



## 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:

How do I prioritize my physical health amidst my work responsibilities?

What steps do I take daily to maintain or improve my mental well-being?

How do I manage stress, and are there healthier strategies I could employ?

How does my physical and mental state impact my decision-making and leadership style?

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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