

TRAINING

BUILDING HEALTHY AND HAPPY RELATIONSHIPS

2021





OBJECTIVES

- ❑ Identifying the benefits of having healthy relationships in life
- ❑ Understanding the foundations to happy relationships
- ❑ Exploring ways to set boundaries for respect



Identify the ways to build and maintain healthy relationships with those around you, with a focus on the importance of boundary setting.



QUESTIONS TO CONSIDER...

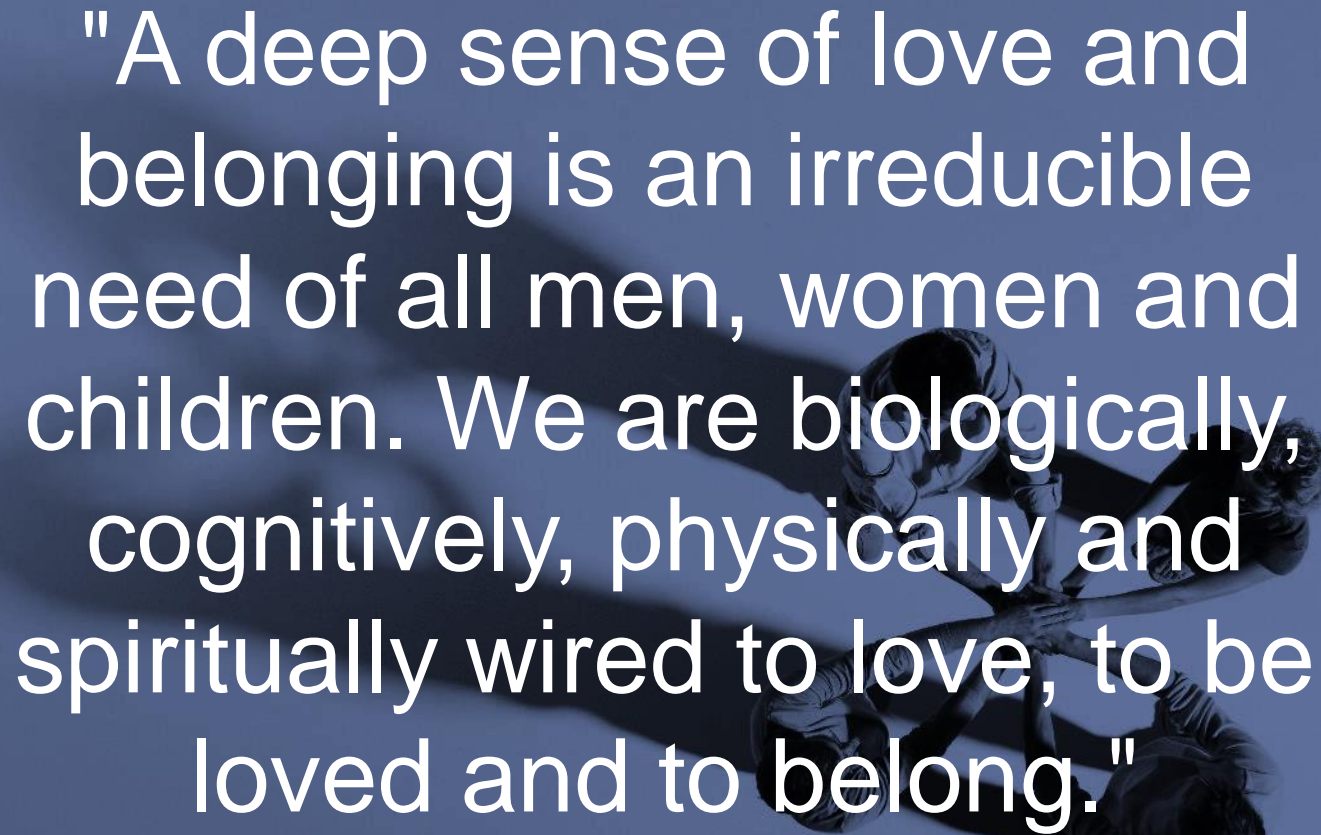
Why are healthy relationships so important?

What is the impact of an unhealthy relationship?

THE IMPORTANCE OF RELATIONSHIPS



- ❑ The relationships we form with other people are vital to our wellbeing.
- ❑ Humans have a strong desire to be close to others and form connections.
- ❑ What makes a relationship beneficial is the attunement between people who care about each other.
- ❑ There is great security in knowing it is okay to share deeper needs, one's self-doubts and concerns.



"A deep sense of love and belonging is an irreducible need of all men, women and children. We are biologically, cognitively, physically and spiritually wired to love, to be loved and to belong."

