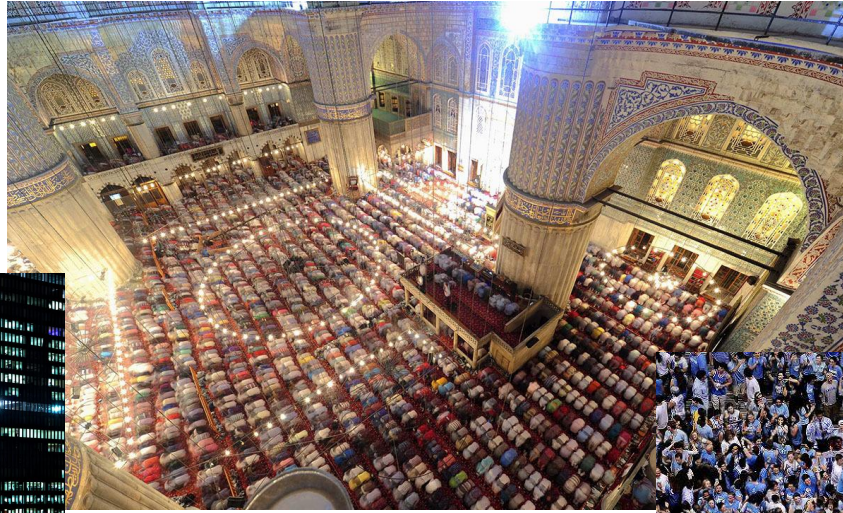


Strengthⁿ

Strength to the power of n

Amy Shaub Maddox
Associate Professor of Biology
MiBio, iBGS, CSS, PBC, GMB, BCB, Biochem Biophys

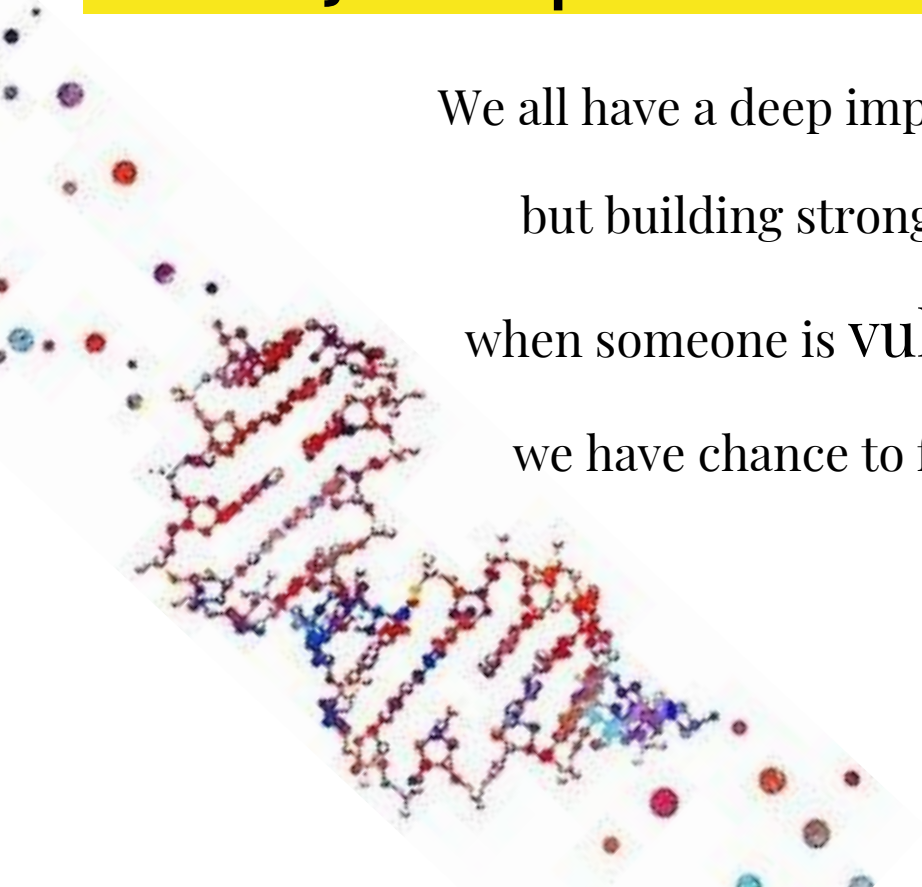
Humans share a deep need to be part of something larger than themselves



Positivity & the power of “weak ties”

We all have a deep impulse to **connect** and **be a part of a whole**,
but building strong communities requires vulnerability:
when someone is **vulnerable**, and another is **generous**,
we have chance to form our most intimate relationships.

~ UNC arts publication



Seeking: connection, vulnerability, belonging, actualization



Strengthⁿ

Administrator generates random pairings from a list of (voluntary!) participants

... and sends to participants

After the set time interval (a week, a month), another combination is generated & distributed, avoiding previous combinations

... who independently arrange a meeting (coffee, lunch, a walk, etc.)

Strengthⁿ testimonials

fantaaaastic for cohesion, exchanging ideas, supporting each other, etc.

awkward hallway relationships melt into outwardly friendly ones

fun and important on so many levels

helps us understand one another and our varying perspectives.

meetings have become more comfortable and collegial

*allowed me to interact with many more
[colleagues] than I would have otherwise.*

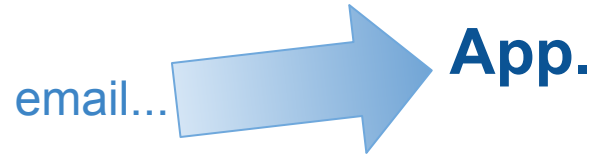
Strengthⁿ

Web-based Admin.

Administrator generates random pairings from a list of (voluntary!) participants

... and sends to participants

After the set time interval (a week, a month), another combination is generated & distributed, avoiding previous combinations



... who independently arrange a meeting (coffee, lunch, a walk, etc.)

What could a Strengthⁿ app do?

Scheduling (interface with calendar app)

Texting

Location service

Conversation sparks

Basic gamification - collect tokens, i.e. selfies

Visualize growing, strengthening network

Thank you!