

Weekly Wisdom

Grow the Green for You and Your Team



“I think, at a child's birth, if a mother could ask a fairy godmother to endow it with the most useful gift, that gift should be curiosity.”

-- Eleanor Roosevelt

Curiosity: The Secret Sauce of Relationships

We now know that relationships and connectedness are primary keys to well-being - both mental and physical.

Opportunities to form relationships are all around us, from daily interactions with co-workers and patients to neighbors, family, and others.

What if we could find a magic wand that would help us form healthy connections with those around us?

That secret sauce is *curiosity*.

“Being interested is more important in cultivating a relationship and maintaining a relationship than being interesting; that’s what gets the dialog going.”

In studies, people were more attracted and felt closer to others who were curious.

Showing curiosity creates a virtuous circle of intimacy: you ask a question and learn something interesting about someone. Then they disclose and share more and ask questions of you.