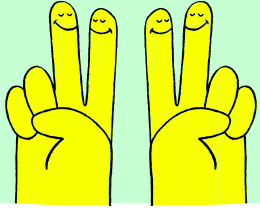

Building Healthy Relationships



DEVELOPING HEALTHY RELATIONSHIP SKILLS CAN BE AN IMPORTANT STEP IN CULTIVATING HEALTHY HABITS THAT CAN STRENGTHEN THE DYNAMIC OF THE TEAM. START WITH THIS QUESTION: "WHAT DOES A HEALTHY FRIENDSHIP LOOK LIKE IN THE WORKPLACE?"

We've listed a few key characteristics below to help you reflect on your own friendships. Of course, there are more components to healthy friendships, but this a great start!

- Honesty:** You can be truthful and candid without fearing how the other person will respond.
- Respect:** You value one another's beliefs and opinions.
- Kindness:** You are caring and empathetic to one another and provide comfort and support.
- Trust:** You have confidence that your friend won't do anything to hurt you or damage your reputation.

Discussion Questions

1. Think about how your relationships with your colleagues enhance your overall job performance. Consider describing one moment when your team or coworker showed you respect, honesty, kindness or trust. Share as a team how this moment made you feel.

2. It's important to be able to feel comfortable working with your colleagues. What does a safe work environment look like? What can be improved in our own workplace?

Take Action

1.

Consider using examples in the media or community that represent healthy teamwork to inspire similar behaviours in the office.

2.

Conflict is an important part of all relationships, but it is important to ensure that we are engaging in conflict in healthy ways. Next time you experience conflict with a colleague, avoid using the silent treatment—this usually doesn't solve much. If we can learn to tell others how we are feeling in a kind and respectful way, there is a greater chance of solving the problem and leaving both parties satisfied.

