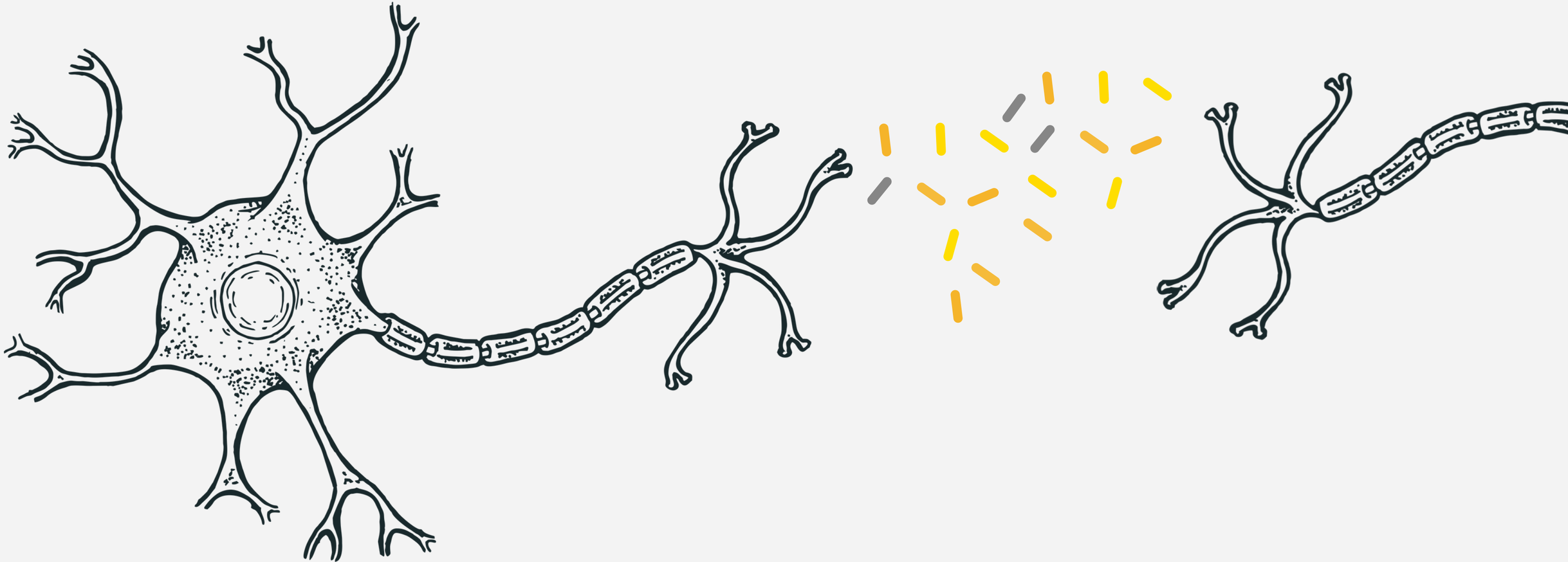
Brief but Meaningful: Reclaiming Connection in Modern Life

Taylor Buonocore Guthrie

We're **biologically rewarded** for connecting with others.







In pursuit of efficiency, we can build habits that actually disconnect us from others


Welcome !!



