

**Q. How can the *Building Positive Relationships* course help me?**

A: The course will give you the knowledge and interpersonal skills to enable you to build more effective relationships of all kinds: your friends and colleagues, your partner/spouse and with family members. Some of the questions it will answer ...



**Positive Life Courses: Unlocking potential**

<p><b>What are <i>positive</i> relationships?</b></p> <p><i>Positive</i> relationships are:</p> <ul style="list-style-type: none"> <li>• good, successful, affirming, healthy and supportive</li> <li>• relationships that bring great pleasure.</li> </ul> <p>Perhaps life's greatest happiness is found in <i>positive</i> relationships; the course will help you understand how you can develop <i>positive</i> relationships.</p>	
<p><b>Relationship communication:</b> How will the course help me communicate more effectively?</p> <p>We cover:</p> <ul style="list-style-type: none"> <li>• What can we learn from five profiles of poor listeners?</li> <li>• What are ten tips to help us 'fully engage' in conversations?</li> <li>• What are six Active Listening techniques to indicate interest, show empathy and check understanding?</li> <li>• How can we better cope with distractions?</li> <li>• How can we use non-verbal signals to improve our listening?</li> <li>• How can we 'listen intelligently'?</li> <li>• What can we say to help us listen more effectively?</li> </ul>	
<p>What are <b>Relationship Language Preferences (RLPs)</b> and how do they help us build <i>positive</i> relationships?</p> <p>All of us need to know 'someone cares about me and appreciates me'. Relationship Language Preferences (RLPs) describe <i>how</i> we prefer to receive this 'message'. We can build good relationships if we identify someone's RLP and then use it effectively.</p> <p>We cover:</p> <ul style="list-style-type: none"> <li>• What are the five RLPs?</li> <li>• How can we identify someone's primary RLP?</li> <li>• What can happen if we <i>don't</i> use someone's primary RLP?</li> <li>• How RLPs can help us improve relationships.</li> <li>• For each RLP, we give some great practical tips.</li> </ul>	<p>What are the seven '<b>character traits</b>' of a builder of <i>positive</i> relationships?</p> <p>Character traits are habits which, when combined, can <i>transform</i> relationships.</p> <p>We cover:</p> <ul style="list-style-type: none"> <li>• What are the seven character traits and how can each habit benefit our relationships?</li> <li>• How can we best use these character traits?</li> <li>• How can we develop each character trait and what are some practical tips or action plans?</li> <li>• For each character trait, what are some 'competitors' or bad habits to avoid?</li> </ul>
<p>What are <b>Personality Styles</b> and how can they help us build <i>positive</i> relationships?</p> <p>These are characteristics that make us feel comfortable. These describe 'who we are' in terms of how we like to: communicate and relate with others.</p> <p>We cover:</p> <ul style="list-style-type: none"> <li>• How to find out our primary and secondary Styles.</li> <li>• How they give you an understanding/acceptance of others.</li> <li>• How Personality Styles are different to our 'behaviour'.</li> <li>• How our understanding of Personality Styles can reduce conflict and increase cooperation.</li> </ul>	<p>How can we make effective <b>use of time</b> to build <i>positive</i> relationships?</p> <p>How we use time – and how much time we set aside to build <i>positive</i> relationships – are two of the most important decisions we make.</p> <p>We cover:</p> <ul style="list-style-type: none"> <li>• A perspective to consider if you're 'too busy'.</li> <li>• What is Relationship Time and how it can benefit our relationships.</li> <li>• How a relationship can benefit from time apart.</li> <li>• Some practical time management tips to consider.</li> </ul>

Some comments from those who have reviewed the course material:

- "The material hugely resonated. I found it relevant, practical and thought provoking!"
- "The material is easy to understand. I like the bolding, layout, bullet points, structure and writing style."
- "The course 'fills a gap'. I wish we were taught this stuff at school, university or work. I'm not aware of anything else that brings together these topics within one course."