



connection starter course



HUMANS:CONNECTING

welcome

Your social health is worth understanding.

You probably already pay attention to other important parts of your health and life.

Your social health deserves attention, too.

The meaningful connection you need is personal. It will be different from what someone else needs, and it will change as you and your life change.

You might already feel well connected. You might feel that something is missing. Or you might simply be curious about what your social health looks like at this point in your life.

You don't need something to be wrong before you pay attention to your social health.

The Connection Starter Course gives you a practical way to understand your social health and the meaningful connection you need, then turn what you learn into connection action designed around your life.

You'll finish with something tangible:

Understanding your social health.

Knowing your connection needs.

Having your Connection Plan.



HUMANS:CONNECTING

about **HUMANS:CONNECTING**

HUMANS:CONNECTING helps humans, workplaces, communities and systems strengthen social health and meaningful connection.

We believe that every human has social health needs, and that meaningful connection is an important part of living well.

Our work helps humans better understand the connection they need and take practical connection action that works for their lives.

We:

- make social health and meaningful connection easier to understand and act on
- speak openly about loneliness as a normal human experience
- create practical resources and services, including the Connection Starter Course
- draw on lived experience, research and evidence
- collaborate with experts in loneliness, social health and connection
- measure the difference our work makes

We see you as a whole human, not someone who needs fixing.

Founded by Phil McAuliffe in 2023, **HUMANS:CONNECTING** grew from his lived experience of loneliness and his determination to better understand how humans build and maintain meaningful connection.

A social enterprise is a business that puts people and planet first. They trade like any other business, but exist specifically to make the world a better place.

Social enterprises are businesses that trade so they can:

- tackle social problems
- improve communities
- give people access to employment and training, or
- help the environment.

Social enterprises are businesses that:

- get most of their income from business trade, rather than from donations or grants, and
- use at least 50% of their profits to work towards their social mission

HUMANS:CONNECTING is a registered social enterprise. We use our business to strengthen social health and meaningful connection, and reinvest our profits towards that social purpose.

When you invest in the Connection Starter Course, you're investing in your own social health while also supporting work that helps more humans access the connection they need.



connection starter course

Eight parts. One Connection Plan built around you and your life.

The Connection Starter Course takes you through a structured process to understand your social health, explore the meaningful connection you need and turn what you learn into practical connection action.

PART 1: YOUR SOCIAL HEALTH

Understand what social health means for you, explore your social health needs and take a snapshot of where your social health is right now.

PART 2: UNDERSTANDING MEANINGFUL CONNECTION

Explore what makes connection meaningful to you, including the quality, quantity and frequency of connection you need.

PART 3: YOUR LONELINESS STORY

If loneliness is part of your experience, explore your loneliness story and what it has been trying to tell you about the connection you need.

PART 4: THE PRICE YOU'RE PAYING

Consider what might be getting in the way of the connection you need, what that is costing you and whether you're ready to choose connection action.

PART 5: CONNECTION TO SELF

Explore your relationship with your self and what helps you feel connected to who you are.

PART 6: CONNECTION TO THOSE MOST IMPORTANT TO YOU

Consider the people most important to you and how you can get, maintain and strengthen the meaningful connection you need with them.

PART 7: CONNECTION TO COMMUNITY

Explore what community and belonging mean to you and the role they play in your social health.

PART 8: YOUR CONNECTION PLAN

Bring what you've learned together into practical intentions for your connection to your self, those most important to you and community.

You'll be supported by:

- Reflective and instructive videos from Phil
- Carefully selected resources and practical exercises
- Measuring your social connection using the UCLA Loneliness Scale at the beginning and end of the course
- Your own Connection Plan, developed around you and your life

By the end, you'll understand more about your social health, the meaningful connection you need and the connection action that works for your life. Most importantly, you'll have your own Connection Plan to help you put that understanding into practice.



your course, your way

The complete Connection Starter Course is available in two ways.

Choose the option that gives you the structure and support you want as you understand your social health, explore your connection needs and build your Connection Plan.

OPTION 1 SELF-DIRECTED

Understand your social health and build your Connection Plan at your own pace.

You'll get the complete Connection Starter Course, including the reflections, exercises and practical tools to understand the meaningful connection you need and turn what you learn into connection action.

