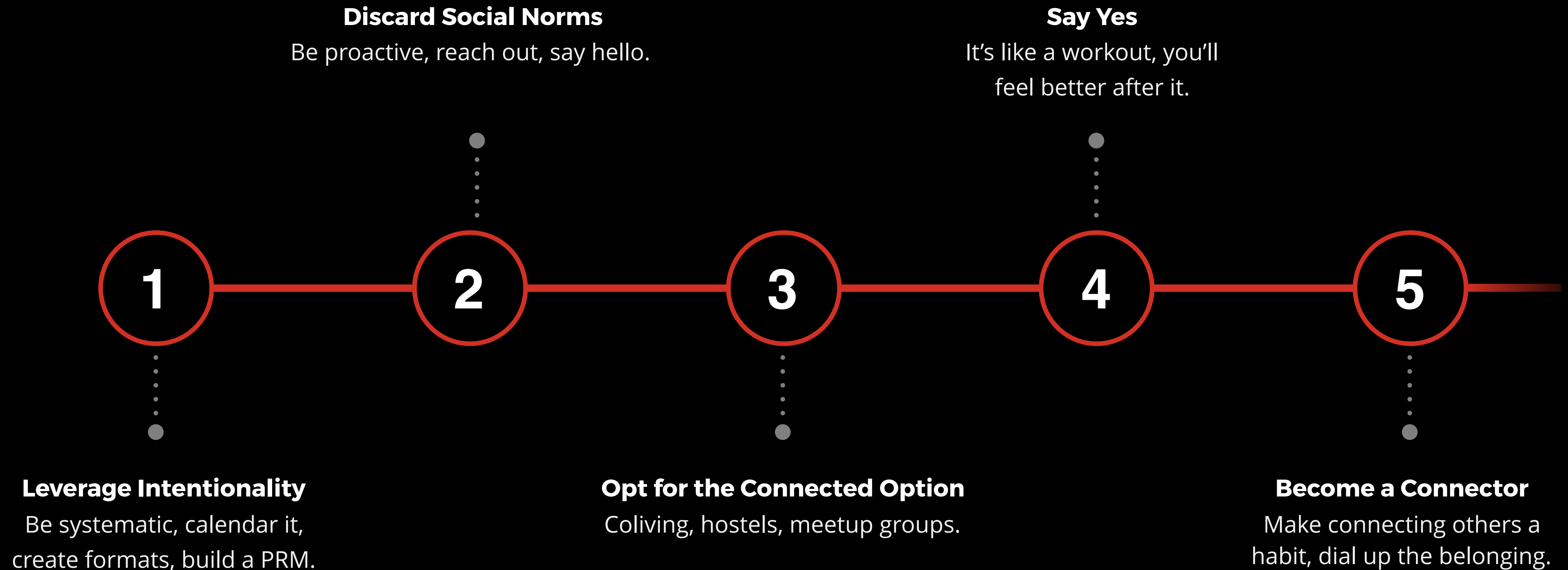
This Applies to Introverts, Just Calibrate the Dose Accordingly



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Tips to Meet Your Belonging Needs



Tips to Meet Your Belonging Needs



Tips To Optimize Attitudinal Contagion

- 1 Proximity Is Power**
Maximize time spent with those who inspire you.
- 2 Build Your Dream Network**
It's worth it. Even if it takes a decade.
- 3 Focus On The Positive**
Distort the osmosis by tilting your focus to positive attributes.
- 4 Be Aware Of The Influence**
Bring consciousness to the slight negative attitudinal shifts.

- 5 Guard Your Own Beliefs**
Dial up your locus of control and self driven belief via feedback.
- 6 Separate Loyalty, Support & Time**
Be there for someone fully without being with them.
- 7 Attempt To Elicit Change**
Call it out candidly, point to specific examples, suggest changes.
- 8 Neutralize Negativity**
Rebalance negativity with a corresponding increase in positivity.

Remember

The Path to Peak Performance is Best Trod Together

“ When we focus on others, our world expands. Our own problems drift to the periphery of the mind and so seem smaller, and we increase our capacity for connection—or compassionate action. ”

— *Daniel Goleman*

What We've Covered

- 1 Surrender to Your Need for Connection
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Exercise:

Establish Your Peak Performance Network

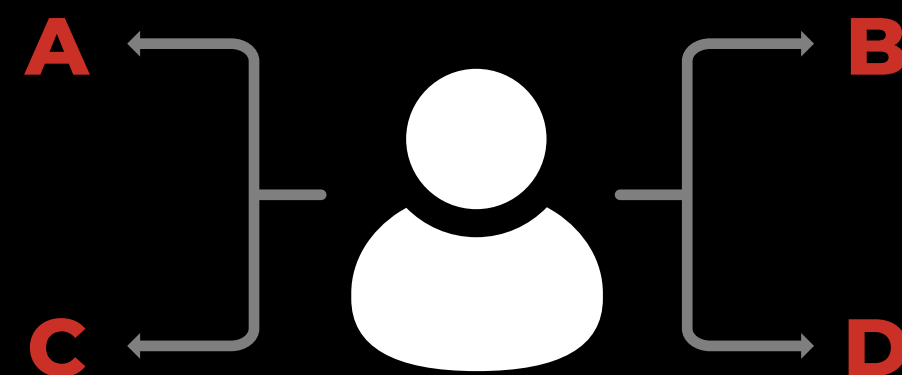


Download Workbook
To get started

Peak Performance Network Implementation

First Step:

