

Creating and Enhancing Relationships

Six themes that make a difference when living and working with others

Appreciate and respect what it means to be human.

- Keep reminding yourself that your kids are fundamentally great.
- Build a level of relationship that can handle problems before the problems occur.
- Your identity is only interested in survival or protecting your self-esteem.
- If your kids feel threatened, they will be reactive and not creative.

Deal with the world in a way that people respect.

- Be sincere, genuine and authentic. Be yourself.
- Respect and keep confidences.
- Be courteous and gracious.
- Stand up for people who are not present. Don't gossip.
- Acknowledge mistakes. Apologize when appropriate.
- Have a wonderful attitude about setbacks and problems.
- Set high standards for yourself.
- Stop looking for credit or attention. It's not about you.
- Train yourself to be less judgmental and don't blame anyone, including yourself.

Be open to feedback and coaching.

- How does your child know it's safe to tell you about something?
- Live life always learning about yourself.
- Be vulnerable. Share your thinking and concerns.
- You can't see yourself perform, so who can watch for you and give you feedback?

Be great to talk to.

- Invite your children to participate and speak.
- Listen more and speak less.
- Don't interrupt or finish their sentences.
- If your kids have your attention, they'll make up that you care.
- Look past how your kids communicate in the moment, especially when they use dramatic language.
- Give them credit when they change your thinking.

Give your word and keep it.

- Make specific commitments. Include dates.
- Communicate when you are not going to be able to meet a deadline.
- Your words and actions impact your reputation.
- Reliability is a key factor in trust and respect.

Be willing to talk about how you interact together.

- Think about where agreements would make a difference.
- Have a process for surfacing and resolving problems.
- Set up your conversations. Let others know your intent when speaking to them. What is your purpose in saying what you are about to say? What result are you really aiming for? Let them know that. Doing this first lets them know where you are coming from and prevents many misunderstandings.
- You can change your life if you change your conversations.
