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Virtual Training Series

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Social Connection & Belonging: The Foundation of a Good Life

Speaker: **Dr. Jonah Paquette** PsyD

Feb 21st, 2024 | 12:00 – 1:30 pm CST

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Session Description

While most of us know that a sense of connection is important to a life well-lived, recent research in positive psychology has shed valuable light on just how crucial a sense of belonging is to our overall well-being.

Drawing from fascinating studies spanning the globe, this session will explore the impact of social connection on our mental health, physical health, longevity, and more. In addition, we'll discuss the adverse impact of loneliness and social disconnection on our lives, and review practical steps clients can take to foster greater connection and belonging to improve psychological functioning and well-being.



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