

# Wheel of Well-being

## Social Capital and Positive Connections



### Positive Connections

Think of two social connections in your life – one that you feel is positive and effective and one less so (it could be the same relationship – at different times of connecting).

Using the table below, summarise the characteristics of each in terms of directionality, flow and exchange:

	Positive connection characterised by:	Not-so-positive connection characterised by:
<p><b>Directionality</b></p> <p>(Who holds the power? Who's most likely to make contact?)</p>		
<p><b>Flow</b></p> <p>(How often is contact made, through which medium and how efficiently is information exchanged between 2 partners?)</p>		
<p><b>Exchange</b></p> <p>(What is being given and received in the relationship? e.g. information; money; influence; recognition; answers to questions?)</p>		

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### Questions for reflection

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What would need to change to help create more positive connections:

In your workplace? For your clients? For yourself?

#### 1<sup>st</sup> stage – informal networks (strong ties)

##### **Bonding social capital**

Close connections between families and friends that help people to 'get by'. They create a sense of belonging, validation of self and identification of purpose in our lives.

#### 2<sup>nd</sup> stage – generalised networks and 3<sup>rd</sup> stage – institutional networks (weak ties)

##### **Bridging social capital**

Connection, ties and network links to people/groups that extend beyond friends and family to a broader range of resources and opportunities - and help people to 'get ahead'

### Want to know more?

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Useful exploration of definitions and types of social capital

<http://infed.org/mobi/social-capital/>

The website of the seminal book 'Bowling Alone' by Robert Putnam

<http://bowlingalone.com/>

Australian Bureau of Statistics, General Social Survey Summary Results, Australia 2014

<http://www.abs.gov.au/ausstats/abs@.nsf/mf/4159.0>

Connected Communities: How Australia's Social Capital has declined

<https://probonoaustralia.com.au/news/2015/08/connected-communities-how-australias-social-capital-has-declined/>