



Be Your Best You.

Building Healthy Relationships

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Getting Warmed Up

Why is it important to define what a healthy relationship is between you and your clients?

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What is a healthy relationship?

Do you feel empowered or disempowered around this person?

Relationship Dynamics to Consider:

- Gender
- Age
- Culture
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The Psychology of Relationships

- How you intend your interactions to be might not necessarily be how they are perceived or received. For example, your smiling at a client because you genuinely love to smile might be received as flirting.
- You will never know what story your client brings to your class/session
- Triggers
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How to Build Healthy Relationships Within the Class

- Eye contact
- Body Language
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How Do you End a Personal Relationship While Maintaining a Professional Relationship?

How To Build a Healthy Relationship Outside the Class

Is it ok to go for a coffee/lunch with a client?

What is the company's policy?

What else do you need to consider both personally and professionally?

What are the Consequences of Meeting with Someone Outside the Workplace?

If It Evolves Into a Friendship, What is At Risk?

- Your relationship as teacher/student, leader/learner
- Favouritism in class
- Your employment
- Your reputation
- In extreme cases, your safety
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If You Choose to Meet, Here Are Some Tips:

- Stick to group events for the first few times
- Meet in public places if meeting one-on-one
- Text a friend that you are meeting so-and-so and the location/purpose
- Avoid divulging intimate personal details right away
- You always have the right to cut ties at any point
- No means no, even if you've first agreed to the meeting
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Setting Boundaries: Creating Followers Not Stalkers

Professional relationships, acquaintances and friends - they are different. You can be friendly with someone who's not necessarily a friend.

Professional: people you do business with

Acquaintance: the person seems nice, but you don't really know him/her well

Friendship: both parties mutually have feelings for each other

Quick Tips:

- Set boundaries right away
- Professionalism inside and outside the class matters
- What you say and how you say it matters
- Always remember the context in which you met the person
 - it dictates the nature of the relationship

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