

## Day 3: Interpersonal Intelligence – Connection with Others

Theme: Deepening social connections



Today's focus is on interpersonal intelligence. If possible, walk with someone else but if you are walking alone, reflect on your relationships and how you connect with others.

Before the Walk:

Set an intention for connection – whether it is strengthening your relationship with a walking companion or contemplating your relationships in general.

Walk Guidance:

If you are walking with a companion, practice active listening. Encourage each other to share thoughts or experiences while being fully present.

Reflect on the dynamics of the conversation. How does it feel to truly listen?

If you are walking alone, think about your relationships whether family, friends or colleagues. Notice the emotional connections you have with them.

Reflection:

- What did you learn about your own interpersonal communication style?
- How does being present with others during the walk deepen your connections?