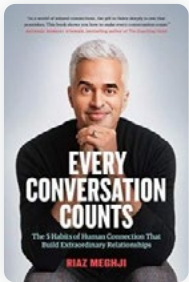


## MEETING IN A BOX

# Every Conversation Counts

## The 5 Habits of Human Connection That Build Extraordinary Relationships

Loneliness remains a taboo subject – despite many people experiencing it. What can make our loneliness worse is our increasing reliance on digital communication. Broadcaster and television host Riaz Meghji shows you how to build more authentic connections in your professional and personal life while cultivating empathy and curiosity for others.



- **Step 1:** Have your team read the getAbstract summary of **Every Conversation Counts**. To access the summary, click on the book cover.
- **Step 2:** Schedule a meeting with your team to discuss the questions below.
- **Step 3:** Have a discussion with your team.

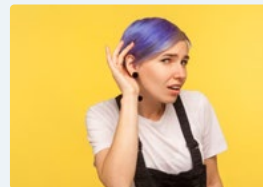
***“You never know what someone might have to teach you. You never know which conversation will be the most important in your life. Stay open. Stay curious.”***

Riaz Meghji, *Every Conversation Counts*

### Discussion Questions

1. In what ways does digital communication increase loneliness?
2. In what way does showing vulnerability strengthen human connections?
3. What strategies for building empathy have you used before or would like to practice more?
4. In what way has the pandemic and the increased use of digital communication changed your relationships?

### Additional resources:



Communication Is Everything  
journal article



Communication Channel