→ CONNECT THE DOTS



Feel safe in the relationship and know you 100% have each other's back for the long run. This gives you the freedom and confidence to do something bigger.



Plus Wonder is an exploration of meaningful connections of all types.

Who are the people who make you, you?

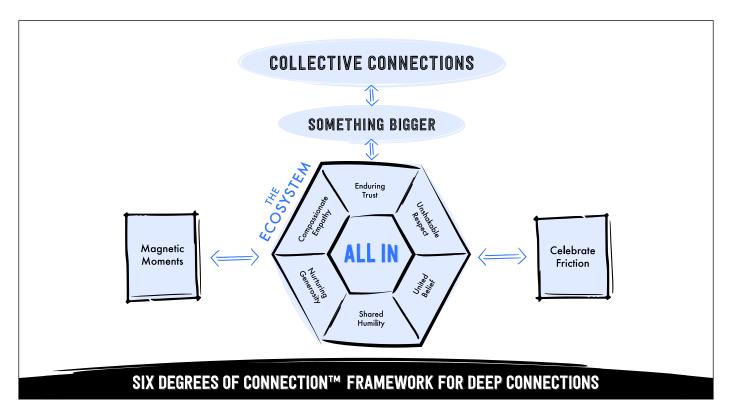
We've listened to and learned from over 65+ partnerships of purpose, and distilled their collective wisdom into a set of insights and tools to help you build depth and purpose in your relationships.

We've also explored some of the greatest collective human achievements—and the Deep Connections at their core—to help you scale collaborations and organizations that will make a difference.

Explore the Six Degrees of Connection

We've spent the last 18 years listening to and learning from successful partnerships and collectives of all types. These unique relationships are special because they've helped each individual make a bigger difference in the world than they could on their own.

We found six essential elements across all sizes of partnerships—from dyads, to collectives, to movements—and across all types of partnerships, whether business, romantic, family, or friends.



The Six Degrees of Connection is a powerful and unique framework designed to help you nurture meaningful relationships of purpose that lead to better lives, better organizations, and a better world.



The Architect Toolkits cover six easy-to-follow degrees, each with five different ways to engage: *Watch*, *Think*, *Act*, *Play*, and *Connect the Dots*. *Watch* provides videos that include footage of our amazing partnerships. *Think* prompts you to reflect and consider ideas of significance. *Act* mobilizes you to put those ideas into motion. *Play* brings levity and joy to this work of innovation. Lastly, *Connect the Dots* encourages you to share this learning with your greater community as the first step towards the practical application of the partnership wisdom.

Each degree takes approximately five to ten hours to complete. For optimal results, we encourage you to take your time—quality over quantity. You will experience a profound shift in your relationships and watch your world evolve into one of purpose, passion, and wonder through the power of Deep Connections.

After completing the toolkits, you'll have a deeper level of understanding of the Six Degrees of Connection, the opportunity to host your own Plus Wonder gatherings in your community and schools, and the designation of a Connection Architect with Plus Wonder.

The secret to building and nurturing Deep Connections lies in a holistic approach. Visit pluswonder.org/educators to explore tools and resources to leverage the Architect Toolkits even further.

Visit <u>pluswonder.org/architect</u> for more information.



Let's get started

To inspire radical collaboration in learning communities, we are recruiting a network of Plus Wonder Connection Architects. These Architects are professionals, educational leaders, classroom teachers, and family support who grow teams or learners as purpose-driven collaborators for a better and more deeply connected world. The Architect Toolkits can be applied in secondary, post-secondary and professional learning, and are meant for Connection Architects to customize for their local and global communities.

The Architect Toolkit offers resources to help you:

- → Identify and recognize partnering as a personal and communal asset.
- → **Research partnering** through a diverse array of national and international partnerships.
- → Brainstorm actions to address partnering in your life or community.

Whether you're in a **professional community**, an **educational organization**, or a **classroom**, you can elevate the Architect Toolkit in many ways. We recommend you...

