



Exercises & Quick Tips ...

BUILDING STRONG RELATIONSHIPS

Building a relationship is like building a house ...

ROOF
Security

1. Trust
2. Commitment
3. Vulnerability

PILLARS
Support

1. Accept & celebrate difference
2. Listen effectively
3. Give people your time
4. Develop communication Skills
5. Manage technology
6. Give and take feedback
7. Trust more
8. Develop empathy

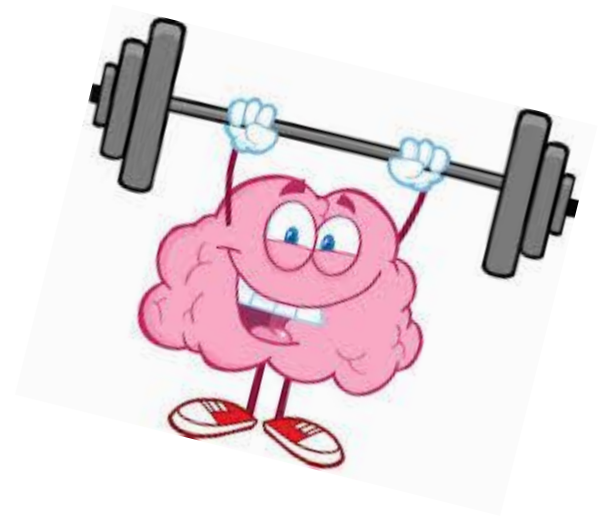
- 1.
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FOUNDATION
Grounding

1. Emotional Safety
2. Connecting with others
3. Nurturing your bond

Exercise – Emotional Safety

- ▶ Write down a situation where you defended yourself?
- ▶ Why did you feel you needed to defend yourself?
- ▶ What could you have said instead of defending yourself?



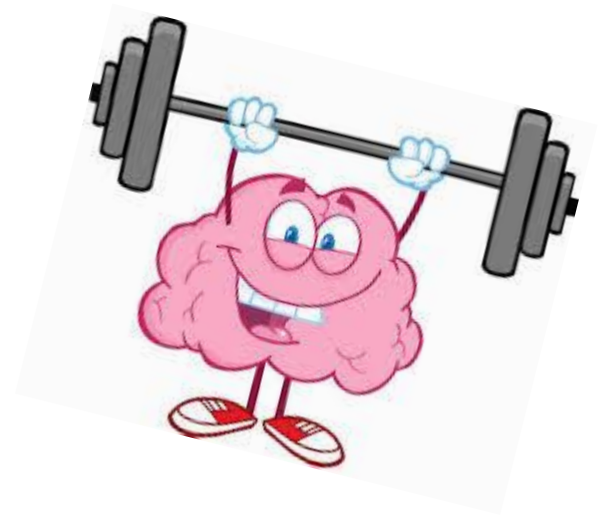
Exercise – Connecting with others

- ▶ **Write down the name of a person you would like to connect with (more) closely**
- ▶ **What could you do to connect more closely?**
 - ▶ How could you develop (more) trust?
 - ▶ How can you commit (more)?
 - ▶ How can you be (more) vulnerable?



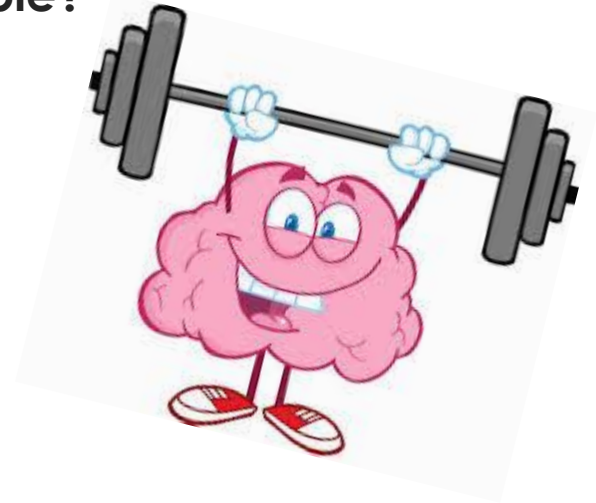
Exercise – Nurturing your bond

- ▶ Write down the name of the person from your previous exercise
- ▶ What will you do to nurture the bond you have with this person?



