R U OK?™

I'm **here** to **hear**

CONNECT TO CHAT

Want to help people connect and have meaningful conversations in a stress-free environment? Organise a Connect to Chat activity for Rail R U OK?

Connect to Chat is an in person or virtual meeting, where people can come together and get to know one another a little bit better.

This team building activity is great for larger groups where you want to build stronger relationships between people who may not regularly come together, but it can also be a great way to help smaller teams meaningfully connect.

HOW TO GET STARTED

If you're hosting the activity online, find out if your preferred chat or video conferencing platform has an auto-assign function that allows you to break attendees into smaller groups or pairs. If you don't have this functionality spend a few minutes assigning, introducing them to each other (perhaps over email) and encouraging them to join the Connect to Chat activity at the assigned time. Give each chat group a time limit, and away they go!

You can create a formal outline of things to discuss or let the group decide the topics for conversation. Either way, they're spending time getting to know each other, which helps build a stronger connection.

Topics for conversation could include:

- **How are you going today?**
- **How do you meaningfully connect with others?**
- **What's the most interesting conversation you've ever had?**
- **Why do you think it's important we lend support to the people in our world?**
- **What are some ways you think people can use Rail R U OK? to build connection?**

Make sure you allocate time at the end to share tips and information on when and how to ask "are you OK?" and what to say if someone says they're not OK.

End the activity by reminding everyone to stay connected and make asking "are you OK?" a part of their everyday.

For a bit of extra fun, you can encourage the groups to take a photo of their chat and share it with you. Photos can then be collated into an album or collage and shared to showcase your efforts on Rail R U OK?