Book us for a collaborative workshop

Book a Plus Wonder talk and/or workshop for your community to explore some of the greatest human achievements at their connected core. In our workshop series, we dive into the Six Degrees of Connection framework with partnership wisdom and team exercises to help you build depth and purpose in your relationships.

Co-design a professional development series for your team

If you are looking for a way to build connection,

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communication, and radical collaboration within your teams, work with us to co-design a professional development series for your community. We customize our Architect Toolkits and resources to create a holistic approach to team transformation.

Co-host an annual education gathering

We aren't messing around when we talk about empowering and connecting educators. We seek to partner with Connection Architects to co-host annual gatherings for global educators interested in helping create the partnerships that will help our planet thrive.

Engage in our online hub

Explore our library of free, virtual resources to download, print, and share educational tools for your learning communities. Search our partner videos, newspaper, quote cards, posters, toolkits, connection circles, and more!

Host Partnering book circles

Dive deeper into <u>Partnering</u> by hosting connection circles— informal gatherings where your learning community joins together to share <u>Partnering</u> wisdom, listen attentively, and discuss thoughtful questions. Use our connection circle guide to facilitate questions and further explore the Six Degrees of Connection. Contact us to help get <u>Partnering</u> into the hands of teachers to inspire education grounded in meaningful connection.

Share your story

Go to <u>PlusWonder.org</u> to share your own partnership story or the story of a partnership that has inspired you.

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Watch the video for a concise but meaningful overview of being *All-In*, or review the transcript below and circle the words or quotes that excite or resonate most with you.



All-In degree video transcript:

"I mean how do you think we made Ben & Jerry's happen? We were both all-in!"

- Ben Cohen & Jerry Greenfield

Friends and cofounders of Ben & Jerry's

"I have always been committed to do whatever I can for him. He has been the same with me, and I think when you are truly committed to something, you can make it work."

- Anthony Ray Hinton (with Lester Bailey)

Best friends for life and partners in advocating for ending the death penalty

What surprises you about these relationships and the way they discuss their commitment?

"There's nothing that precludes us from being able to see each other and be together as brothers as long as we understand that we are one." "Ples and I are different. We respect and love each other as a human being, as one human race."

- Ples Felix & Azim Khamisa

Friends and partners in ending violence and promoting compassion

"I think one wisdom I'd like to pass on to my kids is 'you have to be willing to love before being loved, and you have to be willing to trust before being trusted."

- Keith Yamashita (with Todd Holcomb)

Spouses and partners in creative societal change

"Usually when we fail, it's a common failure. It's something that both of us have failed to do. If we fail, okay, just do the best we can, and we learn from that experience. I think it's not just a matter of consoling each other when we fail because it's a common failure. We are in it together from the very beginning."

- Jimmy Carter (with Rosalynn Carter)

39th president and first lady of the USA and cofounders of the Carter Center

"We wanted to leave a legacy behind. We wanted to have an impact on the world. So that is also a shared value. Family. Community. How we can change the world together and impact the world." "And I think commitment. Commitment to one another."

- Erika Boyd & Kirsten Ussery

Spouses and cofounders of Detroit Vegan Soul

"Say out loud that I'm in this with you, not just for the good times but for the hard times (and there will be hard times). But what I would beseech young people today is to realize that you make that commitment in a real way and it will set you free. And that sounds so counterintuitive, but it allows you to fly."

- Jacqueline Novogratz (with Chris Anderson)

Spouses and partners in social entrepreneurship

What surprises you about these relationships and the way they discuss their commitment?

Ideas inspired by the video ...



Are you all-in?

We need to reclaim the beautiful concept of all-in friendships across all types of relationships that build Deep Connections over time. We've become so focused on end goals, on results, on fame, on winning, that our relationships have become a means to an end. The only end game that matters is the depth of the relationships we nurture in our lives.

