



## MAKING CONNECTIONS

### ILO's Relationship-Building Tips

<b>Rate Your Relationship-Building SuperPowers</b>		Needs Work	I'm Good
I show appreciation for others' contributions and expertise.			
I am flexible when talking with others even if conversations or situations end up differently than I plan.			
I listen intentionally to what other people are saying, with openness and patience.			
I try to listen with my heart and my mind.			
I try not to judge others, and show acceptance through my words, tone, and body language.			
I am honest. I speak my truth, as much as I am able.			
<i>Read through these tips then try them out in your next conversations. You can do it!</i>			
<b>1. Be timely.</b>	<ul style="list-style-type: none"> <li>Try to find a good time. Make a plan. <u>Never start a conversation when you're angry. Wait until you've calmed down.</u></li> </ul>		
<b>2. Be friendly.</b>	<ul style="list-style-type: none"> <li>Show appreciation for others. Let them know they matter.</li> </ul>		
<b>2. Be flexible.</b>	<ul style="list-style-type: none"> <li>Important conversations may not always go smoothly.</li> <li>You can still share what it is you need to share, but <u>you may end up having to do it differently than you'd planned.</u> And that's OK.</li> </ul>		
<b>3. Be patient.</b>	<ul style="list-style-type: none"> <li>Nobody communicates perfectly. It's important to <u>be patient with others as they work to express themselves.</u></li> </ul>		
<b>4. Be understanding.</b>	<ul style="list-style-type: none"> <li>It's incredibly important if you're with someone who struggles with communication — to <u>listen with your heart even more than your mind.</u></li> </ul>		
<b>5. Be accepting.</b>	<ul style="list-style-type: none"> <li>It's impossible to communicate with clarity when you're filled with judgment. <u>Find acceptance for the other person.</u></li> <li>When we let others know we accept them, whether with words or body language, we invite them to reveal themselves in a more honest way.</li> </ul>		
<b>6. Be honest.</b>	<ul style="list-style-type: none"> <li>If what you're saying isn't true, <u>then nothing real is being shared.</u></li> <li>Speak your truth, as much as you are able. You have to be honest but <u>try to be kind!</u></li> </ul>		