- Complete all eight parts at your own pace
- Explore your connection to your self, those most important to you and community
- Develop connection intentions that are specific to your life
- Build your own Connection Plan
- Return to the course and your Connection Plan whenever you need to

OPTION 2 1:1 WITH PHIL

Go deeper with Phil alongside you.

You'll work through the complete Connection Starter Course with Phil, with six 90-minute conversations giving you dedicated space to explore what emerges for you.

Together, you can go deeper into your experiences, challenge assumptions and patterns, explore what might be getting in the way and turn what you're learning into connection action that works for your life.

You'll also have Phil there to provide the support and accountability to help you keep moving forward.

- Complete Connection Starter Course
- Six 90-minute 1:1 conversations with Phil
- Personalised exploration of what emerges for you
- Kind and honest challenge, support and accountability
- A Connection Plan developed around you and your life

See current pricing and enrolment options on the
HUMANS:CONNECTING website.

lifetime updates

Your social health needs will change as you and your life change. The Connection Starter Course will continue to evolve, too.

At **HUMANS:CONNECTING**, we continue to review and update the Connection Starter Course as research and understanding of social health, loneliness and meaningful connection develops.

When you purchase the course, you'll receive lifetime updates as they become available, so you can return to the course and your Connection Plan as your life and connection needs change.

Our work is also informed by collaboration with experts around the world, including **Annecy Behavioral Science Lab (ABSL)** in France, with whom we work to advance how loneliness and social connection are understood and measured.

Your Connection Plan is designed to change as you do.



an invitation to get real

The Connection Starter Course asks you to be curious about your social health, your life and the meaningful connection you need.

It also invites you to be honest.

Some of what you explore might be affirming. You might recognise that you're already getting much of the connection you need.

Other parts might challenge you. You might notice something you've been avoiding, recognise a pattern that no longer serves you, or realise that something needs to change.

That's okay. This is a space for curiosity, not judgement.

There is also an important difference between discomfort and pain.

Some discomfort can be part of honest reflection and change. Pain is different. If something in the course causes you emotional pain or distress, stop. You do not need to push through it.

The Connection Starter Course is not therapy or crisis support. If you need professional support, please seek it.

You also don't need to change everything you discover.

The point is to understand your social health and connection needs more clearly, then decide what connection action is right for you.

Be curious. Be honest. Start where you are.

testimonials

“

Phil's approach is innovative to me, I didn't feel lonely and we didn't set this course to be about me fixing loneliness in my life, but

I came out of it understanding what loneliness is, how to deal with it and how to create a better sense of self, core group and community I didn't have before.

I am 100% recommending Phil to friends and family and in my social/professional circle. I feel he has an approach that is independent of gender, sexual orientation and it is really focused on self-learning and awareness.

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“

I have worked with other coaches and therapists and while I have valued their work, I **have learned more about my past behaviours and sense of worth and how to live more authentically in this short course, than I did in many previous years.**

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“

These are lifelong tools broken down in practical language. **If you want to move towards a connected, more secure and authentic relationship with firstly yourself and then in your relationships and friendships this is the work.** Stepping into this work can be daunting and taking off the armour "I am strong and I can do life alone" is challenging yet, very rewarding. Phil will be right there to support you. **Jump in and get to know yourself.**

”

“

This course gives you the brilliant guidance of Phil McAuliffe. You can ask yourself the questions that lead you to understand the roots of some feelings and behaviours, but also be encouraged to do something about it and gain control about your life.

I became freer.

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Firstly it has helped me deal with shame around feeling lonely and disconnected.

I feel I have a much better understanding of myself in relation to connection. Expectations I have placed on myself on how I should be are beginning to lift.

I would encourage anyone who is hesitant to trust in the process. On the other side of the commitment and discomfort I feel anyone who is willing to put in the work and be consistent will gain a better understanding of themselves and their specific connection needs. They will also be armed with the tools and information to build and strengthen their connection to self and others and make better decisions that lead towards connecting more authentically and obtaining the connections they desire

This course has transformative potential.

Doing it will not only help you build richer connections with communities, but also deepen relationships you have with people important to you (e.g. family and close friends) and help you uncover your authentic self.

It will not only give you invaluable insight but actionable steps to live a wonderful and connected life.



Your social health.
Your connection needs.
Your Connection Plan.



www.humansconnecting.org/connection-starter-course



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