# Growing Work Relationships at Work Positively Training

Duration: **1 Day**

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**Exclusive - Unlock the Power of Positive Work Relationships!**

Ready to transform your workplace experience? The "Growing Work Relationships Positively" workshop is designed for professionals who want to thrive in today's dynamic environments. In just one day—either face-to-face or virtually—you'll master the art of building trust, confidently navigating difficult conversations, and turning challenging relationships into opportunities for growth. Discover practical strategies to enhance communication, embrace differences, and foster a culture of empathy and collaboration. Whether you're looking to boost your confidence, resolve conflicts constructively, or simply create a more positive atmosphere at work, this course gives you the tools and insights to make it happen. Take the next step toward a more rewarding and harmonious work life!

**Who Should Attend?**

Business professionals who want to proactively reduce workplace conflict and foster a culture of trust, collaboration, and positive relationships.

## What You Will Learn

After completing this course, participants will be able to

- Effectively deal with challenging relationships
- Build confidence and capacity to have difficult conversations
- Enhance work environments to create more positive interpersonal experiences

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## Training Outline

**Module 1: Identifying Positive Relationships**

- Understand the components of a positive relationship
- Understand the value of a common purpose and transparent agenda
- Identify ways to build trust

**Module 2: Relating to Differences**

- Understand how differences can shape how we see and behave in the world
- How to interact with different personal needs more effectively

**Module 3: Actively Managing Relationships**

- Understand how communication can be misinterpreted
- Enhance key communication skills to ensure clarity and alignment
- Learn how to better articulate empathy

**Module 4: Dealing with Less than Ideal Relationships**

- Identify ways to improve relationships
- Use a 4-step feedback loop to manage a constructive confrontation

**Module 5: Next Steps**

- Integration of different concepts and skills and application to real-life situations
- Discussion of key takeaways and areas to focus on for further improvement