



# IT'S LONELY AT THE TOP (BUT IT DOESN'T HAVE TO BE)

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Loneliness affects leaders in an especially specific way. Moreover, the culture in which many leaders live, and work can exacerbate loneliness even more, leaving many of us with a deep unmet need for connection. Entrepreneur, CEO, author, and speaker Liz Bohannon walks us through her own experience with loneliness as a leader. She offers practical tools for leaders to connect better with others and create cultures of connection.

### Living & Leading In A Culture Of Loneliness

As a leader, how lonely do you feel?

Liz says that much of our culture's (including our neighborhoods, social media, and even services like Uber) design produces the results of loneliness that we are feeling. How do you see this play out in your life?

### Designing Environments For Interdependence

Liz shares the story of her "urban commune," and how it is helping foster connections with others.

Who sees the "messiest part" of your life?



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How do you develop and maintain that relationship?

## Moving Toward Community

Liz shares three practical suggestions to increase your connection with others.

1. **Go First.** It can be as small as inviting someone to go on a walk, and then treating it as seriously as you would any other business commitment.
2. **Pay Your Dues.** It can take almost 200 hours to go from acquaintance to an intimate friendship. Be patient.
3. **Develop the Skill of Reflective Listening.** Learn to ask questions before you speak.

Which of these skills is the most challenging for you?

Why is that?

## Embracing Connection As Essentially Human

Rather than being a flaw of being human, needing others is an important feature of being human.

How have you tended to view connection? As a feature or a flaw?



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If you've struggled to connect with others and embrace community, why do you think that is? How would your life look different?

## Becoming Hope Dealers

Often, when we find ourselves in the middle of a dark night, others are experiencing a bright day of connection.

If you are in the middle of a lonely and dark night, who can you borrow hope from? Write their name down, and what you can do to reach out to them.

If you are in a season of a bright day, who can you lend hope to? Write their name down and consider ways to reach out to them.

**Action:** What is the one action step you will take from this talk? When will you take it?