

Boosting Highly Effective Relationship Characteristics

Create stronger everyday relationships that last (course reference: BHERC)

 Create **strong** relationships  Sharpen **communication** skills  Recognise how we **feel valued**
 Nurture **everyday** relationships  Cultivate seven **character traits** for better everyday relationships

What the course covers and what it will help you to do

Topics	More detail
 Define 'positive' relationships	Making a relationship successful Why strong relationships matter Building more positive relationships
 Communication skills	Five types of poor listening... and how to avoid them Ten tips to <i>fully engage</i> in conversations Six active listening skills How to manage distractions Non-verbal signals when listening How to 'listen intelligently' Helpful phrases to listen effectively
 Relationship Language Preferences (RLPs)	Five ways people feel appreciated Identifying someone's primary RLP What can happen if we get the RLP wrong How RLPs strengthen relationships Practical tips for each RLP
 Seven positive character traits	The seven positive character traits explained How the traits help relationships How to develop each characteristic Unhelpful character traits to avoid
 Personality styles	Understanding your own personality style(s) How to better understand others' styles Comparing personality styles with behaviour How this topic can reduce conflict
 Using relationship time	A perceptible to consider if 'too busy' What 'Relationship Time' means Why time apart can be helpful Simple time management tips

-  You will take away a **workbook** with the key points and **handouts** to refer to. After the course, you will have:
- **tools & techniques** (eg useful phrases) to use straight away
 - clear & simple **guidance**, practical **tips** to use daily
 - **plans** to build your everyday relationships.

How the course is run

-  In-person and interactive
-  Friendly, relaxed and informal
-  Plenty of time to ask questions
-  **Duration:** from 8-10 hours (as decided by the Hosts at each Delivery Centre)

Sources of course material

This course is based on ideas from:

- a) **books:** *Love As A Way of Life*, Gary Chapman; *The Five Love Languages*, Gary Chapman; *The Marriage Book – How to build a lasting relationship*, Nicky & Sila Lee; *Personality Plus*, Florence Littauer; *Positive Personality Profiles*, Robert A. Rohm; The Bible; *The Five Love Languages, Singles Edition*, Gary Chapman; *Personality Patterns*, Lana Bateman
- b) **websites:** psychologytoday.com, discinsights.com, huffingtonpost.co.uk and intothehighlight.org.uk
- c) a **talk** *10 ways to have a better conversation* by Celeste Headlee

