

Maintaining Positive Relationships



Objectives

- Explain healthy relationships
- Identify the components of maintaining positive relationships
- Describe the importance of positive relationships at work and steps to deal with conflict

What does a healthy relationship look like?

- Trust
- Communication
- Patience
- Empathy
- Flexibility

- Appreciation
- Respect
- Reciprocity
- Healthy conflict resolution
- Individuality and boundaries

Ways you can maintain a healthy and positive relationship

- Keep expectations realistic
- Talk with each other
- Be flexible
- Take care of yourself, too
- Be dependable

- Fight fair
- Be affirming
- Keep your life balanced
- Stay connected
- Be yourself!

Why are healthy, positive relationships at work important?

- More likely to be happy
- Makes work more enjoyable
- More confident voicing opinions
- Provide freedom
- Opens up opportunities

How to deal with conflict

- Calm down
- Self-reflect
- Recognize the other person
- Separate the person from the conflict

- Clear communication
- Practice active listening
- Recognize there are many possible solutions

Your Program

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Thank you!

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