LEADERSHIP DYNAMICS

January 2018 Newsletter

Building Positive Relationships

Make Work & Life Enjoyable and Productive

Ninety-nine percent of career and life success hinges on your ability to foster mutually beneficial relationships, and earn the respect and loyalty of coworkers, bosses and friends. In other words, it's about interpersonal effectiveness. Positive relationships are not just important to building a successful career, it also enhance job and life satisfaction. To develop positive relationships, you must be willing to listen, communicate openly, and respect yourself and others. Cultivating relationships also involves compromising and getting to know the people you associate and work with.

Characteristics of positive and healthy relationships

Trust - This is the foundation of every good relationship. When you trust your team and colleagues, you form a powerful bond that helps you work and communicate more effectively. If you trust the people you work with, you can be open and honest in your thoughts and actions, and you don't have to waste time and energy "watching your back."

Mutual Respect - When you respect the people that you work with, you value their input and ideas, and they value yours. Working together, you can develop solutions based on your collective insight, wisdom and creativity.

Mindfulness - This means taking responsibility for your words and actions. Those who are mindful are careful and attend to what they say, and they don't let their own negative emotions impact the people around them.

Welcome Diversity - People with good relationships not only accept diverse people and opinions, but they welcome them. For instance, when your friends and colleagues offer different opinions from yours, you take the time to consider what they have to say, and factor their insights into your decision-making.

Open Communication - We communicate all day, whether we're sending emails and IMs, or meeting face-to-face. The better and more effectively you communicate with those around you, the richer your relationships will be. All good relationships depend on open, honest communication.

Pay attention - Identify what is acceptable and what is not. Many people think they are doing the "right" thing but find themselves in trouble because they didn't pay attention to the cues about values.

Relationships are built on all different foundations, but the ones that last are built on trust and open, honest conversations

MONSANTO

FEMA

NNSA National Nuclear Security Administration

NORTHROP GRUMMAN

KAISER PERMANENTE

USDA