Our partnership wisdom shows that when you make a commitment in a real way, it will "set you free." Being all-in with your partners and finding freedom through commitment is not easy work—in fact, it is counterintuitive. We often think we must sacrifice our freedom when we commit to another. Yet our partners continue to find their wings when given the deep support, strength, and space within their relationships to be the best version of themselves.

In this section, take the first steps into exploring what it means to be all-in and learning how to give 100% of yourself to building Deep Connections. Built over time through practicing the other degrees of connection, the presence of your Deep Connections will never hold you back.

"When I asked Ben and Jerry for the secret to their success, what was their immediate answer? Being all-in. 'You gotta be all-in. All-in!' they exclaimed in unison, followed by joyous laughter. Ben continued, 'How do you think we made Ben and Jerry's happen? We were both all-in. We were all-in!"

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-Referencing Ben Cohen & Jerry Greenfield Friends and cofounders of Ben & Jerry's

To Ben and Jerry, being "all-in" means showing a tremendous amount of respect, trust, and love for each other.

What does being all-in mean to you?

Key Takeaways

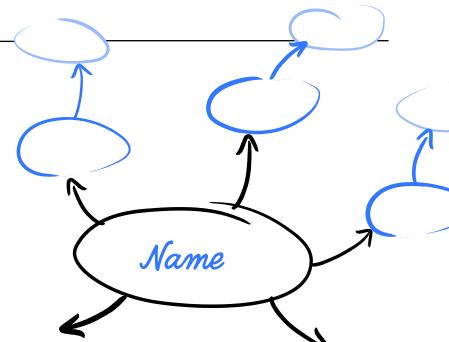
- Discover how being all-in builds the foundation for developing Deep Connections.
- Consider the reciprocal ways in which you and your Deep Connections support one another by being all-in.
- Identify the benefits of being all-in, and understand the negative effects of holding a bit of ourselves back.
- Take action to honor past relationships and build new ones based on trust, respect and mutual curiosity.
- Explore supplemental research and resources supporting being all-in.

What questions do you have that will help you reach these key takeaways?

Ideas inspired by this section ...



Every minute of effort we put into building stronger partnerships is worth it. When we commit to being all-in, we break through restraints and unleash infinite possibilities in our relationships. Jump into action with the following connection experiences to explore the direct results of practicing being all-in.



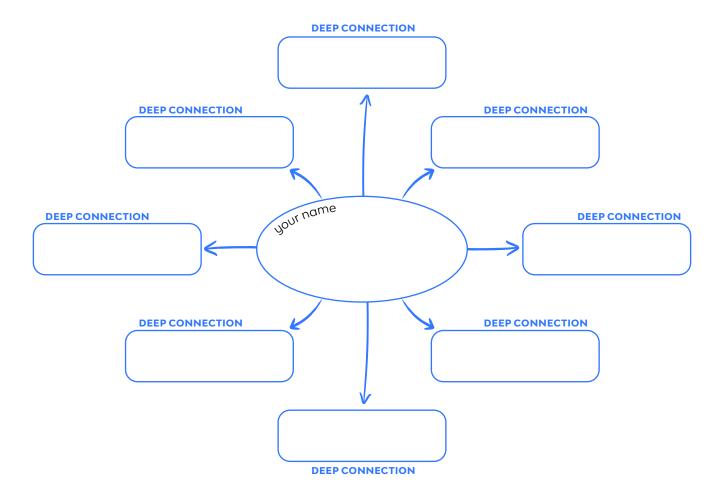
Got Your Back for the Long Run

Ben Cohen and Jerry Greenfield—friends and cofounders of Ben & Jerry's—share that being all-in does not mean doing everything all the time with someone. Instead, it's about supporting your partner at the most important moments. They know they are both willing to go above and beyond for each other. Even if one wants to do something different, they are still all-in. In this type of relationship, you can be confident that your partner has your back for the long run.

Deep Connections are those in which you trust will always have your back for the long run. They will allow you to take risks while helping you minimize your fears to do so. These trusting relationships become like labs of possibility, spurring innovation, and creating space to test new ideas.

