

Suggestions For Building Healthy Relationships



Philippians 2:3

“Let nothing be done out of strife or conceit, but in humility let each esteem the other better than himself.”

Networking Skills:

Building successful work relationships can also benefit from developing your networking skills. Meeting new people, exchanging ideas and offering assistance to others can all help to boost your networking skills. With effective networking skills, you can increase your professional reach as well as form lasting professional relationships. Being a good mentor means showing how to communicate properly in the work place.

Listening Skills:

Active listening is an essential part of communication; however, developing active listening skills can sometimes be more effective than learning how to speak in a meeting. Active listening encompasses making eye contact, being aware of non-verbal cues and asking questions that show you are invested in the conversation. This not only shows that you respect your team's ideas, it can also show that you care about all perspectives.

Proverbs 1:5 “A wise man will hear, and will increase learning; and a man of understanding shall attain unto wise counsels.”

Empathy:

Empathy is another key aspect of effective relationship building skills. Having empathy for your friends and co-workers means you seek to understand their feelings and emotions. When you actively practice empathy in the workplace, you can show your teammates and managers your dedication to maintaining your work relationships.

2 Corinthians 3 :3 “Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; 4 Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God.”

Emotional Intelligence and self control:

Emotional intelligence can be beneficial to develop overall and not just in the workplace. However, being emotionally intelligent can mean that you observe the dynamics in the work place and find ways to contribute to your team, help solve conflict and generally work from a place of understanding.

Galatians 5:23 “...gentleness, self-control; against such things there is no law.”

Being prepared to give encouragement from accomplished work:

As a mentor there will be opportunities for an encouraging word. As a mentor we must always be thinking as to how we wanted to be treated and then we will treat others that way.

Luke 6:31 “And as ye would that men should do to you, do ye also to them likewise.”