



Community & Connection

Greatness Is Not Created In Isolation

Presented by
Tracy DeSoto

Date:
March 17, 2023

How many people do you feel close
enough to tell them a personal problem?



A lack of social connection is **WORSE** for your health than



High Blood Pressure



Obesity



Smoking

Connections



When you can interact honestly,
and authentically with your
friends, your family, and your
community some great things
happen.



How can we
flex our
"connection
muscle?"

"The need for connection and community is primal, as fundamental as the need for air, water, and food."

~Dean
Ornish

- **Greatness vs. Success**
- **What do you want to gain from your experience her today?**



A little bit about me...

- Age 20 - 30
 - Isolation
- Age 46
 - Breast Cancer
- Age 52
 - Grey's Anatomy
- Age 55
 - Tracy DeSoto, LLC



Community

A group of people who share a common interest or purpose and come together to support and help each other.





The Power of Human Connection

"The human connection is fragile. It's a house of cards built on a foundation of sand."

~ Safiya Nygaard

- In our new virtual world, it can be easy to forget the importance of face-to-face interactions
- Provides identity and purpose (family, religion, political party)
- Identify what is important to you, have like-hearted connections
- Gain strength from the community
- Physical benefits, endorphins

Overcoming
Barriers to
Building
Connections



Create Opportunities to Build Community

Some thing that may get in the
way:

- Social Anxiety
- Limiting Beliefs
- Language Barriers
- Geographical Challenges

Your Call to Action



Build Rapport



Actively Listen



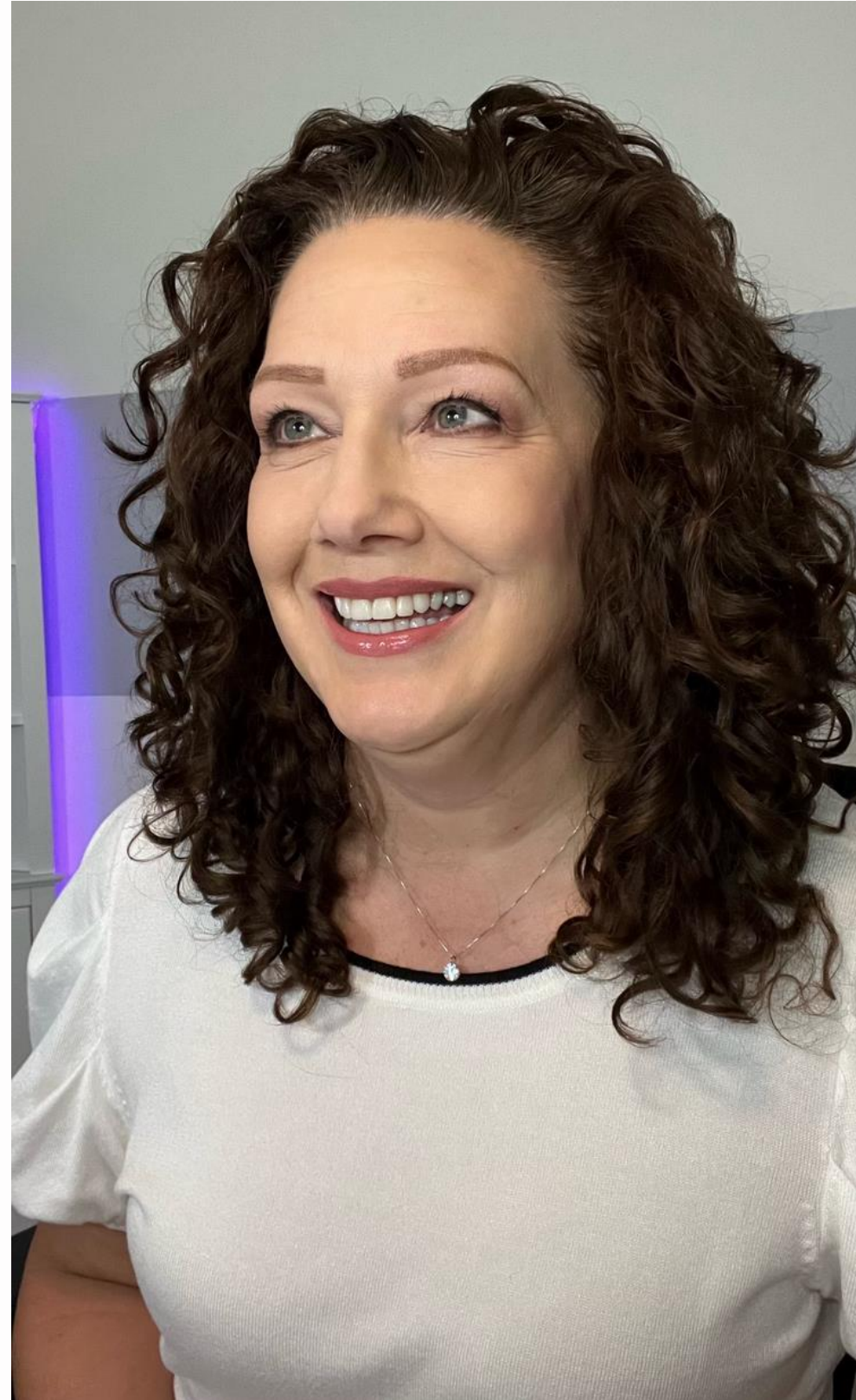
Follow Up!

Working the Room vs. Building Relationships



THANK
YOU!

Tracy DeSoto



Connect
with me!