Use the following questions to contemplate who has *got your back in the long run* and where their belief has taken you.

- Create a mind map with your name in the center.
- → Add spokes extended from your name and include a range of meaningful people in your life (consider mentors, family members, business, or romantic partners).
- Choose three Deep Connections from the map that have inspired you to take risks, innovate, and excel in your life.



- → Note quick responses for each:
 - O How did they create a safe space?
 - O How did they help you find more courage and belief in yourself?
 - O How do you know they will have your back in the long run?
- → Consider ways in which you can reciprocate being all-in with those who have inspired you.

Reflect on who in your life would list you as a 'got your back for the long run connection' if they were to do this activity.

Who would say you have their back in the long run connection?

Be There

Keith Yamashita & Todd Holcomb—spouses, partners in empowering leadership—share that they give the gift of 100% of themselves to their relationship. This evolved when Todd fell extremely ill; with Todd unable to walk and eat on his own, Keith stopped working to nurse his husband back to health, taking care of their children, and ensuring that Todd was loved and safe. It was in that vulnerable space Todd realized the profound importance of their connection. Until that moment, he had been holding back a part of himself out of fear, protecting himself by maintaining some level of independence. The commitment Keith showed by sacrificing everything to be there for Todd opened up a safe space for Todd to let go of his

fears and dive in completely. Keith's commitment shows the power of being constantly present and giving the gift of yourself.

Listen up and be curious. Open your eyes, ears, and heart. *Be there* for your Deep Connections.

Spend the day as an active listener, and observe the Deep Connections in your everyday orbit. Take note of their words, wants and needs, and list your observations. What did you discover? Check-in with yourself and see where you might be holding back with your Deep Connections. Let them know it.

What are you hearing from your Deep Connections? What might you be holding back?



"I just want to tell you, something you did today stuck with me	
You said/did/asked	, and I felt
Sometimes I hold back by	when I/you
." Just so you know, I'll always be there for you."	

Think about how you felt after this experience.

- O How was your message received?
- What are the effects of holding back rather than actively being fully there for another?
- Did you notice anything change in the relationship?
- Did it deepen, did it open up a more honest conversation, or give an opportunity to heal?

How did you feel?

Bearers of Truth

Friends and cofounders of Solar Impulse, Bertrand Piccard & André Borschberg rely on pure, honest, and courageous feedback. They believe it is fundamental to their relationship success. Andre and Bertrand show us how healthy partnerships allow us to see ourselves mirrored through the eyes of someone we love and trust. These relationships help us understand both our strengths and the areas in which we might be letting ourselves down. We all need an accurate reflection of who we truly are.

Deep Connections become **bearers of truth**, allowing you to see things that you might not have seen in yourself, in others, and in the world.

This activity asks you to be *bearers of truth* for your Deep Connections. Answer the survey questions below with your Deep Connection in mind and let them see themselves through your eyes.

What are your Deep Connection's greatest strengths?

How can your Deep Connection make the world a better place?

Where can your Deep Connection use a gentle reminder around some blind spots that may be impeding their growth and long-term desires? Share a story of when you have seen your Deep Connection performing at their full potential. Which characteristic(s) most impressed you? From your experience, when is your Deep Connection the best version of themselves? What conditions make them come alive and light up inside?

Share your responses with your Deep Connection, then ask this person to fill out and return the survey describing you. Don't forget to thank them for sharing their insights and being a bearer of truth in your life.

After reviewing their survey complete the following:

I now understand that people close to me see me as ...

Loving Sacrifice

Richard Reed, Adam Balon & Jon Wright—friends and cofounders of Innocent Drinks and Jam Jar Investments—share how their constant focus was how they could act in a way that was going to increase the absolute happiness of the team, even if it meant individual happiness was reduced. Many of the partnerships spoke about how this type of "sacrifice" for their partner actually ended up bringing them their greatest gifts. Deep Connections require this loving sacrifice, where a delicate

balance is found between partners when they are willing to do what's right for the collective goals.

