

Using Innovative Technology Tools and Social Media to Build Relationships and Professional Collaboration

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Adlerian Theory

- Adler's theory posits that friendships and positive relationships enhance the longevity of one's life (Myers & Sweeney, 2005)
- Myers & Sweeney (2005) explain that according to Adlerian theory, people have three life tasks: friendship, love and work. Therefore, this component of socialization should be used to build work collaboration and to build positive work and academic relationships.



Social Identity Theory

- Biron and Karanika-Murray (2014) explain that people need to feel a sense of belonging and that most achieve this when they feel connected to a group because the group creates motivation.
- Therefore, if employees are encouraged to interact and collaborate, they will be encouraged and motivated to keep up with others.



Job Satisfaction and Wellness

- Ruikar and Abhyankar Wallace (2015) explain that if social support increases in work settings, work satisfaction and productivity will likely increase. They further explain that if social support are effectively implemented into work settings, it usually decreases stress and decreases burnout.
- Human beings are social beings and without the ability to socialize, they will have difficulty experiencing overall wellness (Pomeroy & Clark, 2015).



How can we use technology at work to improve communication and relationships?

- Sharing information and collaborating with colleagues is imperative. The following slides will show you some of the creative ways that we do that in an online environment:
 - Remind Text Messaging
 - Google Chat, Flyp, Google Hangout
 - Screencast-O-Matic, Padlet, Linked in
 - YouTube

Remind Text Messaging

- A free texting program that allows for privacy- no cell #s shared
- Participants can choose to sign-up for the program and can receive messages via phone text message or email message
- Can send messages to one person or multiple people
- Can add attachments to messages.
- Can post messages on a website
- <https://sites.google.com/site/20cooltoolsforded/communication/text-voice-messaging/remind>



This is what the Remind website looks like

You can access your message history here with your students and see new messages.

You can access your classes here.

You can access your students here and send them individual messages.

Google Chat

You can search your contacts and have live conversations with your employees. You can also meet individually with remote employees.

Google Hangout

- Can be used in different ways
- Employees can meet and share a screen. Most disable the video option and just display standard picture in google.
- Use google calendar to set up an appointment time and send a meeting invitation, which includes a link to the hangout.
- Can also be used on a less formal basis by clicking on the video icon through Google Chat
- <https://sites.google.com/site/20cooltoolsford/communication/text-voice-messaging/hangouts>

In order to invite your people to a Google Hangout meeting, you will create an event in your Google calendar. You will need to click on "Add video call" to create a Google Hangout link.

This is the invitation that others will receive. All they will need to do is click on the link at the meeting time.

Using Flyp as a second anonymous number- FREE

Flyp gives you multiple phone numbers on your smartphone. Instantly get more phone numbers for each part of your life - work, friends, family, and more! Start protecting your personal phone number, and control your privacy. Flyp gives you:

- Additional phone numbers in seconds
- Seamless calling, texting, and voicemail
- Custom area codes for each flyp number
- Custom voicemail greetings for each flyp number
- Personalized text-to-speech Quick Reply messages
- Do Not Disturb for each individual flyp number

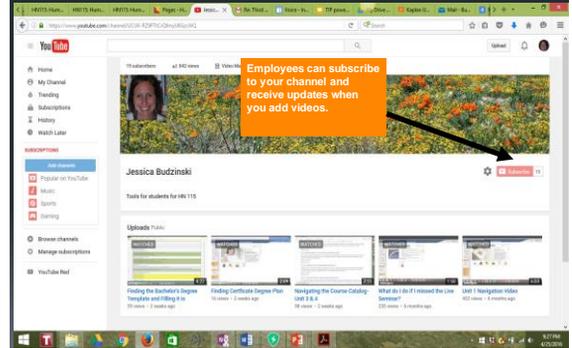
Screencast-O-Matic

•Screencast-O-Matic... it's a free program that you can download to your computer and then use it to do screen capture videos of up to 15 minutes. You can then save it as a MP4 or upload to YouTube. If you save it as a MP4 you can then go ahead and upload to the drive. From there you can share it with students. Alternatively, you can upload to a YouTube account. Employees can sign up for a YouTube Account. Then you can share your YouTube channel with others or embed the video directly onto a shared webpage.

•Screencast-O-Matic- <http://www.screencast-o-matic.com/>



Sample YouTube Channels...



How do we use technology to build community?

- Building a community with employees and presenting ourselves in a genuine and real way is very important. The following slides will show you some of the creative ways to do this:
 - Vocaroo
 - Facebook
 - Padlet

Vocaroo

Vocaroo is a great way to record your own voice and share it with others. It appeals to people who like to "hear" what you're saying and not have to read all of the messages.

1 - Visit vocaroo.com

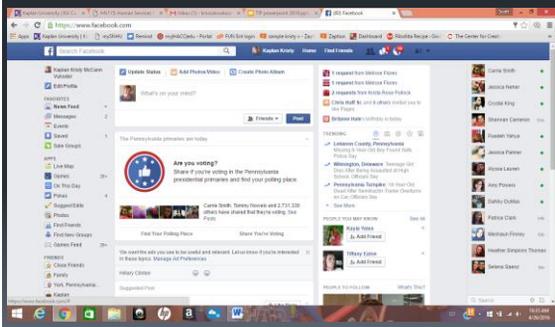


2 - Record a **voice** message!

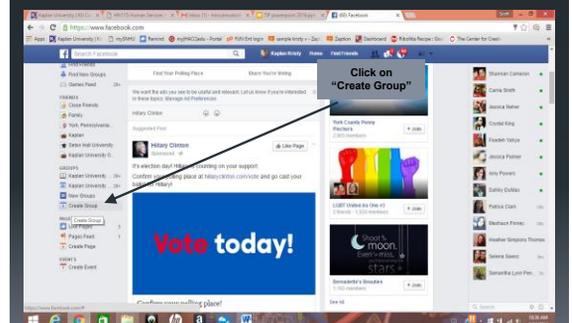


3 - Save your message

Facebook



Create a "group"



Once you accept friend requests you add them to the group.

Make sure it's a "closed group" so it's approved members only

Padlet

Padlet is a wonderful way to create an online cork board where employees can share pictures and personal information.

You can create a padlet for different groups

Click here to create a new padlet

A Sample Padlet

Linked in

Do you collaborate with others and use groups in Linked In?

How do we know when it is making a difference?

- Use a survey monkey at the end of a quarter...be a model of using technology for others to encourage them to be creative and nurture their relationships.
- Research shows that people prefer to communicate through means other than email, especially with one another (Piotrowski, 2015).

Let's discuss....

Share ideas

- Do any of you use technology to encourage collaboration?
- Do you have any new ideas that can be explored?

Share concerns

- What concerns you most about adding technology?
- As mental health professionals, what considerations must we always think about?

What's Next and New...

- Continuously integrating new technology to remain fresh, current and adaptable
- New ways to incorporate Social Media
- Continuing to research appropriate boundaries without being afraid of new innovations!



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