

Q. How can the *Boosting Highly Effective Relationship Characteristics* course help me?

A: The course will give you the relationship 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 ...

<p>What are <i>positive</i> relationships? <i>Positive</i> relationships are:</p> <ul style="list-style-type: none"> • good, successful, affirming, healthy and supportive • relationships that bring great pleasure. <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>Relationship communication: How will the course help me communicate more effectively?</p> <p>We cover:</p> <ul style="list-style-type: none"> • 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? 	
<p>What are Relationship Language Preferences (RLPs) 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"> • What are the five RLPs? • How can we identify someone's primary RLP? • What can happen if we <i>don't</i> use someone's primary RLP? • How RLPs can help us improve relationships. • For each RLP, we give some great practical tips. 	<p>What are the seven 'character traits' 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"> • 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?
<p>What are Personality Styles 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"> • 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. 	<p>How can we make effective use of time 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"> • 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."