You have more opportunities for

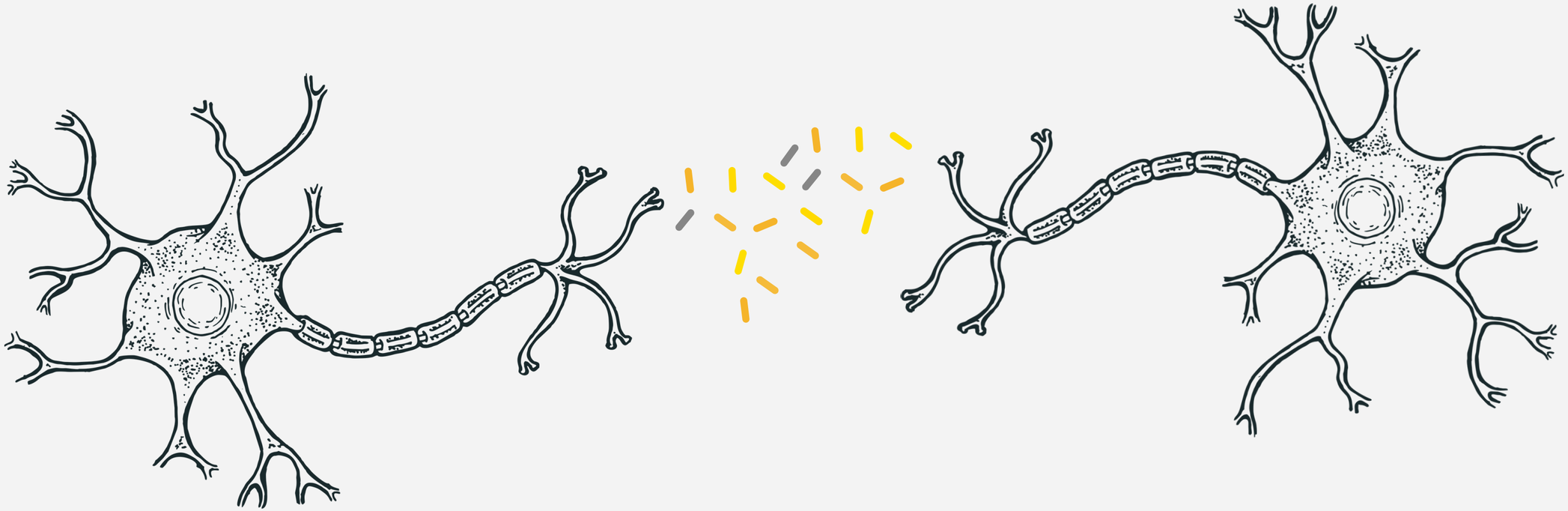
connection

than you might realize...

affinity



common humanity



CURIOSITY, NOT COMMONALITY

What’s something you like to do for fun?

human-centered inquiry

Using questions and listening to get to know the **human** in front of you



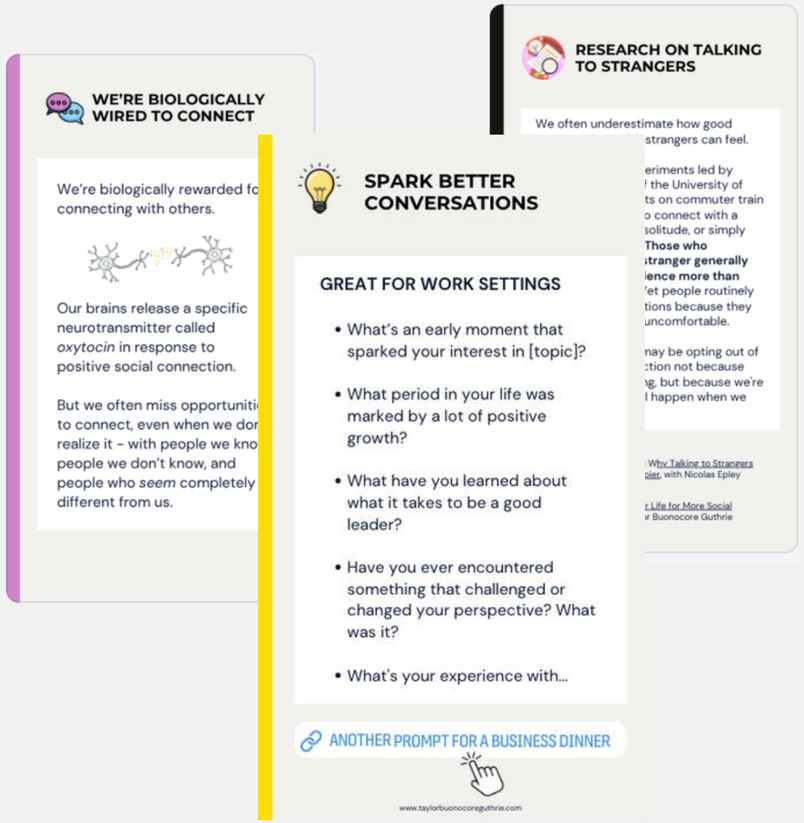

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Let’s keep this going!