Reflect on different partnerships where a *loving* sacrifice made all the difference. Use the prompts to recall the loving sacrifice that occurred or needed to occur amongst some of your past partnerships. Remember the term partnership includes romantic, business, colleagues, teams, etc. Consider all types of partnerships when engaging with these prompts.

- Consider sacrifices of others
 - A partner or team member made a loving sacrifice when...
 - This act for the health of the relationship and collective good resulted in...
- Consider your own sacrifices
 - O I made a loving sacrifice when...
 - This act for the health of the relationship and collective good resulted in...
- Consider when a sacrifice wasn't made
 - I struggled to offer up a loving sacrifice when...
 - If I could go back in time I would let this partner/team know...
- Perform an act of loving sacrifice for either a Deep Connection, a potential Deep Connection, or for the common good.
- Offer up your gratitude to those who made a loving sacrifice that made all the difference
 - Send that gratitude as a text message, email, or phone call (or share the next time you see them!).

What reflections have you made on loving sacrifices?





In All-In, you worked to identify, consider, and act to nurture the powerful relationships that you currently have or are seeking.

Now let's play: join our community thought playground to expand your connections and share your wonderings on social using the hashtags **#PartneringTheBook #PlusWonder**

- Tag a Deep Connection and share how you plan to show up, be more present, and become more all-in with them.
- Tag a Deep Connection and share a story of when you have seen them performing at their full potential. Which characteristic(s) most impressed you?
- Tag a Deep Connection and share some gratitude for a time they made a loving sacrifice that made all the difference.

Notes / space for brainstorming



The research is clear on how being all-in helps you live a long, healthy, fulfilling life. We know from the Plus Wonder partners that spending time developing stronger partnerships is worth every minute of our effort. We've learned that being all-in can help ignite your businesses and life and provide you with the freedom to be your best, to take risks in safe spaces, and to learn about yourself through the eyes of others.

Investigate the following to better understand the research behind being all-in with your Deep Connections:

- O Dan Buettner, author of Blue Zones, spent years studying the longest living communities in the world to find out their secrets to longevity. He found nine habits that helped them to live longer, healthier, and happier. Four out of the nine link back to relationships and purpose such as "loved ones first" and "the right tribe" and building a social circle that encourages healthy behaviors.
- Harvard's Grant Study has followed 268 people over 80 years of their lives. George Vaillant, the director of the study for three decades, says, "When the study began, nobody cared about empathy or attachment, but the key to healthy aging is relationships, relationships, relationships."

- O Dr. Brené Brown from the University of Houston Graduate College of Social Work has spent years studying vulnerability, courage, worthiness, and shame. Her TED Talk, "The Power of Vulnerability," helps to explain how embracing vulnerability can assist us in being more all-in.
- O In this book <u>Culturally Responsive Teaching</u> and the <u>Brain</u>, **Zaretta Hammond** draws on cutting edge neuroscience research to offer an innovative approach for designing and implementing brain compatible culturally responsive instruction. The book includes information on how one's culture programs the brain to process data and affects learning relationships. (p. 26)
- In 2019, the American Psychology Association published a meta-analysis of more than two decades of research revealing how "positive relationships boost self-esteem", and vice versa. This longitudinal study shows us how the quality of our relationships and the type of feedback we receive from our Deep Connections directly links to who we become and what we believe we are capable of achieving in this world.
- Visit <u>pluswonder.org/research</u> to learn how the research all connects.

CONGRATULATIONS, YOU HAVE COMPLETED THE SECOND DEGREE OF CONNECTION!

Whether you are a deep diver into each degree or just testing the waters with a few activities, we encourage you to join our Connection Architect network to learn how other like-minded people are building upon this partnering wisdom.

Visit <u>pluswonder.org/architect</u> for more information.

Together, let's work to spark a relationship reset in this world!

