

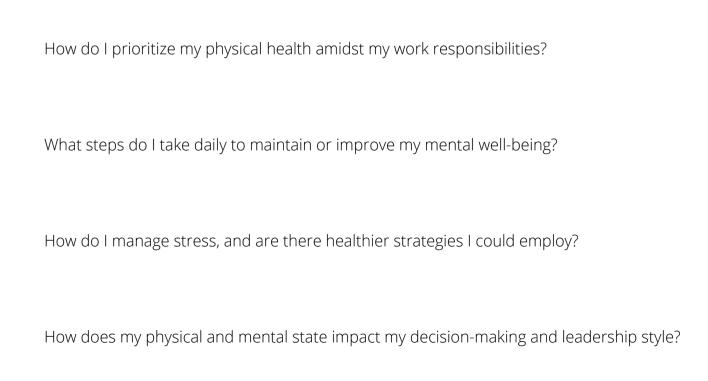
STRETCHLAB PRESIDENT VERDINE BAKER

WITH HOST DON YAEGER

Verdine's 5 ways to foster meaningful relationships at work:

- Creating a second-home environment.
- Listening twice as much as you speak.
- Humanizing the experience by investing time to understand why they are here and understand their purpose.
- Having a shared vision, goals, action items as a group.
- Establishing meeting rhythms that are actionable and functional and starting every meeting with something personal or something that you have experienced.

Reflection Questions: Verdine suggests that you cannot be your best at work if you are not striving to be the best in other aspects of your life. Consider these questions:

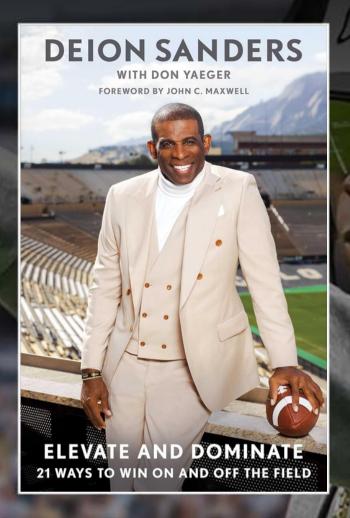




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"No matter where you are in your career, get a mentor— somebody that you look up to and can look out for you."

-Deion Sanders