

Effective Relationships

Introduction

- * Have you found building and growing relationships challenging ?
- * Have you struggled with some of your relationships ?
- * Do you find it difficult to have an open, honest relationship ?
- * Are relationships a cause for unhappiness and pain in your life ?

If the answer to any of the above questions is " Yes", then please read on. One of our greatest needs is love and connection and in order to fulfill this need we need to have a number of healthy, growing and empowering relationships. A lack of good quality relationships can leave us with a sense of emptiness and loss. We all need to work on relationships in order to make them grow. The biggest enemy of relationships is taking them for granted. In order to succeed and achieve our goals we need the help of other human beings and having the ability to build strong relationships is an essential ingredient to becoming successful.

What is the workshop about ?

The "Effective Relationships" workshop is a full one day workshop that will help you to understand how to effectively connect to other human beings, build and grow relationships that will support you in your need for growth and success. We will look at the various ingredients that go into building strong, healthy relationships and also explore the reasons why most relationships break down.

What will you learn at the workshop

- * How to build rapport with another individual.
- * The power of Empathy and Compassion
- * Ability to communicate effectively
- * Understanding basic human needs
- * Understanding different kinds and levels of relationship
- * Ability to network and expand your network
- * Learning from your mistakes and failures
- * Integrity and Trust

Content

- * Communication Skills
- * Understanding People
- * Human Needs Psychology
- * Levels of Relationship
- * Styles of Communication
- * Trust & Respect
- * Ethics
- * Networking
- * Failure / Mistakes
- * Maslow's Hierarchy

Outcomes

- * Be able to build rapport instantly
- * Be able to understand other peoples point of view and be able to see the world from their map
- * Be able to understand other peoples needs and try and fulfill them
- * Will be able to communicate effectively with other people
- * Be able to understand the various types of relationships
- * Understand the importance of Integrity, Trust and Respect in a relationship
- * Become a good networker and establish new relationships

Who should attend this workshop ?

- * Anyone who wants to have healthy relationships
- * Team leaders, Supervisors, Managers
- * Entrepreneurs
- * Students
- * Social Workers & Care Workers