

# ***Boosting Relationship Skills : an introduction syllabus***

## **Week 1**

An introduction to building self-confidence  
What is self-confidence and why does low self-confidence impact results?  
Avoiding comparisons  
Using our values

## **Week 2**

Understanding Personality Styles – an introduction (part 1)

## **Week 3**

Personality Styles (part 2) – What about our behaviour?  
Personality Styles (part 3) – Appreciating, and working with, Style differences  
Associating with positive people  
Earning respect  
Helping others  
How we can give and take compliments  
How we can develop friendships

## **Week 4**

How we can listen well  
How we can 'fully engage' in conversations  
How we can recognise, and use, body language  
How we can network

## **Week 5**

How we can de-escalate conflict  
How we can handle Difficult People – an introduction

## **Week 6**

Understanding assertiveness and putting it into practice  
How we can ask for what we want  
The importance of speaking out  
The importance of asking for help  
How we can take a positive approach to social media

## **Week 7**

The importance of speaking up and communicating with confidence  
How we can improve our thinking  
How we can create positive self-talk