

**Hey Sport,
RUOK?™**

CONNECT TO CHAT

Want to stay connected to your team and sporting community? Connect to Chat is an in person or virtual get together. This activity is great for both large and small groups when you want to build stronger relationships between people. Think about how you can adapt this for your sporting community.

START CHATTING

- 1** Nominate your preferred venue, chat or video conferencing platform (you might like to use a platform with functionality that allows you to break attendees into smaller groups or pairs)
- 2** Decide on a time, invite your attendees and encourage people to join (either in person or virtually)
- 3** Kick things off by taking time to introduce people to each other and away you go!

You can provide suggestions of things to discuss or let the group decide the topics for conversation. Either way, they're spending time getting to know each other, and that helps to build a stronger connection.

Topics for conversation could include:

- What's the most interesting thing you saw/heard this week?
- How do you meaningfully connect with others?
- What's the most interesting conversation you've ever had?
- Why do you think it's important we lend support to the people in our world?
- Can you share an example of when someone has made a genuine connection with you and what that meant to you?

Consider making Connect to Chat a weekly, fortnightly or monthly activity to stay connected with those in your team and sporting community.

If you set up a message thread or email group for Connect to Chat, you can stay connected outside of the designated Connect to Chat times. This could be a fun forum to share things such as photos from your training sessions, healthy recipes, words of encouragement, coaching tips or highlights from the week.