

RELATIONSHIP THROUGH FRIENDSHIPS

RELATIONSHIP BUILDING SKILLS

IDENTITY
5 hours

RELATIONSHIPS
+5hrs

ABOUT

A strengths-based and wholistic based approach to relationship building skills for both peer to peer and peer-authority relationships.

Week 1 Unique Freak

Special presentation by MADD messenger to highlight a talk about self acceptance.

Week 2 UTALK

An interactive session addressing and combating unhealthy self-talk

Week 3 Relationship building blocks

The essence of relationships.

Week 4 Friendship types

The different types of friendships, that bring the best out of us or suppress the best of us.

Week 5 Personality types

Understanding the different kinds of personality types and how to engage effectively

Week 6 Communications styles

Understanding different ways in which different personalities communicate.

Week 7 Pressure and Protection

Protecting who you are by understanding pressures and boundaries. Learn how to protect yourself and others in these kinds of interactions.

Week 8 Dealing with Conflict.

It is inevitable that you will disagree at some point. Learn how to respond not react.

Week 9 Ways to maintain your friendship / relationship

Ways to keep your friendship or relationship healthy and longlasting

Week 10: Celebrating Relationships.

Celebration time.

COST: \$2250

LENGTH 10 HOURS OVER _____ WEEKS