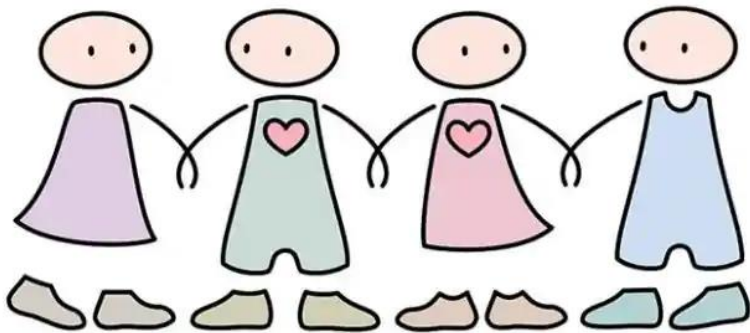


RELATIONSHIP BUILDING

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RELATIONSHIPS.

- **FAMILY.**
- **FRIENDS.**
- **CO-WORKERS.**
- **OTHERS(SOCIETY).**



WHY DO WE DID RELATIONSHIPS?

- **NEED TO BELONG.**
- **SOCIAL CONNECTION.**
- **TRUST.**
- **COMMITMENT.**
- **SELF DEVELOPMENT.**
- **UNDERSTANDING.**
- **SHARING OF FEELINGS.**
- **HELPING AND CARING.**



WHAT IS A RELATIONSHIP?

- **IT IS AN ASSOCIATION OR CONNECTION BETWEEN TWO INDIVIDUALS OR GROUP OF INDIVIDUALS.**



HOW TO BUILD A HEALTHY RELATIONSHIP?

- **BUILD ONLY ONE RELATION AT A TIME.**
- **BE FRIENDLY.**
- **BE CONNECTED.**
- **ASK ABOUT THEM.**
- **TELL ABOUT YOURSELF.**
- **SPEND TIME WITH THEM.**
- **ACCEPT THE WAY THEY ARE.**



A BETTER “WE”.

- TAKE TIME TO LISTEN TO EACH OTHER.
- PUT YOURSELF IN OTHERS SHOES.
- SPEAK FROM YOUR HEART.
- DON'T GIVE UP AND BREAK.
- RESPECT EACH OTHER.
- APPRECIATE EACH OTHER.
- DEVELOP MUTUALLY.

- **KEEP THE RELATIONSHIP HEALTHY AND ALIVE.**
- **LEARN TOGETHER.**
- **ACCEPT MISTAKES AND GO AHEAD.**
- **PAY ATTENTION TO THE UPS AND DOWNS.**
- **COMMUNICATE.**
- **SUPPORT EACH OTHER.**



THANK YOU



COUNSELLING SERVICES

Child | Adult
Parental | Marital
Family | Career

TESTING SERVICES

IQ | Aptitude
Interest | Personality

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