

GETABSTRACT REVIEW OF

# Work Better Together

**How to Cultivate Strong Relationship to Maximize Well-Being and Boost Bottom lines**

Psychological safety, empathy and trust constitute the foundational pillars of a healthy team. Deloitte chief well-being officer Jen Fisher and researcher Anh Phillips lay out a strong business case for fostering workplace relationships, prioritizing self-care, becoming intentional about technology usage and consciously building well-being into your work processes.

**STEP 1**

Have your team read the getAbstract summary.

**STEP 2**

Schedule a team meeting to discuss the questions below.

**STEP 3**

Have a discussion with your team.

## Discussion Questions

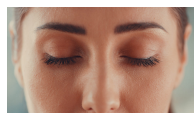
1. How strong are your workplace relationships – and would you wish for them to be stronger?
2. Which of the four “Business Chemistry” personality types do you identify with the most?
3. The authors warn that team members who work highly independently and efficiently can miss out on important human interactions and opportunities to receive support. Can you see yourself falling into this trap?
4. Can you think of any structural or cultural barriers that may impede the promotion of psychological safety at your workplace?
5. What would be a good “code of value” for your team?

*“The theme of doing more in less time is a quiet drumbeat underneath so many company cultures that we hardly notice it.”*

**WORK BETTER TOGETHER**

Jen Fisher and Anh Phillips

## Additional resources



How to Achieve  
Psychological Safety



Well-Being



getAbstract, Inc. 20900 NE 30th Ave., Suite 315, Aventura, FL 33180, USA +1 305 936 2626

getAbstract AG Alpenquai 12, 6005 Lucerne, Switzerland +41 41 367 5151

corporate@getabstract.com | [www.getabstract.com](http://www.getabstract.com)