

# 5 WAYS Improve Cross-Generational Interactions

In the podcast, EJ Rittersbach and Ellie Fasick share the things they learned from each other through the Garden Spot Village Wisdom Course. The following ideas offer ways you can improve your cross-generational interactions.

## TIP 01

### **Be Vulnerable**

All relationships take a step toward meaningful when you are vulnerable and transparent in sharing your story. EJ's vulnerability created a level of trust Ellie didn't expect.

## TIP 02

### **Don't Set Expectations**

When you arrive without set expectations for behavior or conversation, it is easier to be flexible and accepting of the other person.

## TIP 03

### **Ignore the Stereotypes**

Ellie and EJ found that their interactions "shattered stereotypes." The things they had always believed about other generations just melted away when they got to know each other.

## TIP 04

### **Share a Meal**

Breaking bread together connects people in a unique way. To build your cross-generational relationships, take time to have coffee, share a dessert or eat with someone.

## TIP 05

### **Respect Each Other**

Respect transcends generations. When you demonstrate respect for another person, they are more likely to show respect and trust you with their wisdom.



If you find these tips helpful feel free to share them with friends, on social media, in presentations and shout them from the roof tops.

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