

Weekly Wisdom

Grow the Green for You and Your Team



“Friendship improves happiness, and abates misery, by doubling our joys, and dividing our grief” -- Marcus Tullius Cicero

Joy at Work: Friendship Edition

In our work, and in general, there are so many reasons to cultivate friendships. Here are a few:

The response to the question, “I have a best friend at work” was the single best predictor of employee engagement.

Loneliness is more toxic for your body than having a poor diet or not exercising.

We need an entire community to feel whole. We need a space to be vulnerable and to feel supported.

Marisa G. Franco's book, *Platonic*, is chock-full of advice about making friends as an adult.

- Assume people are going to like you.
- Repeated, unplanned interactions foster friendship (e.g., workplaces!)
- The most important thing we look for in friends is that they make us feel as though we matter. Check in on your friends, tell them you value their friendship.
- People in transition are most open to new friendships.