



Building Respectful Relationships



Overview/Description:

In respectful relationships, people are more likely to engage in discussions, share thoughts, and collaborate with others. There can be increased creativity and improved problem-solving skills. When conflicts occur, respectful people are more likely to listen to one another's perspectives, seek common ground, and find mutually beneficial solutions. This training can help anyone build these respectful relationships at work and at home.

Workshop Objectives:

This training will help participants:

- Understand what respectful relationships look like, professionally and personally.
- Appreciate the benefits of respectful relationships.
- Recognize obstacles to giving and receiving respect.
- Use techniques that build respect.



TARGET AUDIENCE:

ANYONE WHO WANTS TO REDUCE HOSTILITY, PROMOTE UNDERSTANDING, AND STRENGTHEN RELATIONSHIPS



EXPECTED DURATION:

45-60 MINUTES