BRENE BROWN

THE BENEFITS

- Practical help
- Social support
- Personal growth
- Belonging and worth
- Chance to give back
- Increased perspective
- Reduced stress
- Reduced isolation
- Longer life
- Fulfilment





MAINTAINING HEALTHY RELATIONS

- Keep expectations realistic
- Be flexible
- Take care of yourself
- Be dependable
- Be affirming
- Keep life balanced
- Understand that it's a process
- Be yourself

COMMUNICATION



Open and
Honest

Take
Time

Fight Fair

SETTING BOUNDARIES

- ❑ Employees who are the happiest and most productive are those who set boundaries.
- ❑ People who set limits gain respect because they show respect for themselves.
- ❑ From 1 to 10, how effective are you at setting boundaries in your different relationships?



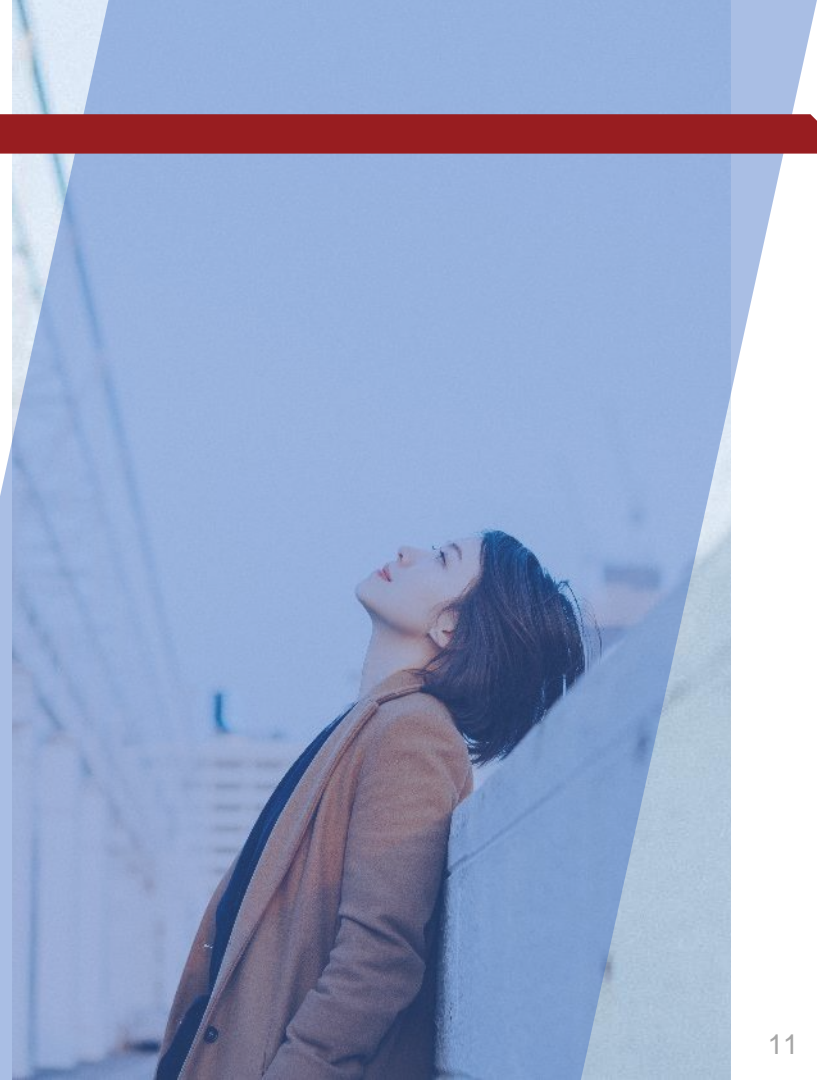
COMMUNICATING YOUR LIMITS

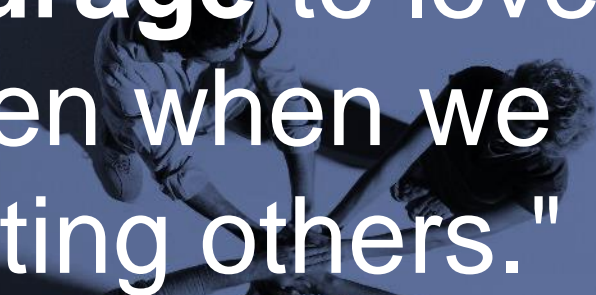


- Conduct an audit
- Set limits
- Communicate clearly
- Take time to respond
- Practice saying no
- Prepare for pushback

SAYING NO

- ❑ What stops you saying "no?"
- ❑ If you say "yes" to this, what will you be saying "no" to?
- ❑ Are you saying "no" for a valid reason?





"Daring to set
boundaries is about
having the courage to love
ourselves, even when we
risk disappointing others."

BRENE BROWN

THANK YOU

