

Developing Positive Relationships at Work

Course Description

Course Objectives

Successful completion of this course will increase your ability to:

- Base every working relationship on a common purpose.
- Demonstrate actions that build trust and avoid those that erode trust.
- Model the positive relationship behaviors you seek in others.
- Manage, not manipulate, relationships.
- Implement strategies to improve or survive relationships.
- Set boundaries and stand your ground.

How You Will Benefit

Having constructive, positive relationships with co-workers benefits everyone in the long run. A Globoforce study discovered that 78 percent of people who work 30 to 50 hours a week spend more time with co-workers than with their families!

Considering this, support and encouragement between work colleagues is highly important. This encouragement leads to higher levels of productivity and job satisfaction.

This course will teach participants how to develop relationships with co-workers that are supportive, constructive, encouraging, and free from negative drama or conflict. As a result, employees will create a more harmonious office space, be able to work through disagreements, find more team solidarity, and ultimately have more job satisfaction.

Key Topics Covered

This course explores the following subjects in depth:

- How integrity, consistency, confidence, concern, and time are used to build trust
- Relating to others by getting to know colleagues as individuals and building rapport
- How to use the golden rule to enhance relationships
- Identifying underlying problems in relationships and setting up boundaries for constructive conversations

What the Course Offers

- Interactive learning setting
- Opportunity to apply the concepts through role-play
- Thorough set of materials: Participant Guide and one-page RM Desk Reference

Length of Course

- 1 day

Audience

- General Staff and Teams who seek to improve workplace relationships

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