Get key concepts, research and great questions to use:

Enter code: ISM







Taylor Buonocore Guthrie

Hi Lauren, Circling back again. I won't bother you again - just want to be sure I'm planning ahead properly if you'd like to work together! Where did

L

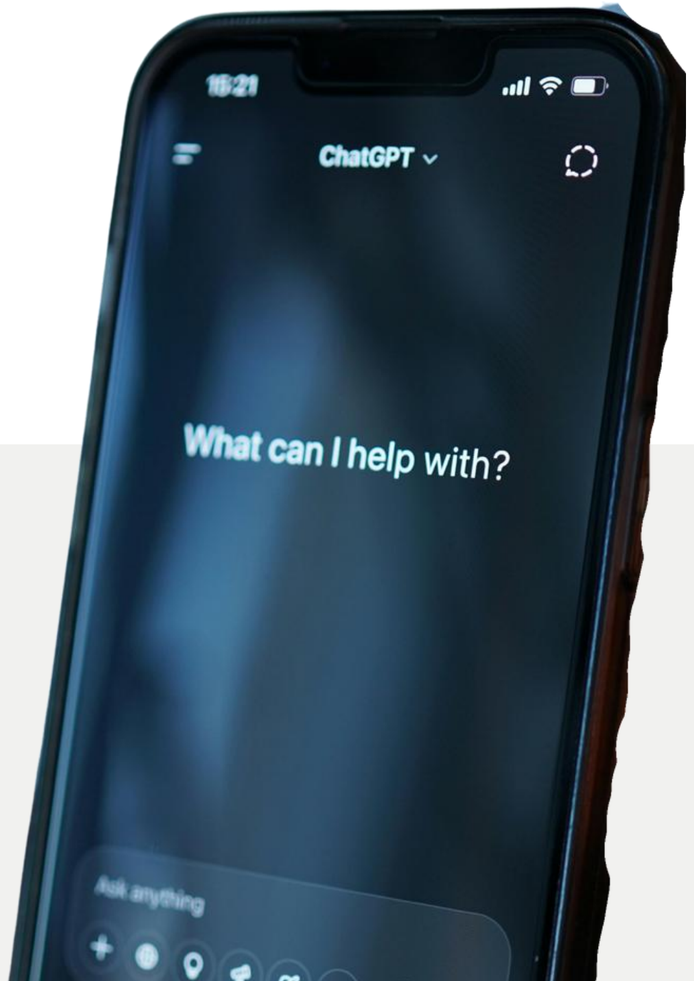
Lauren B[redacted]