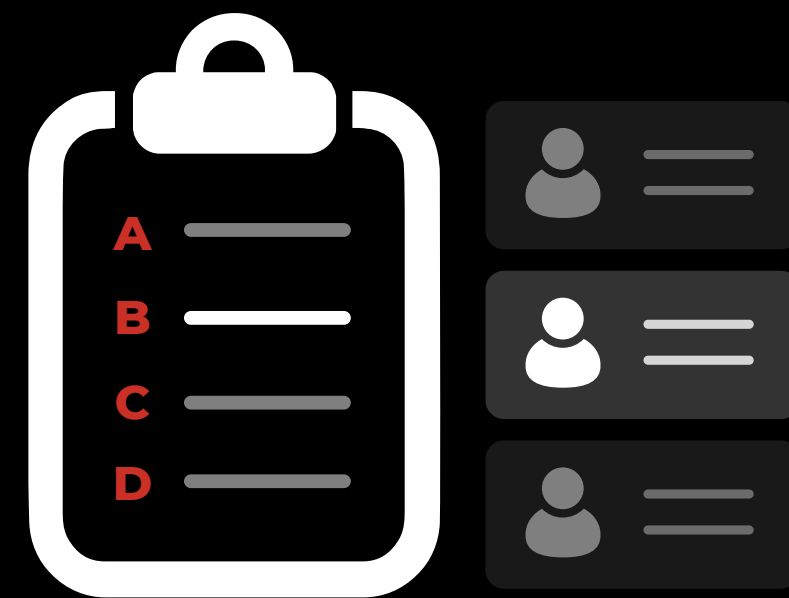
Assess Your Current Support Network Across 4X Domains



- 1 Emotional support**
Empathy, concern, affection, love, trust, acceptance, intimacy, encouragement, or caring.
- 2 Informational support**
Advice, guidance, suggestions, or useful information.
- 3 Instrumental support**
Financial assistance, material goods, or services.
- 4 Companionship support**
Social belonging via shared activities.

Peak Performance Network Implementation

Second Step: List the Individuals In Each Domain



A Emotional support
People who provide love and care

B Informational support
People who provide information or advice needed to solve problems or reach goals

C Instrumental support
People who provide functional assistance, material goods, or services

D Companionship support
People who engage in shared social activities

Peak Performance Network Implementation

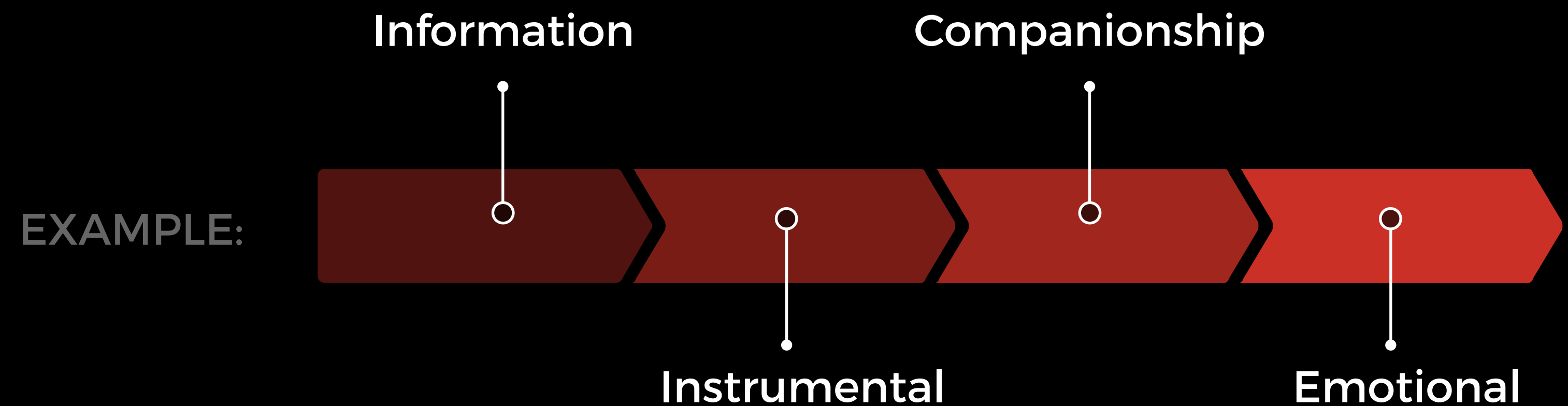
Third Step:
**Assess Who You Can
 Lean on for the Problem
 at Hand**

Aspect of the goal/Problem		Who can help me with this?	
	Type of support needed		How can he/she help me?

Peak Performance Network Implementation

Fourth Step: (Evergreen)

**Build out Supports, Starting
With Weakest First!**



Peak Performance Network Implementation

Fifth Step: (Evergreen)

**Become A 4X'd Support
For Others!**



Have Your Client Ask:

How can I become a supporting
informational, instrumental, emotional
companion to those in my life?

Peak Performance Network Deep Dive Resources