



EAP Newsletter JULY 26

Building Connections Across Generations

Today's workplaces bring together people from different generations, life stages and experiences from Baby Boomers through to Gen Z.

These diverse perspectives can strengthen teams, spark new ideas, and create valuable opportunities for learning.

This month, we're exploring practical ways to build stronger connections across generations and create more supportive workplaces.

Different generations, shared goals

While people may communicate, learn and work differently, most employees want many of the same things:



To feel respected and valued



To feel connected to their team



To have opportunities to learn and grow

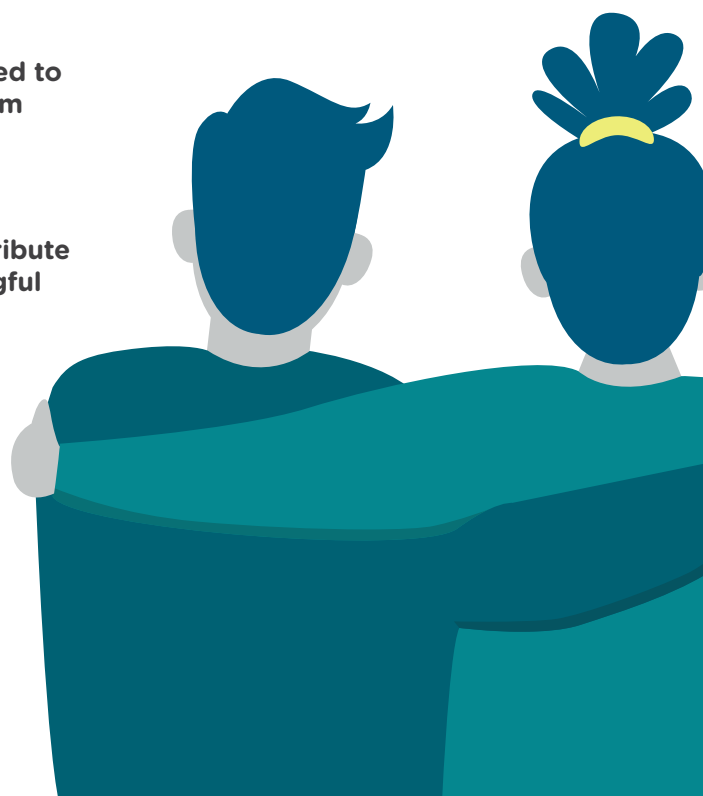


To contribute meaningful work



To work in a supportive environment

Strong relationships across generations help create workplaces where knowledge is shared, ideas are exchanged and people feel supported.





Small actions can make a big difference

Building stronger intergenerational relationships does not require major change.

Stay curious

Ask questions and learn from different experiences

Share knowledge

Everyone brings valuable skills and perspectives

Be open to different approaches

Different ways of working can create new opportunities

Create opportunities to connect

Conversations build understanding and trust

Focus on strengths

Recognise the unique contributions of each person

Seek feedback

Learning goes both ways across generations

Small, consistent actions can help create stronger workplace relationships over time.

Learn more

Explore our latest WellbeingHub article:

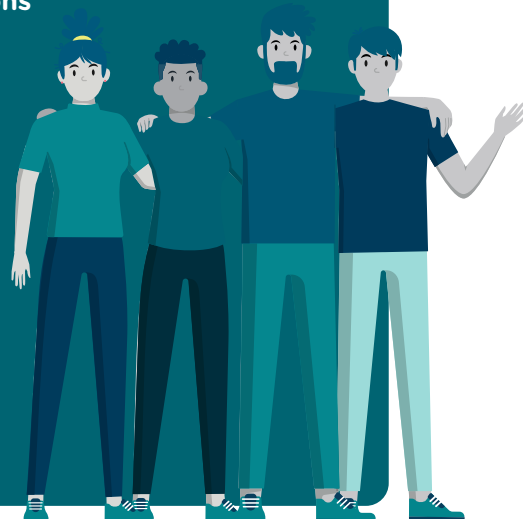
Five Generations, One Workforce: Building Stronger Connections Across Age Groups

In this article, you'll learn

- Why intergenerational relationships matter
- What workplace research is telling us
- Practical tips for managers
- Ways employees can build stronger connections
- How positive intergenerational relationships support wellbeing



➡ **READ NOW** or scan the QR to explore the article.



Further support

The **WellbeingHub** offers deeper resources at your finger tips to support you with handling difficult conversations, keeping a respectful team culture, and more.

Explore WellbeingHub - wellbeinghub.co.nz

We're here when you need us

Whether you're navigating change, looking for support, or simply want someone to talk to, we are here to help. Confidential support is available, **book an appointment online** at eap.habit.health by calling **0800 327 669** or by scanning the **QR code**



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