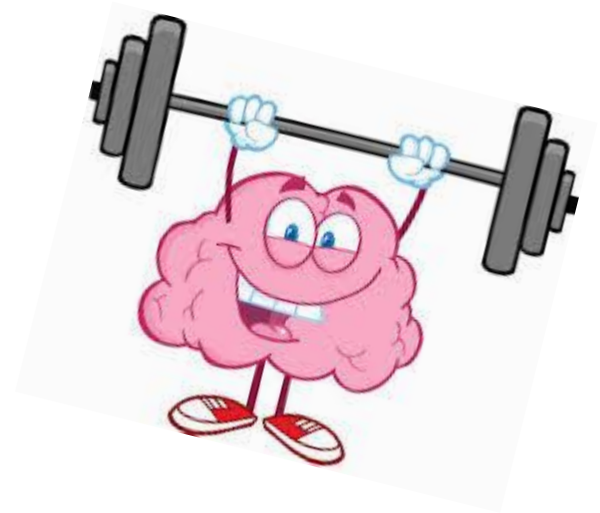
Exercise - Accept & celebrate differences

- ▶ Write down the name of the person who is very different to you
- ▶ What can you appreciate about the differences?
- ▶ What can you learn from the differences?
- ▶ How can you make that person feel valuable?



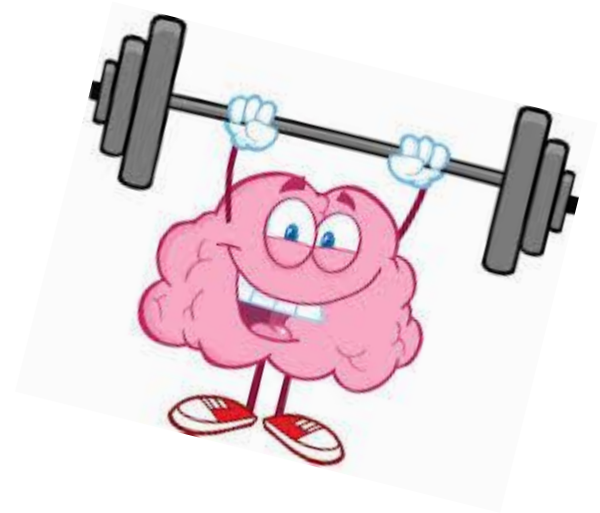
Exercise - Role-play Listen Effectively

- ▶ **Person 1**
 - ▶ Explain a situation you've experienced this week
- ▶ **Person 2**
 - ▶ Listen actively and reflectively
- ▶ **Others**
 - ▶ Give feedback on what you've heard



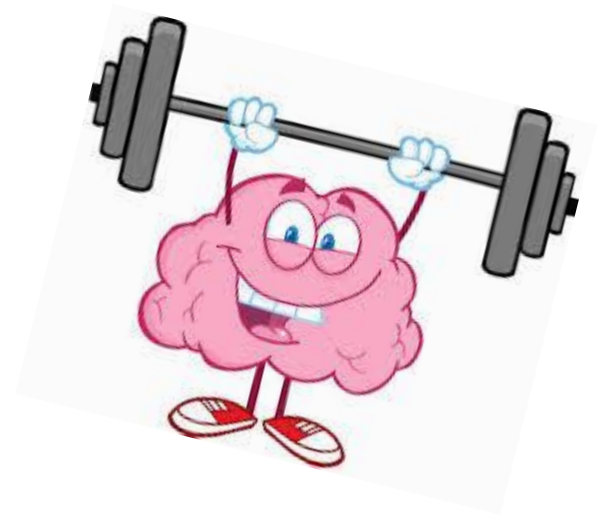
Exercise – Role-play Learning to give and take feedback

- ▶ **Person 1**
 - ▶ Explain a situation you've experienced this week
- ▶ **Person 2**
 - ▶ Interrupts the person who is speaking
- ▶ **Person 1**
 - ▶ Gives feedback on the interruption
- ▶ **Person 2**
 - ▶ Accepts / does not accept the feedback
- ▶ **Others**
 - ▶ Give feedback on what you've heard



Exercise – Role-play Developing Empathy

- ▶ **Person 1**
 - ▶ Explain a problem you have had
- ▶ **Person 2**
 - ▶ Show empathy
- ▶ **Others**
 - ▶ Give feedback on what you've heard



