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 …

PLC

Positive Life **Courses: Unlocking potential**

What are *positive* relationships?

Positive relationships are:
- good, successful, affirming, healthy and supportive
- relationships that bring great pleasure.

Perhaps life's greatest happiness is found in *positive* relationships; the course will help you understand how you can develop *positive* relationships.

Relationship communication: How will the course help me communicate more effectively?

We cover:
- What can we learn from five profiles of poor listeners?
- What are ten tips to help us 'fully engage' in conversations?
- What are six Active Listening techniques to indicate interest, show empathy and check understanding?
- How can we better cope with distractions?
- How can we use non-verbal signals to improve our listening?
- How can we 'listen intelligently'?
- What can we say to help us listen more effectively?

What are Relationship Language Preferences (RLPs) and how do they help us build *positive* relationships?

All of us need to know 'someone cares about me and appreciates me'. Relationship Language Preferences (RLPs) describe *how* we prefer to receive this 'message'. We can build good relationships if we identify someone's RLP and then use it effectively.

We cover:
- What are the five RLPs?
- How can we identify someone's primary RLP?
- What can happen if we *don't* use someone's primary RLP?
- How RLPs can help us improve relationships.
- For each RLP, we give some great practical tips.

What are the seven '**character traits**' of a builder of *positive* relationships?

Character traits are habits which, when combined, can *transform* relationships.

We cover:
- What are the seven character traits and how can each habit benefit our relationships?
- How can we best use these character traits?
- How can we develop each character trait and what are some practical tips or action plans?
- For each character trait, what are some 'competitors' or bad habits to avoid?

What are **Personality Styles** and how can they help us build *positive* relationships?

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.

We cover:
- How to find out our primary and secondary Styles.
- How they give you an understanding/acceptance of others.
- How Personality Styles are different to our 'behaviour'.
- How our understanding of Personality Styles can reduce conflict and increase cooperation.

How can we make effective **use of time** to build *positive* relationships?

How we use time – and how much time we set aside to build *positive* relationships – are two of the most important decisions we make.

We cover:
- A perspective to consider if you're 'too busy'.
- What is Relationship Time and how it can benefit our relationships.
- How a relationship can benefit from time apart.
- Some practical time management tips to consider.

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."