



MISSION BBQ

LIFE SKILLS

DEVELOPING STRONGER RELATIONSHIPS

What is the benefit of developing stronger relationships? People who have strong relationships feel less stressed, and experience greater emotional and physical well-being. Moreover, you can help others do the same. Here are five ways you can develop stronger relationships:

1. Spend time with people.
2. Don't have an agenda when you approach people.
3. Get to know them personally.
4. Understand that it takes time so it's OK to slow down.
5. Listen and learn.

Good relationships are also often necessary if we hope to develop our careers. Our work is more enjoyable when we have good relationships with those around us. What's more, good relationships give us freedom from the problems associated with negative relationships so we can focus on opportunities.

TO LEARN MORE

VIDEO: *How to Reduce Conflict and Build Better Relationships*

<https://www.youtube.com/watch?v=piNZI2nf6pY>

ARTICLE: *How to Build Good Relationships*

<https://www.jimrohn.com/good-relationships>

BOOK: *How to Win Friends and Influence People* by Dale Carnegie

<https://www.amazon.com/How-Win-Friends-Influence-People/dp/0671027034>

*Supporting video: Learn some very simple tricks on how to build trust and relationships, based on the book "How to Win Friends and Influence People."

<https://www.youtube.com/watch?v=wtNOq1Bwtt4>

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