

# The Great Reconnect: Building Community in the 21st Century

## *A talk based on the award-winning film, The Great Disconnect*



Too often we think about our health only in terms of what we eat and how much we exercise. When we do that, we neglect a critical part of our wellbeing: community.

Our sense of community, our sense of belonging, has a major influence not just on how we feel, but on society's health as a whole. But unfortunately, when it comes to connections, too many of us are failing.

While filming *The Great Disconnect*, Tamer Soliman learned that ours is the “age of loneliness.” We socialize less, we talk to our neighbours less, and, to most of us, the concept of making new friends takes us out of our comfort zone. The nature of our jobs and how we value and spend our time is separating us more than ever, and we're all feeling the negative impacts.

But, as Tamer shares in this talk, there are actions that we can take to strengthen our community connections.

### **Key highlights include:**

- Tamer's inspiration for making the film, and the unique circumstances that led to it
- How the design of our communities impacts the quality and quantity of our social ties
- From “echo chambers” to “phubbing”, why technology disconnects more than connects us—and what we can do about it
- Forms of capital—natural, social, economic, and human—and how they impact community
- An exercise on trust, and how this influences your willingness to engage with those around you
- Powerful statistics, film clips, and personal stories that will inspire you to take action in your neighbourhood

As Tamer says in the documentary, devoting time, effort, and energy into your community is one of the most solid investments you can make, because the more you give, the more you'll get back. And what you stand to gain is priceless.

This talk will make it clear how important our communities are, and give you a pathway to rediscovering these connections.

*“Attendee surveys confirmed that Tamer's presentation was the most popular and well received of the entire three day agenda! Tamer is one of the best professional health and wellness speakers I have ever worked with. He has a tremendously positive outlook that is absolutely infectious!”*

- John D'Amato, Vice President & Regional Director of Trust BMO