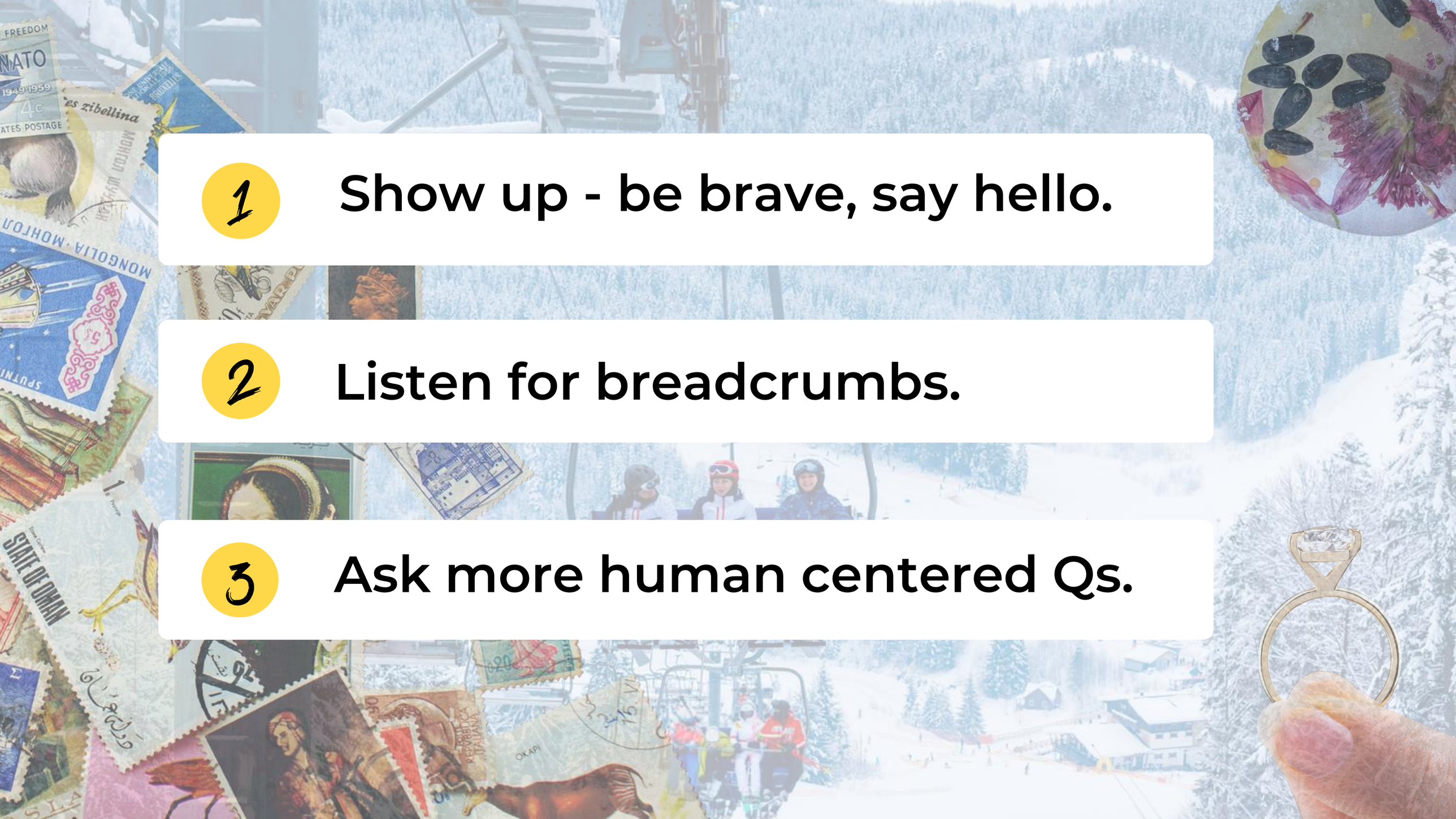
to me

Mon, Aug 24, 8:10 PM

Hi Taylor, are these automated emails?

Lauren B[redacted] | O: +1 917-[redacted] **| M:** +1 917-[redacted]





1. Show up - be brave, say hello.
2. Listen for breadcrumbs.
3. Ask more human centered Qs.

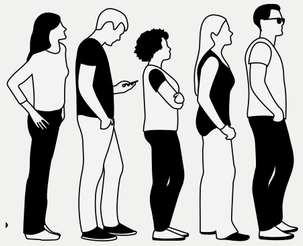
What this could look like today:



At lunch, suggest a **whole-table conversation**. One prompt. Each person answers in turn.



Listen for **breadcrumbs** - don’t miss connection opportunities right in front of you!



Human centered inquiry can start with Qs like: **“What do you think about…?”**