



The Frictionless Connection Framework

Meaningful connection isn't about how many people you speak to.
It's about how you feel after the conversation ends.

Recognise the Difference

Being busy with emails, meetings and conversations doesn't
automatically create connection.

Notice Your Energy

Ask yourself after conversations:

Do I feel more energised or more drained?

Did I feel heard, or simply involved?

Was I present, or just performing?

Your energy is often a better guide than the number of interactions you have

Choose Depth Over Volume

Instead of adding more social commitments, protect a few conversations

Which conversations leave you feeling more like yourself afterwards?

Those are usually the relationships worth protecting.