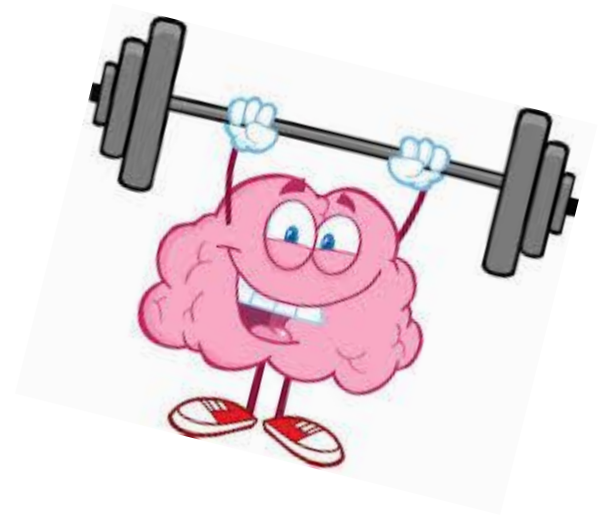
Exercise – Trusting Someone

- ▶ **Write down an example of when you trusted someone.**
 - ▶ How did it make your feel?
 - ▶ How did it make the other person feel?



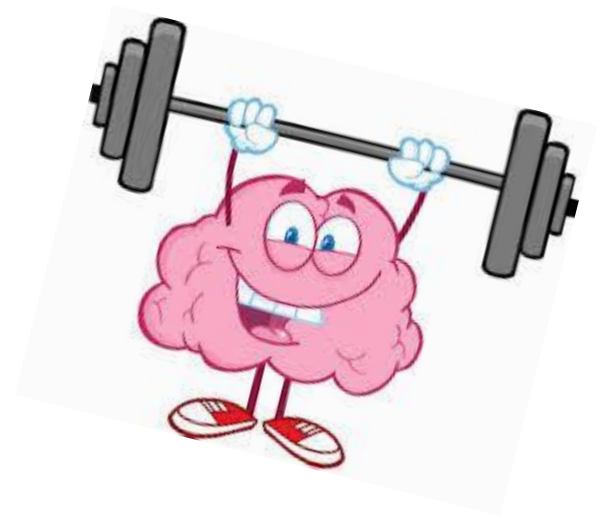
Exercise – Not trusting Someone

- ▶ **Write down an example of when you did not trust someone**
 - ▶ How did it make your feel?
 - ▶ How did it make the other person feel?



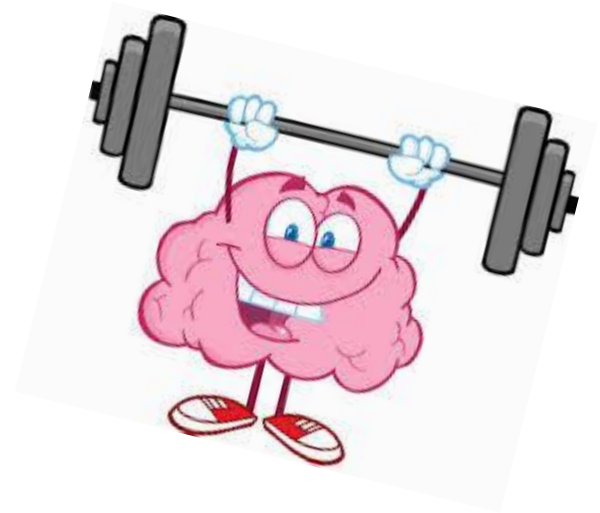
Exercise – Commitment

- ▶ What was the last commitment you made to a person?
- ▶ Did you follow through?
- ▶ What was the result?



Exercise – Vulnerability

- ▶ Write down a situation where you shared your thoughts, not your feelings with someone?
- ▶ What was the result?
- ▶ What would have happened if you shared your feelings?



Quick Tips

- ▶ **Ensure that the relationship you have with yourself is a positive one**
- ▶ **Accept and celebrate the fact that we are all different**
- ▶ **Actively listen to hear what other people have to say**
- ▶ **Give people time and “be present” when you are with them**
- ▶ **Develop and work on your communication skills**
- ▶ **Manage mobile technology and be aware of its pitfalls**
- ▶ **Learn to give and take constructive feedback**
- ▶ **Open your heart and find the courage to trust**
- ▶ **Learn to be more understanding and empathetic**
- ▶ **Treat people as you would like to be treated yourself!**



**Building STRONG relationships starts with
YOU !!!**