#5 REALTIONSHIP SKILLS WITH OTHERS

Learning outcomes: To reflect, through a collective brainstorming activity, on each personal strengths and weakness about social relationships. Working together will help them to identify hidden and conscious blind spots about themselves and will be also a way to put in practice relationship skills as: listening, conflict management, research of the compromise.			
ASSET	CONTENT	TIME	MATERIAL
Divided in 2 groups	Divide the participants in two groups and ask them to reflect and brainstorm on what make a toxic relationship working. Find at least 10 'bad' facts. Write the answers on the flipchart.	15 min	Flipcharts, Pens, paper, colours
Divided in 2 groups	The group change position and work now on the other group's flipchart. Each group will now find good habits to contrast the 10 bad attitudes found out from the previous group.	10 min	Flipcharts, Pens, paper, colours
Seated in circle or in any other place in the room comfortable enough to show the evidences to the whole group	The participants will then explain the finding to the entire group. Now the participants will reflect on their own network and relationships. They will write on a blank sheet a positive relationship that has been motivational for them. They will write 3 main attitudes that they have which have contributed to make it succesfull.	10 min	-
Circle	(OPTIONAL) Quickly read and reflects on the tips below	10 min	-
The trainer will ask to the group under which has been the learning impact of the activity, what they discovered and on what they would like to work in the future to improve their relationship skills. It's important for the trainer to underline that a relationship is a living plant owned by 2 people. That sometimes it can have ups and downs, and it is up to us and to the other one to take care of it.			

Tips:

- Ensure that the relationship you have with **yourself** is a positive one.
- Accept and celebrate the fact that we are all **different**.
- Actively **listen** to hear what other people have to say.
- Give people time and "be **present**" when you are with them.

- Develop and work on your **communication** skills.
- Manage **mobile technology** and be aware of its pitfalls.
- Learn to give and take constructive **feedback**.
- Find the courage to **trust**.
- Learn to be more understanding and **empathetic**.
- **Treat** people as you would like to be treated yourself.

(Tips from Liggy Webb https://trainingmag.com/content/8-tips-developing-positive-relationships)